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'The Fast 800' Author Dr Michael Mosley Answers Our Dieting Questions | Studio 10 Dr Michael Mosley is turning everything we know about dieting on its head, first with the **5:2** diet and now with 'The Fast 800'.

5. WHAT I EAT IN A DAY | Vegan + Gluten-Free Hey friends! Today's video is another What I Eat in a Day video where I share my healthy, gluten-free and **vegan** recipes.

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The 5:2 Diet: Mushroom Stroganoff - a Fast Day recipe Writer and former yoyo dieter Kate Harrison has finally won the battle with her weight - now she shares the secrets that are helping ...

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