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**low carb 5: 2 does it work? | 5: 2 diet recipes** - Hi Lara, Thanks for your comment. Yes I think low carb 5:2 definitely works. Although I have switched back to low cal as I think I personally lose weight quicker.

**susan fotherington (author of the 5)** - Susan Fotherington is the author of The 5 (2.00 avg rating, 1 rating, 0 reviews, published 2015), The 5 (0.0 avg rating, 0 ratings, 0 reviews, published

**mixing the 5: 2 diet and a keto ( low carb / lchf)** - Hi. I have also started to add 5:2 to my existing LCHF diet. I can t believe how good they both work together. I agree it is easy to do 5:2 when on LCHF, as you

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