



# The 5:2 Diet Cheat Sheet: Your 15-Minute Guide

*David Ortner*

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## Did you know that you can eat what you want and STILL lose weight?

**The 5:2 diet, a revolutionary program, makes it possible.**

The 5:2 diet, a special intermittent fasting approach, allows you to enjoy food WITHOUT counting calories for five days every and cut your calories down to 500 calories the other two days. Users lose an average of a pound per week, even without giving up dinners out, social gatherings, and their favorite indulgences. It's the perfect, simple diet and one that is sustainable in the long term.

In *The 5:2 Diet Cheat Sheet*, bestselling author David Ortner brings you a quick, concise glance at the basics of the 5:2 diet, including:

- The science behind 5:2 diet success
- Tips and strategies to ensure 5:2 diet success
- A sample meal plan
- Easy 5:2 diet recipes

What are you waiting for? You could be on your way to a happier, simpler, and healthier life! Pick up your copy of *The 5:2 Diet Cheat Sheet* today!



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