



## The 5:2 Bikini Diet

By Whitehart, Jacqueline

Harper. Condition: New. Lose up to 14 lbs in just 4 weeks! By dieting for only two days a week you can have the bikini body you've always dreamed of - fast. With over 140 mouth-watering and filling recipes, all under 500 calories, bestselling diet author Jacqueline Whitehart is the answer to your dieting prayers. Num Pages: 256 pages, (1x8pp plates). BIC Classification: VFMD. Category: (G) General (US: Trade). Dimension: 198 x 130 x 20. Weight in Grams: 222. . 2013. Paperback. . . . Books ship from the US and Ireland.



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