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

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creator of the 5:2 diet Dr Michael
Mosley and Dr Clare Bailey,

YOU's resident doctor. 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

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regaining my waist' The
Telegraph, 08 Jul 2014. Mimi
becomes an NHS consultant-
contributor... NHS.uk, 03 Jul
2014. The full-fat diet — why it's
not as unhealthy as you think.
The Times, 02 Jul 2014. Kick
starting The Fast Diet in

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now. At last, a few rays of sun
arrive - and with them the first

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

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

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have lost a stone each over 2
months) but were getting sick of
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This week in YOU, I am unveiling

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my latest version of the diet - 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 balanced, Mediterranean-style diet for the

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In The Fast Diet Recipe Book, Dr
Michael Mosley, the medical
journalist whose BBC Horizon
programme first alerted the

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world to the Intermittent Fasting phenomenon, and Mimi Spencer, award-winning food and fashion writer, offer a groundbreaking guide to following this diet in a safe, effective and sustainable way - you will never have to worry about planning your fast

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combined the new science with
everything I've learnt personally
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Following the No.1 bestselling
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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.

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The Times, 02 Jul 2014. Kick
starting The Fast Diet in
Mauritius. Queen of Retreats, 30
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weather in the UK was already cold and gloomy, which, even with the best will in the world, made eating on a Fast Day something of a challenge.

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Diet, I would love this Recipe
Book. It is beautifully presented

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

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my latest version of the diet – the
simplest 5:2 I've ever devised,
with brand new recipes. The core

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

5:2 diet recipes: Dr Michael

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In The Fast Diet Recipe Book, Dr
Michael Mosley, the medical
journalist whose BBC Horizon
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writer, offer a groundbreaking 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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