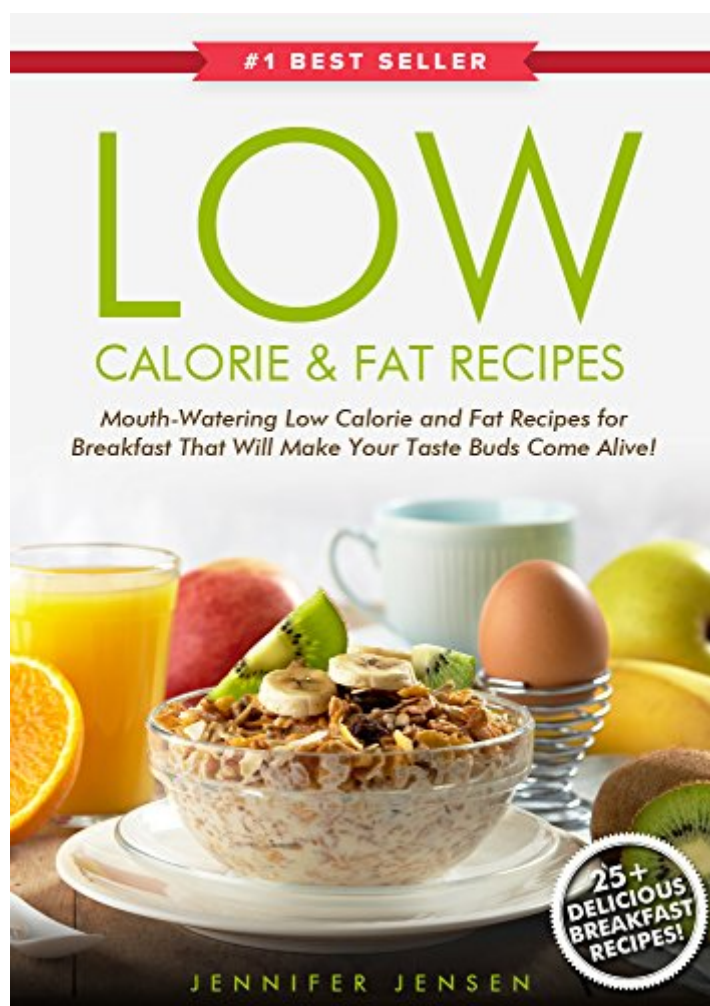


The book was found

# 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

File Size: 1372 KB

Print Length: 64 pages

Publication Date: December 5, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00AJVE7ZY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #513,216 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #143

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #281 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #288 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast

## Customer Reviews

Writing about health and wellness is one of my passions. Writing novels is the other. So I'm a 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.

[Download to continue reading...](#)

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) Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Egg Recipes: 50 Delightful Egg Recipes for Your Everyday Meals: Egg Cookbook, Egg Recipe Book, Best Egg Recipes, Delicious Egg Recipes, Frittata, Quiche, Omelette Recipes and More! Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet) (healthy food for everyday Book 5) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Type 2 Diabetes Cookbook : BREAKFAST and SMOOTHIES - 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Baking at High Altitude/the Muffin Lady's Old Fashioned Recipes: The Muffin Lady's Old Fashioned Recipes Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Egg Cookbook: Delicious Egg Recipes to Become an Expert in Egg Cooking 50 Quick and Easy Recipes For Breakfast - Including

Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)