

The 5:2 Diet Low Carb NutriBullet Recipe Book: 200 Low Carb High Protein 5:2 Diet Recipes [Kindle Edition] By Susan Fotherington

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mixing the 5: 2 diet and a keto (low carb / lchf) - Hi. I have also started to add 5:2 to my existing LCHF diet. I can t believe how good they both work together. I agree it is easy to do 5:2 when on LCHF, as you

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low carb 5: 2 does it work? | 5: 2 diet recipes - Hi Lara, Thanks for your comment. Yes I think low carb 5:2 definitely works. Although I have switched back to low cal as I think I personally lose weight quicker.

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