



# The 5 Factor Diet

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**Lose the weight with 5 ingredients, 5 minutes, and 5 meals a day: Give this diet 5 stars!**

Celebrity trainer and diet expert Harley Pasternak, author of 5-Factor Fitness, shares his secret to easy weight loss in this delicious plan: 5 small meals a day for 5 weeks, plus 100-plus recipes with 5 or fewer ingredients and just 5 minutes of prep time. Meal plans are included, and preparation is a snap. It works for Pasternak's clients, and it can work for you! As Eva Mendes says, "Harley has changed my life. Not only do I feel better than ever, but now I can have guilt-free pizza anytime, and that has made me a happy girl." You'll even find a bonus chapter of 5-Factor Fitness workouts and sample 5-minute workout moves to help you maximize diet results in just 25 minutes per day over 5 weeks.

## The 5 Factor Diet Details

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Author : Harley Pasternak , Myatt Murphy

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# From Reader Review The 5 Factor Diet for online ebook

## Shirin Abdel Rahman says

He is attacking all type of diets( low carb- low GI- high protein etc), most of chapters about other diets and how bad they are for your health on the wrong run.

His 5 factor diets are eating healthy balanced food - sleep well- workout and supplements.

he is not saying anything thing valuable or anything you can not find on cosmo or marie claire!

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## Kristen says

I really don't know why I picked up this book at the library, since I usually shy away from "diets," but I'm really glad I did. It read more like a nutrition text and its precepts were common sense stuff. I wouldn't even call Pasternak's plan a diet, but a sensible eating plan. I like the idea of one day off a week. Everyone needs to be naughty sometimes =) The workouts were helpful, but I didn't like many of the recipes because they would cost a lot to prepare and are not practical for feeding a large family like mine. If you're going to choose a diet book, I'd definitely recommend that you start here.

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## Yaelian says

This is my latest obsession, but it seems better than the others because it does not neglect excersise. It's a diet book, so who can really say whether the writing holds up. The point is that the recipes are pretty decent and I like that the workout routines are really diverse.

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## Nina says

I heard about this diet but I didn't really know what it was about. I saw the book on the new books shelf at my library and I was curious so I checked it out. The recipes didn't sound very good to me and the workouts seemed too easy.

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## Doroti says

Another marketing trick criticizing all popular diet plans and combining principles from most of them in the end of the day!

Suggested meal recipes are too complicated contrary to the initial promises; still, some cooking ideas might be interesting.

Generally, i do not like the regular use of too much dairy and the throwing away of the egg yolks.

Encouraging the use of low-fat dairy as well as processed low-fat sauces and mixtures is ridiculous in 21 century.

The workout plans seem reasonable though - that is the reason for the 2nd star.

As a whole - crap, crap, crap, etc.!

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### **Whitney St-Marseille says**

I have to say that I like Harley's take on nutrition. He is all about eating everything in moderation without having to give up certain food backs. It also helps that many celebrities endorse his nutrition ideas. However, I think the danger lies in the fitness side of things. I think in order to lose weight you would probably have to exercise longer than 30 minutes everyday. Many celebrities have hired him as their nutrition counsellor, but they also have their own personal trainer.

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### **Rayna says**

Seems easy enough, unless you are greedy like me => No, it's the best way to eat and really simple, you still need willpower though.

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### **Erica says**

I've read many diet books this one is the closest I've read to seeming pretty legit. He makes some excellent points and has great ideas. The best thing I've read is that he doesn't restrict you from anything when you're on this diet. Overall the book is telling you the same thing we've been hearing from our families since we were young. Eat right and exercise. Who would've thought right? Mmmm yeah. I'm going to try some of these recipes at least to try them out they seem yummy :-)

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### **Gail says**

Re-read

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### **Erika says**

years later..and I still randomly read this book  
Even if u dont follow exactly - lots of great info/ideas and easy recipes

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### **Kristi says**

This was a very fast little read. Very motivating, but not much new information for me. There are several new recipes I want to try, so that's a good thing. I did enjoy reading about the benefits of continuing my healthy lifestyle journey I started two years ago. I'm a big believer that a fit life feels better than anything in

the world and it comes with some small sacrifices....like putting the ice cream down!

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### **Niknesha Q. Hairston says**

I just started the Harley Hollywood workout so I figure I better eat right also. I mean what's the use of exercising and burning fat when you put it back on with bad food choices, this book was very helpful especially with all the food choices and education on reading labels on food. Hopefully this book helps me reach a healthily lifestyle.

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### **Stephanie says**

I liked the workout section a lot better than the diet section. While a lot of his dietary arguments make sense, I am just not able to prepare myself five meals a day - three of them would be while at work! (And even if they take "only five minutes" - which I doubt, making quiche at work is just not going to happen.)

Perhaps this works for his celebrity clients and it could work for some "regular" people, but not for this regular person.

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### **Shiv allad says**

yeh!!!!!!!!!!!!!! itz nice

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### **Yvonne says**

I would give this book ZERO stars if I could. Oh, wait, you mean I CAN? OK, then this is a ZERO STAR BOOK. It's completely unrealistic that someone could actually eat the crap this guy has dreamed up. Allow me to demonstrate:

(in this critique, the parentheses are my comments, and capitals are my emphasis)

Recipe: Roasted Asparagus Spears with Turkey Slices (my first reaction: meat and asparagus? Yummy! I will make!)

Ingredients:

20 asparagus spears

6 ounces sliced turkey (so far, so good)

2 cups shredded carrots (um, WHAT?)

1/2 cup very thinly sliced red onion (OK, could work)

Instructions:

-preheat oven (very reasonable)

-roast asparagus (OK, also makes sense)

-lay turkey on cutting board. SPRINKLE WITH THE (2 FUCKING CUPS OF) GRATED CARROTS and place roasted asparagus spears in the middle. Roll turkey around asparagus. Garnish with onion.

OK, WTF? How can you force 2 cups of shredded carrots into 6 ounces of turkey? WHAT? WHAT???? Are you proposing \*crossing\* a turkey with a carrot? I don't understand how this will work.

The rest of the diet is almost totally devoid of fat, which I can't stand. EVERYTHING calls for fat-free stuff: cheese, sour cream, cream cheese...anything that can have the fat sucked out of it is recommended in this book. What the hell happened to moderation? To low-fat stuff? Who could actually eat so little fat without freaking out and shoveling a pound of butter into her mouth at the end of the day? Not me, my friends. Not. Me.

I feel dumb even READING a diet book, much less for reviewing it, but I feel SO compelled to let the world know how ridiculous this diet is. God, people! Just go to the goddamn gym!

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