

Start Your Day Right: 34 Breakfast Recipes that are Low-Calorie, High Protein and Sugar Free



Are you looking to lose weight and sugar cravings? Maintain muscle and stay satisfied? This book will help you do both! Emma Lundqvist, an aspiring food photographer and fitness model, shares her favorite ways to start the morning. The recipes are complete with beautiful photographs, step-by-step instructions and nutritional information including a breakdown of macro-nutrients. Inside you will find 34 breakfast recipes that are... Low calorie Sugar free High in protein Natural and whole Nutritious Satisfying And much more!

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