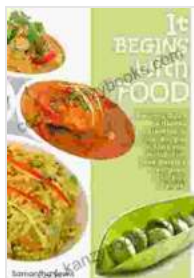


Amazing Quick Healthy Breakfast to Dinner Recipes to Raise Your Metabolism and Lose Weight



It Begins With Food: Amazing Quick & Healthy Breakfast to Dinner Recipes to Raise your Metabolism, Lose Weight & Feel Great (for busy people).

by Douglas Green

★★★★★ 5 out of 5

Language : English
File size : 874 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 63 pages
Lending : Enabled



Are you struggling to lose weight and keep it off? Do you feel like you're constantly dieting but never seeing the results you want? If so, you're not alone.

The good news is that there is a way to lose weight and keep it off without feeling deprived or hungry. The key is to focus on eating healthy, whole foods that will boost your metabolism and help you burn fat.

This book is packed with quick and healthy breakfast to dinner recipes that will help you do just that. These recipes are not only delicious but also easy

to prepare, making them a perfect companion for busy individuals seeking to maintain a healthy lifestyle.

What You'll Find in This Book

- Over 100 quick and healthy breakfast to dinner recipes
- Recipes that are packed with nutrients and antioxidants
- Recipes that are easy to prepare, even for beginners
- Recipes that are perfect for weight loss and maintenance

Here's a Sneak Peek at Some of the Recipes You'll Find in This Book:

-



Quinoa Breakfast Bowl with Berries and Nuts

15 minutes

-



Scrambled Eggs with Smoked Salmon and Avocado

10 minutes

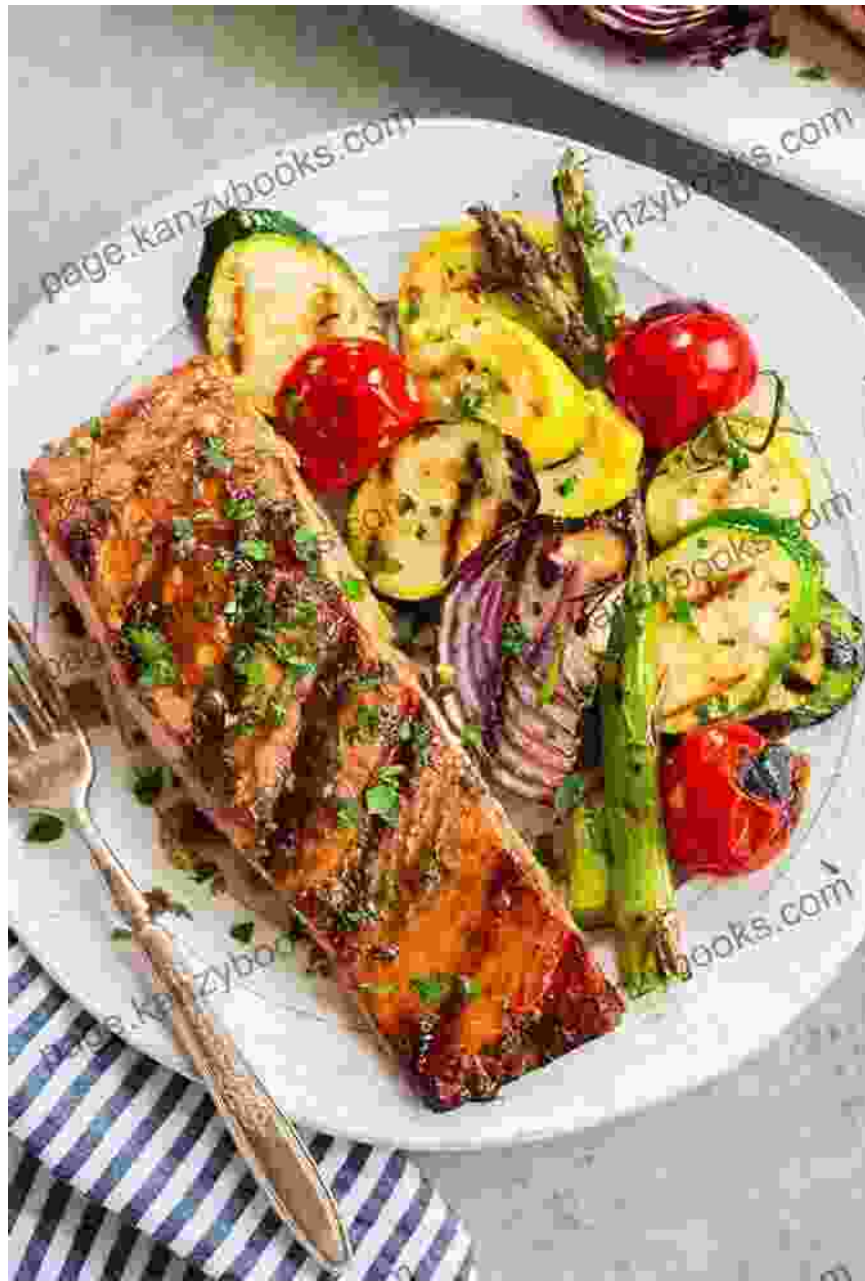
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Grilled Chicken Salad with Quinoa and Vegetables

20 minutes

-



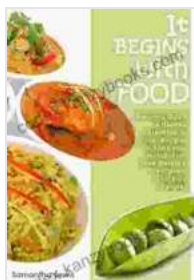
Baked Salmon with Roasted Vegetables

30 minutes

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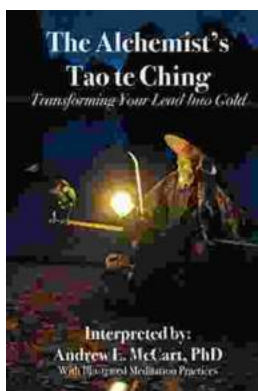


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