

# Dr Mosley 5 2 Diet



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### **52 Diet Wikipedia**

The 5:2 diet is a fad diet that emphasizes intermittent fasting. The 5:2 approach is similar to but less restrictive than alternate day fasting as adherents restrict calories for just two days per week. The diet was popularized in the summer of 2012 when the BBC broadcast a Horizon episode featuring physician, broadcaster, and author Michael Mosley explaining his experiments with fasting.

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Pork Meatballs and Swiss Chard. Recipe by harryjt on 4 Jul 2018 250 to 500  
â€¢ Lunch â€¢ Dinner â€¢ Low calorie â€¢ Low carb Rating: no ratings yet