

Feast & famine

A controversial new diet says you can eat whatever you want and still lose weight. The catch? Nearly starving yourself two days a week

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Last Updated: 11:41 AM, February 21, 2013

Posted: 10:43 PM, February 20, 2013

Every Monday and Thursday, glamorous British journalist Mimi Spencer follows the same ultra-restrictive diet — low-sugar muesli, a splash of

1 percent milk and a couple of strawberries at breakfast, an apple for lunch and, for dinner, arugula salad with a slice of chicken or tuna.

The total daily calorie count is a measly 500. Yes, she frequently feels famished. But, according to Spencer, the returns are well worth the occasional hunger pang.

Five-foot-7, size 4 and weighing 119 pounds, Spencer has the perfect model figure. Yet, less than six months ago, 23 pounds heavier, she was an ample (but unhappy) size 8.



“I am fitter and healthier, more alive than ever,” says the 45-year-old mother-of-two, who eats “whatever I want” the other five days of the week. “I have never felt better.”

She shared the secrets of her success with *The Post* ahead of the US launch Tuesday of “The FastDiet,” the guide she wrote with UK doctor Michael Mosley, which is causing a sensation across the pond.