



Sampler: Elly Pear's Fast Days and Feast Days: Tips and recipes to reset your diet for the New Year

By Elly Curshen

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Reset your diet for the New Year with this exclusive e-short from rising cookery star Elly Pear. Gone is prescriptive eating – here you will find eight delicious 5:2 recipes along with no-nonsense advice for both your fast days and feast days. This is the answer to all your New Year healthy eating resolutions.

Since opening the hugely popular Pear Café nine years ago, Elly Pear has been on a quest for good food and new ideas. Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting pescatarian recipes for eating well and enjoying food on both fast days and feast days.

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