



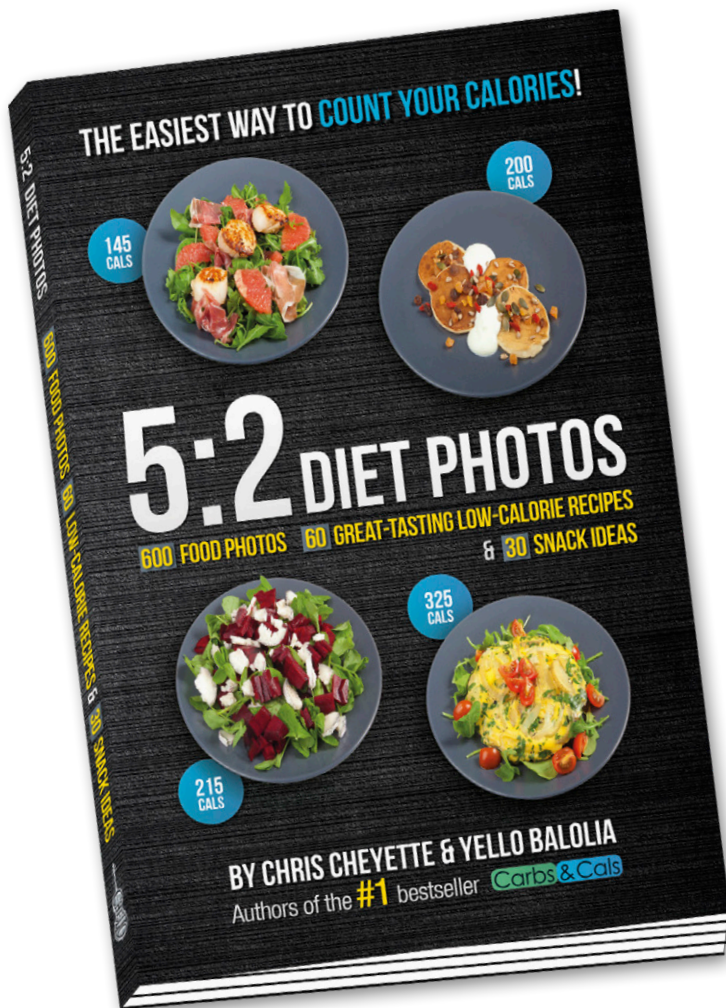
Carbs & Cals



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5:2 RECIPES



The following 3 tasty recipes are from the 5:2 Diet Photos book

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145 CALS



Scallop, Parma Ham & Grapefruit Salad



Preparation



1. Dry-fry the **scallops** for around 2 - 3 minutes on each side, until just cooked
2. Arrange the **rocket** on a plate with the **grapefruit** and **Parma ham**
3. Top with the scallops and serve

Ingredients

3 Large scallops
(100g, raw)

20g Rocket

70g pink grapefruit
segments

1 slice Parma ham
(15g)

145
Cals

3g
Fat

22g
Prot

Weight: 160g 8g Carbs

Pineapple Prawn Stir-fry



Preparation



1. Dry-fry the **stir-fry vegetables** in a hot, non-stick pan for 2 - 3 minutes
2. Add the **prawns, Chinese 5-spice, pineapple** and **soy sauce**
3. Cook for a further 1 - 2 minutes and serve

Ingredients

- 1 pack **stir-fry vegetables** (285g, ready-prepared)
- 100g **prawns**, cooked
- 1 tsp **Chinese 5-spice**
- 60g fresh **pineapple** chunks
- 1 tbsp **soy sauce**

235
Cals

3g
Fat

31g
Prot

Weight: 410g 19g Carbs

Slow-roasted Tomato & Chorizo Salad



Preparation



1. Pre-heat the oven to 120°C
2. Mix the **tomatoes** with the **rosemary**, **garlic** and half the **thyme**, then season with salt and pepper
3. Place onto a baking tray and roast in the oven for 90 minutes
4. Meanwhile, dry-fry the **mushrooms** in a pan with the **chorizo**, remaining thyme and freshly ground black pepper, until the mushrooms are tender
5. Add the **Marsala wine**, reduce down (this will only take a few seconds), then remove the pan from the heat
6. Mix the tomatoes with the mushrooms and chorizo. Serve on a bed of **spinach** and **rocket**

Ingredients

100g cherry tomatoes, halved

½ tsp fresh rosemary, finely chopped

1 clove garlic, finely diced

1 tsp fresh thyme, finely chopped

45g chorizo, sliced

50ml Marsala wine

20g baby spinach

15g rocket

255
Cals

12g
Fat

12g
Prot

Weight: 220g 13g Carbs