



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

By Jorge Cruise

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life, Jorge Cruise, Total health, natural weight loss, increased all-day energy .your breakfast holds the power! 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(TM), you only have to wake up vegan(TM) 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(TM) gives you a straightforward meal plan and an...



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