



# 5:2 with Fresh Steps

## What is the 5:2 Diet?

With the 5:2 Diet, two days each week are a very low calorie diet. The two days where you eat a very low calorie diet are called “modified” fasting days. On those days, you eat much less than normal. The rest of the week is a normal, healthy diet.

The beauty is that a strict diet on just 2 days a week can be as effective for weight control as cutting a small amount of calories every day of the week. Most of the time you aren’t dieting, but you still reap the benefits of dieting.

## How to 5:2 with Fresh Steps Starter Kits

The Fresh Steps Starter Kit has everything you need to 5:2 for three full weeks!

### 2 Days a Week

Choose 2 days a week to be your “modified fasting” days. This can be 2 days in a row or not. On these days, pull one box from your kit. This will be all your food for the day – 4 meals + one snack. No planning, measuring, or thinking required!



### 5 Days a Week

There is no set limit in the amount of food for these days. On these days, you’ll want to chose healthy foods as much as possible. This isn’t a free-for-all, but you also don’t need to sweat it if you have a treat or two. Just eat an amount that keeps you satisfied and comfortable.

### Want to 5:2 on your own?

On the 2 modified fasting days, aim for 500–800 calories per day with 80 to 100 grams of protein.

