

# Download The 5 2 Diet 500 Calorie Daily Menus

The 5:2 Diet Meal Plans & Recipes \*\*\*\*\*This is a revised edition of this popular 5.2 Fast Diet recipe book and has taken into account the increase in the daily calorie allowance recently announced by Dr. Michael Mosely to 800 calories per fasting day. Low-calorie diets usually produce an energy deficit of 500–1,000 calories per day, which can result in a 0.5 to 1 kilogram (1.1 to 2.2 pounds) weight loss per week. "100 Under 500 Calorie Meals" is a collection of 100 easy-to-make, nutrient-rich, delicious, calorie-counted recipes which can be mixed and matched to give you a satisfying meal of 500 calories or less. Do you want to follow a low-calorie diet that's safe? Here are sample menus with only 1,500 calories per day and all the nutrients you need.