



## The Fast Diet Recipe Book

150 delicious, calorie-controlled meals to make your fasting days easy

**MIMI SPENCER**

**WITH DR SARAH SCHENKER**

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*'A health revolution' New York Times*

*'I think I might just be part of a health revolution' Hugh Fearnley-Whittingstall*

The indispensable companion to the #1 best-seller that everyone's talking about: *The Fast Diet*. Mimi Spencer, award winning food and fashion writer, is back with this ground-breaking cookbook to help you get the most out of your fast days and she is joined by Chelsea and Spurs registered nutritionist Dr Sarah Schenker who has helped to expertly balance and calorie count these nutritious and delicious recipes.

With over 150 carefully crafted, nutritious and low-calorie recipes in a beautiful full-colour format, incorporating the 5:2 Diet into your life couldn't be easier. The recipes are all expertly balanced with plenty of protein and moderate complex carbohydrates – designed to fill you up and stave off those dreaded hunger pangs. They are split into simple breakfasts and leisurely supper dishes, allowing you to plan your fast day in a way which works for you. The detailed menu planners by Dr Sarah Schenker also include lots of encouraging tips – including kitchen cupboard essentials, the latest nutritional advice, a user-friendly calorie counter, and a whole section of speedy meals that can be quickly made for those busier days.

*'The Fast Diet is ideal for those of us who can just about manage to be good, but lack the long distance rigour of saints' Allison Pearson, The Telegraph*

**Mimi Spencer** is a journalist and author. She is a feature-writer and columnist for titles including the *Mail on Sunday* and *The Times*. She has also been a columnist on *Waitrose Kitchen* and *Observer Food Monthly*. She is the author of *101 Things To Do Before You Diet* (Transworld 2010).

**Dr Sarah Schenker** is a Registered Dietitian and Nutritionist who has served on both professional and government committees. She now combines her sports nutrition work, consulting for football clubs including Tottenham Hotspur and Chelsea, with regular appearances on television and writing for scientific journals, as well as for newspapers, magazines and websites. Sarah is married with two young sons – so she also has a busy mum's understanding of how best to feed a family. For *The Fast Diet Recipe Book*, Sarah has used COMPEAT nutrition analysis software to complete the calorie calculations.

**FOR MORE INFORMATION OR TO ARRANGE AN INTERVIEW WITH THE AUTHORS PLEASE**

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