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day | What I ate
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lose a stone in
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~~start fast 800~~

~~diet | First~~

~~week 800~~

~~calories per day~~

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~~Recipe! Fast~~

~~Mimicking Diet-~~

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Fast Day recipe

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FOOD! |

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Loss | FAST 800
| 16:8 |
Intermittent
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on weight loss
and the 5-2 diet
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\u0026 after
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- for people too

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WHAT I EAT IN A

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Spiced Breakfast

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800 Diet Recipe

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233 calories

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week 2 / 800

calories per day

/ how to do Fast

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fabulous cook
book offers 180
carefully
crafted,
nutritious, low-
calorie recipes
to enable you to

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incorporate the
5:2 weight-loss
system into your
daily

life. Ranging
from simple
breakfasts to
leisurely

suppers, the
recipes are all
expertly
balanced and
calorie-counted
by Spurs and

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Sarah Schenker
designed to fill
you up and stave
off hunger.

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in just a few
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keep it off with
these new Fast
800 recipes by
creator of the
5:2 diet Dr
Michael Mosley
and Dr Clare
Bailey, YOU's
resident doctor.

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Based on the latest science, I recently wrote a new book, *The Fast 800*, which pulls together everything I've learnt about the easiest and most effective ways to lose weight and keep it off.

Fast 800

Page 30/49

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*Recipes: New,
fast, delicious,
150 Delicious
calorie-counted
Calorie*

The Fast 800 is
an innovative
approach to
healthy living
based on the
latest
scientific
research in the
area of health.
The programme is

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based on Michael
Mosley's best
selling books -
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'Fast Exercise'
and 'The Blood
Sugar Diet'.

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regaining my

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NHS.uk, 03 Jul
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unhealthy as you
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2014. Kick

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of Retreats, 30

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and with them
the first Fast
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When Michael and
I started work
on The Fast Diet
back in October,
the weather in
the UK was
already cold and
gloomy, which,
even with the
best will in the

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world, made
eating on a Fast
Day something of
a challenge.

Controlled Meals To Make Your Fasting Days Easy

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intermittent
fasting*

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Mimi Spencer
with Dr Sarah

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unveiled here
today - with
more tips on how
to lose weight

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and transform
your health
150 Delicious
These new Fast
Calorie
800 recipes are
Controlled
also low in
Meals To Make
starchy
Your Fasting
carbohydrates
Days Easy
found in foods
such...

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diet all new
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The Fast 800 is an innovative approach to healthy living based on the latest scientific research in the area of health. The programme is based on Michael Mosley's best selling books -

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'The Fast 800',
'The Fast Diet',
'Fast Exercise'
and 'The Blood
Sugar Diet'.

Meals To Make
The Fast 800
Your Fasting
Days Easy

Even if we
weren't on the
Fast Diet, I
would love this
Recipe Book. It

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The Fast Diet
is beautifully
presented (do
get the print
version) and all
the recipes we
have tried so
far have been so
good with
wonderful
flavours. We've
been doing well
on the diet (2
of us have lost
a stone each

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over 2 months)
but were getting
sick of WW Ready
Meals & ready-
made soups.

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This week in
YOU, I am
unveiling my
latest version

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the simplest 5:2
I've ever
devised, with
brand new
recipes. The
core principle
is the same: cut
down to 800
calories a day
for two days of
the week on so-
called Fast Days
and eat a

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balanced, Mediterranean-style diet for the rest of the time.

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5:2 diet
recipes: Dr

Michael Mosley's
simplest meal
ideas ...

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Michael Mosley,

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the medical
journalist whose
BBC Horizon
programme first
alerted the
world to the
Intermittent
Fasting
phenomenon, and
Mimi Spencer,
award-winning
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groundbreaking

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guide to
following this
diet in a safe,
effective and
sustainable way
- you will never
have to worry
about planning
your fast days
again.

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Now, in the Fast
150 Delicious
800, I've

combined the new
Calorie
science with

everything I've
Meals To Make
learnt

personally since
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Days Easy

my earlier books
in one easy-to-
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programme.

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