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THE 5:2 GOOD FOOD KITCHEN includes 75 new recipes with a wide selection of vegetarian, vegan and demi-veg friendly meals, plus dishes free from dairy, gluten and sugar. Like Kate's previous books, every ingredient is calorie counted and the focus is on fresh, full-flavoured meals that can be easily adapted to suit anyone - with variations for fast and no-fast days.

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[The 5:2 Good Food Kitchen : Kate Harrison : 9781409152613](#)

The 5:2 and similar intermittent-fasting diets are said to be easier to follow than traditional calorie restriction, and an advantage is that you do not have to exclude any food groups. Fasting is a simple concept which appears to promote weight loss, although the hunger experienced can be a limiting factor for some. Many see the eating regime as less of a ' diet ' and more as a way of life that can help them maintain their weight loss in the longer term.

[What is the 5:2 diet? - BBC Good Food](#)

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Heat the oil in a large pan and cook the onion for 8-10 mins until softened and starting to take on a little colour. Add the carrots, garlic, peppers and sweet potato. Cook for a further 10 mins, stirring often and taking care not to burn the garlic.

[5-veg creamy tomato soup recipe - BBC Good Food](#)

The Good Kitchen provides funding, business training and mentorship for organisations working to solve food poverty, wherever it ' s found.

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