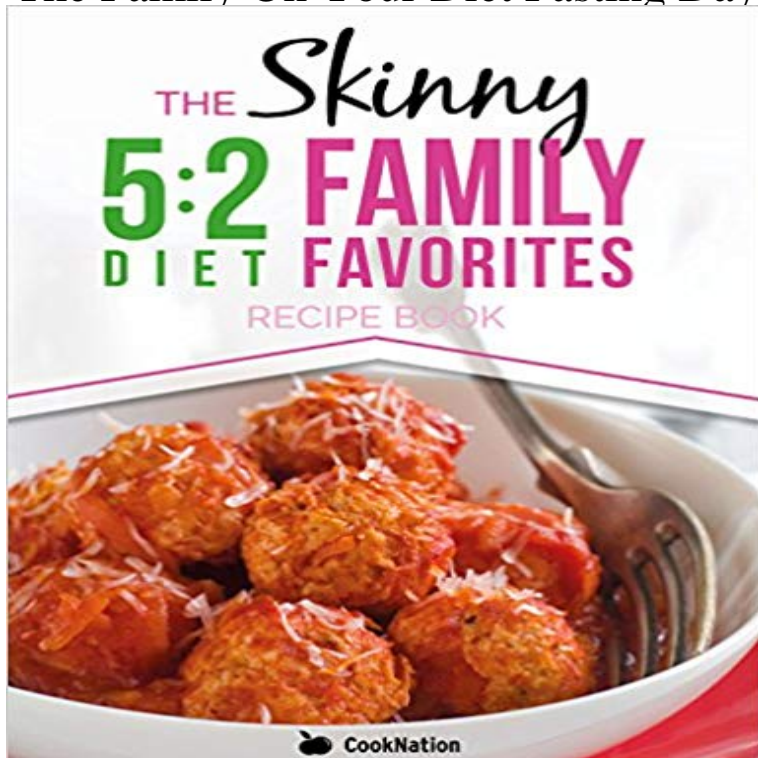


# The Skinny 5:2 Fast Diet Family Favorites Recipe Book: Dine With All The Family On Your Diet Fasting Days



40 family favorite recipes under 300, 400 and 500 calories. Are you following the 5:2 Fast Diet plan but also have a family to prepare meals for every day? Are you feeling the pressure of preparing two sets of meals for you and your family on each fast day? Well it neednt be that way! With this collection of family favorites you can stick to your 5:2 fasting plan yet prepare only one meal for your whole family. Weve carefully selected some of the all time favorite family meals so you can all enjoy and eat together one meal, one family. Everyones happy. Weve created a new selection of national family favorites plus some winning recipes from the existing CookNation Skinny series of kindle books. Recipes include: Homemade Cheese Burgers Lasagna Meatloaf New England Clam Chowder Omelet Philly Cheese Steak Southern Style Chicken Skirt Steak Fajitas Pecan Pie BBQ Pork Sandwich Nachos Family Pizza Pumpkin Pie Honeyed Chicken Wings Italian Meatballs Luscious Italian Chicken Cobb Salad Cornbread Corned Beef Hash Waffles Blueberry Cobbler Pancakes Cheesecake Chicken Stew Chili Con Carne Cowboy Casserole Potato Salad Pumpkin Pie Ragu A La Bolognese Jambalaya You may also enjoy The Skinny 5:2 Diet Slow Cooker Recipe Book which includes detailed menu planners for your 5:2 Diet. More in the Skinny series: The Skinny Slow Cooker Recipe Book: 40 Delicious Recipes Under 300, 400 And 500 Calories. The Skinny Vegetarian Slow Cooker Recipe Book: 40 Meat Free Recipes Under 200, 300 And 400 Calories. The Skinny Indian Takeaway Recipe Book: Authentic British Indian Restaurant Dishes Under 300, 400 And 500 Calories. The Healthy Kids Smoothie Book: 40 Goodness In A Glass Recipes For Happy Kids.[www.cooknationbooks.com](http://www.cooknationbooks.com)  
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