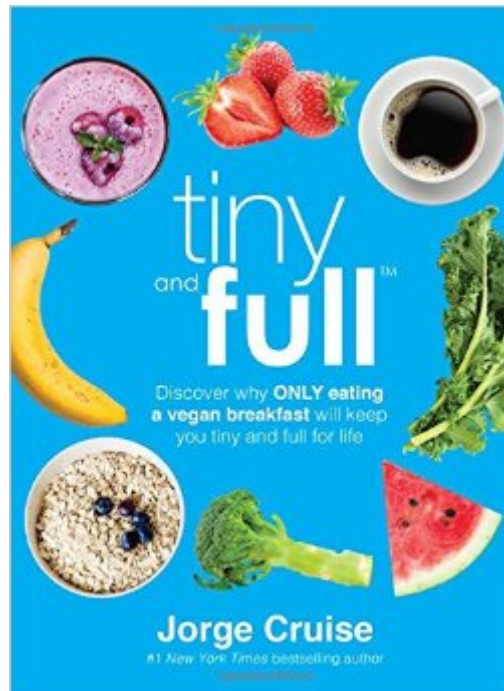


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# Tiny And Full: Discover Why Only Eating A Vegan Breakfast Will Keep You Tiny And Full For Life



## Synopsis

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!

## Book Information

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Average Customer Review: 3.8 out of 5 stars See all reviews (101 customer reviews)

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## Customer Reviews

It's the New Year so Jorge Cruise is back it again with another weight loss book. If you have followed Jorge Cruise for awhile, his diet plans were a strict low carb diets that counted sugar calories similar to Atkins. *Tiny and Full* is a bit of departure for him. For years, Jorge Cruise has been advocating cutting major foods out of the diet like fruit. I've lost weight on his other plans but they

are not long term plans. You will not be cutting food groups out with this meal plan. Best of all, fruit is a major part of this diet. The new book basically boils down to reduction of caloric intake. It's a very low calorie diet plan where you eat only 1200 calories a day. This might not be sustainable in the long run. There are no gimmicks here except making breakfast a vegan meal. Although it is marketed as a Vegan diet book, this is not a vegan diet and you will be eating meat for lunch and dinner. While the book may be marketed around something else, the central premise of the book is to eat lower caloric density foods to reduce calories. So instead of having Doritos, you'll be having a bowl of strawberries. In that sense, Tiny and Full is his most sensible weight loss plan. Unlike his other plans, he doesn't promise you will lose weight instantly. Instead, the plan takes place over the course of 12 weeks. Still, the book does have merit as it holds your hand with a sensible daily meal plan for 12 weeks. The big problem is following it. Buying the food items for this diet more than doubled our weekly grocery bill. This time around Jorge has also included recipes for various meals but don't expect these meals to be gourmet meals. The recipes are beautifully laid out with photographs. Aside from the fruit, the recipes are all pretty bland tasting.

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