



The 5-Factor Diet

Harley Pasternak, Myatt Murphy

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From the bestselling author of *The Body Reset Diet*

Having helped shaped some of today's hottest bodies, one of America's most sought-after diet and fitness experts, Harley Pasternak, here shares his revolutionary five-week program that will help you lose weight and get fit without feeling hungry or deprived. One of the easiest programs to follow, the 5-Factor Diet incorporates

- 5 meals a day with 5 core ingredients in each recipe
- 5-minute meal prep for more than 100 recipes
- 5 short workouts a week

Complete with delicious and quick meal ideas, easy-to-follow shopping lists, and detailed workout photos and instructions, **The 5-Factor Diet** is the key to your health and happiness!

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