



The 2 Meal Day: Burn Fat and Boost Energy Through Intermittent Fasting (Paperback)

By Max Lowery

Kyle Cathie Limited, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. In The 2 Meal Day, Max Lowery introduces intermittent fasting - eat just two meals a day, either breakfast and lunch or lunch and dinner - to burn fat and get fit fast. Rather than grazing on food all day, having to do complicated calorie calculations, or adhere to super-restrictive regimens, simply eat two meals to lose weight, reduce hunger, and feel more energized. Choose your two meals from Max's delicious, nutritious, and easy-to-prepare recipes; start the day with Salmon Mini Frittatas or a Breakfast Burrito; Lunch on Thai Green Chicken Curry or Tuna Casserole or enjoy Creamy Mushroom and Parmesan Risotto or Sea Bass Sauce Vierge for Dinner. There are even healthier desserts to satisfy your sweet tooth without over-indulging - choose from Two-Ingredient Chocolate Mousse or Banana Pancakes. Max shows how to combine your 2-meal day with High Intensity Interval Training (HIIT) - short duration and maximum effort exercises - and resistance workouts to help you drop fat and get fit quickly. So ditch the calorie-counting and the sugar highs and lows and enjoy two meals a day alongside Max's workouts...

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