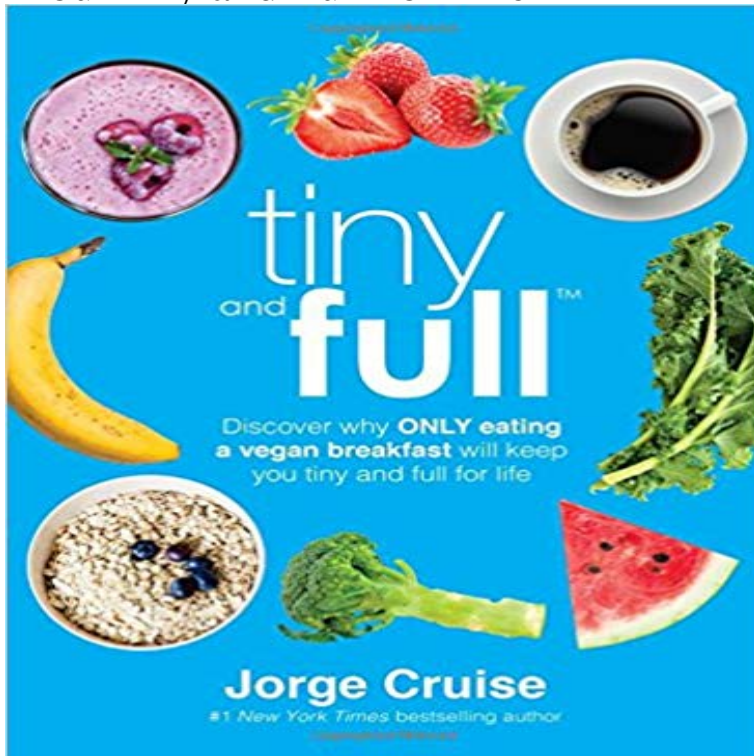


Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life



Be a vegan until lunch and lose up to 12 pounds per week! The vegan diet is more popular than ever, and people all over the world are touting its healthful benefits--longevity, energy, and even weight loss. For most of us, though, it's a lifestyle change just too hard to maintain. More important, it can be deficient in crucial nutrients for optimal wellness, such as vitamins A, D, K2, and B12. With Tiny and Full, you only have to be a vegan until lunch to see the results of a plant-based diet. You'll discover that eating vegan at just one meal--breakfast--is better for you than if you ate vegan all day long. By including yummy foods with animal protein, such as Greek yogurt, white fish, chicken, and so much more, in your lunch and dinner, you will get a complete, balanced diet that leaves you satisfied on the least amount of calories necessary and gives you a tiny waist in only 12 weeks! Tiny and Full gives you a straightforward meal plan and an energetic fitness program, plus 50 fun and delicious recipes--from a Tropical Mango Blast and Berry Blaster Bowl to Gorgonzola Pear Pizza and even Chocolate Avocado Mousse Cupcakes. This book provides all the guidelines you need to transform your body and improve your life--starting now!

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