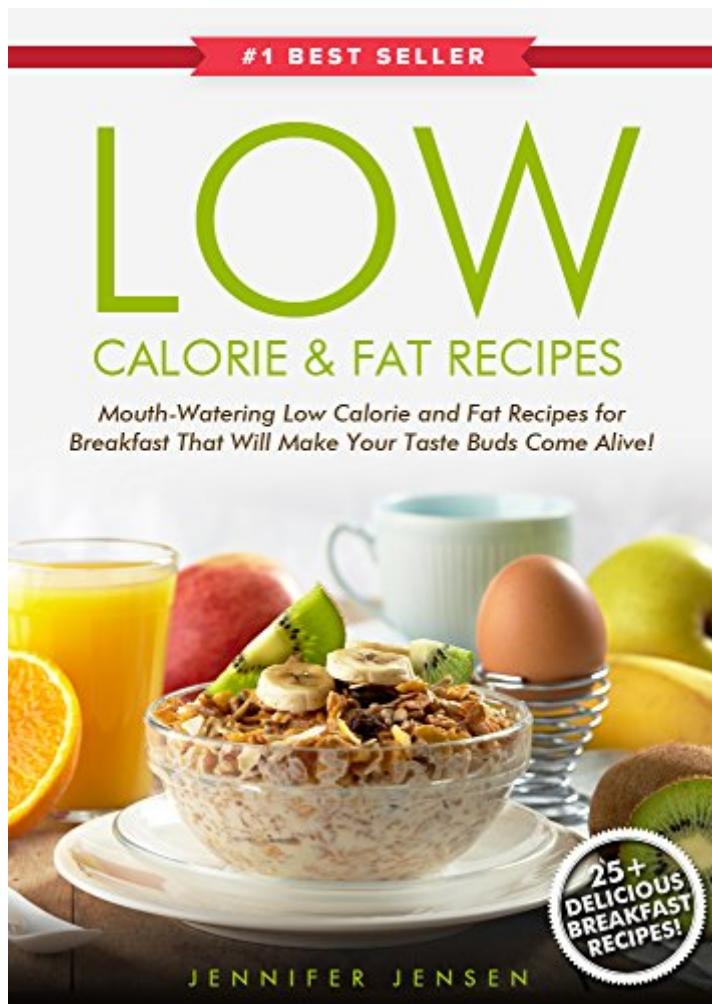


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# Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes And ... Only! (Low Calorie & Fat Recipes Book 1)





## **Synopsis**

"Delicious, mouth-watering breakfast recipes that will make your taste buds come alive!"Discover new healthy but tasty low fat recipes that are also low in calories to spice up your breakfast!\* All the recipes inside this eBook are low in calories and fat!

## **Book Information**

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## **Customer Reviews**

Writing about health and wellness is one of my passions. Writing novels is the other. So I'll critic this book both as a reader and as an alternative health author. . . .The book is largely made up of recipes foods you can prepare for breakfast, lunch and dinner. I liked most of the main course dishes. I think they are very good. The author uses a variety of vegetables and fruits as her base ingredients. And the emphasis is on fish and legumes and light turkey meats for main course. These are all healthy foods, particularly the beans and the fish. The broccoli quiche and pumpkin pancakes, the cottage cheese and banana breakfast all sound good and healthy as well. They also have a number of recipes for making smoothies from various fruits and vegetables. On the down side, the muffins are way too rich: filled with sugar and fat. The Shepherd's Pie, with bacon strips and butter as its main ingredients

didn't sound exactly healthy either. Once you know enough about these foods, you can make wiser choices.

This is an amazing resource for anyone doing the Atkin's diet. If you aren't doing this diet, then you really ought to. Though, if you are, why should your breakfasts be so boring? This recipe book has everything you need to bring excitement back to your mornings. I now look forward to getting up each and every morning and trying a new recipe from this delightful book. The book includes pictures that help you decide if a recipe is just right for you or not. In addition, the book is broken into simple to follow steps that even someone like me can manage!

Breakfast is the most important meal of the day. But, most of the time, we miss it. Once you tasted any of the recipes in this book, you will never miss breakfast again. This book is filled with load of recipes that are great to eat, but low in fat and low in calories. These recipes will help you to live without being affected by obesity and diabetes. All recipes are easy to prepare as well!

One thing that I have learnt from my folks is just how important breakfast is. This book helped to validate that theory with absolutely mind blowing breakfast recipes. They are not just nutritionally rich but also good to the yes when laid out on the breakfast table. My favourite of them all is the black bean and corn salad, absolutely mouth-watering to say the least

Oh this is one great find for me with my gestational diabetes. The recipes are easy to do and easy to get even just in the local groceries. Which is the best advantage for me cos I'm 7 mos along the way. Kinda hard to move around with a bulging tummy. What I do is I ask my husband to buy the ingredients while I cook them. Helps us cope with diabetes.

Healthy Breakfast ideas, Smoothies, Muffins and a lot more is inside of this book. I must admit i feel a bit addicted to this one. I managed to make these delicious Muffins and i can say they were perfection. The whole book is full of ideas and things you probably have never heard off.

I'm really looking forward to the start preparing cottage cheese and banana breakfast delite as provided in this book. There are nice recipes with low calorie. Apparently you can eat well without that much of calories. Great!

Ohh, this was great book. Delicious and low-calorie recipes! What else you would like. ;) Enjoyed reading it and the fruit section was the best, made my mouth water.

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