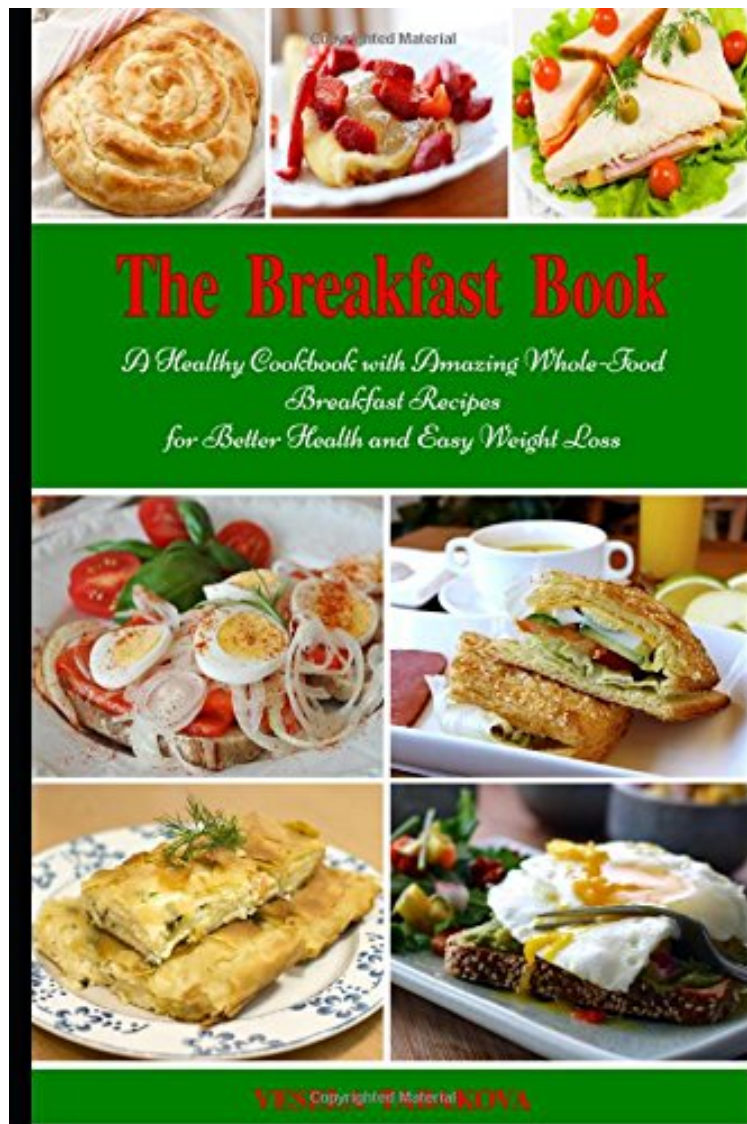


(Free and download) The Breakfast Book: A Healthy Cookbook with Amazing Whole-Food Breakfast Recipes for Better Health and Easy Weight Loss: Healthy Cooking for Busy People on a Budget (Mediterranean Diet Cookbook)

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Vesela Tabakova

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Vesela Tabakova : The Breakfast Book: A Healthy Cookbook with Amazing Whole-Food Breakfast Recipes for Better Health and Easy Weight Loss: Healthy Cooking for Busy People on a Budget (Mediterranean Diet Cookbook)

before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Breakfast Book: A Healthy Cookbook with Amazing Whole-Food Breakfast Recipes for Better Health and Easy Weight Loss: Healthy Cooking for Busy People on a Budget (Mediterranean Diet Cookbook)*:

0 of 0 people found the following review helpful. Five Stars
By Janet Karrived quicker than expected
3 of 4 people found the following review helpful. ... the few who would say that breakfast is their favorite meal of the day
By Shallot
Irsquo;m probably only one of the few who would say that breakfast is their favorite meal of the day. But
itrsquo;s true, I love my meals in the morning. I give it as much thought as I would any lunch or dinner meals, sometimes even more. This is why I got this book - to look up options and switch it up every now and then, and not just settle for the conventional cereal and pancakes that most people have. Props to Ms. Tabakova for this excellent resource of recipe ideas!
0 of 0 people found the following review helpful. It was ok
By Customer
It was OK. I expected more. Wasn't very familiar with a lot Of the ingredients. Will try them any way

Healthy Breakfasts for Busy Mornings - Simple Meal Ideas to Help You Lose or Maintain a Healthy Weight
From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family recipes.
The Breakfast Book: A Healthy Cookbook with Amazing Whole-Food Breakfast Recipes for Better Health and Easy Weight Loss is an invaluable and delicious collection of healthy whole food breakfast recipes that will please everyone at the table and become all time favorites.
If you're looking for delicious everyday recipes that are not too complicated and are budget-friendly - this cookbook is for you.***FREE BONUS RECIPES at the end of the book - 10 Ridiculously Easy Jam and Jelly Recipes Anyone Can Make!***

From the Author
Breakfast is the most important meal of the day as it gives your body the nutrients it needs to get your metabolism working. Research shows that regular breakfast eaters tend to be leaner and dieters who don't skip breakfast are more successful at losing weight - and keeping it off.
During a busy morning, it's easy to let breakfast fall low in your list of priorities, but taking just a few minutes to prepare a healthy breakfast can really make a difference to the way you metabolize glucose, and control blood sugar, all day.
What you eat is important. Food is fuel for the body, so eating a nutritious breakfast means you'll have enough energy to burn, keeping you active and productive until lunchtime. And a healthy breakfast can set the tone for nutritious choices all day long. Fortunately, there are plenty of traditional breakfast foods that are delicious and are good for you. Using more fruits and vegetables for breakfast along with whole grains and lean meats, nuts and seeds, eggs and Greek yogurt is a safe and natural way to lose or maintain a healthy weight. Try these time-saving and easy breakfast ideas to give your body the kick-start it needs.
About the Author
Vesela Tabakova lives in Bulgaria with her family of five, a crazy Jack Russell Terrier and three adopted dogs. Reading is her passion and coffee is her drug of choice. She loves cooking and preparing natural, homemade beauty products for family and friends. Her inspiration comes from many tried and tested recipes which circulate within her extended family, but she also experiments all the time in order to create new and varied recipes, better suited to modern tastes.