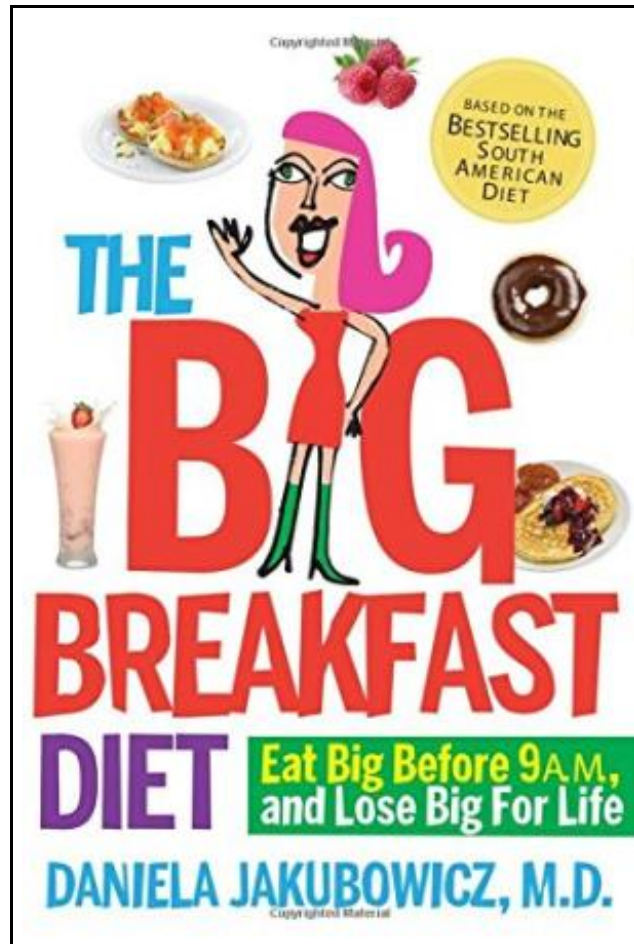


The Big Breakfast Diet: Eat Big Before 9am and Lose Big for Life



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THE BIG BREAKFAST DIET: EAT BIG BEFORE 9AM AND LOSE BIG FOR LIFE



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Workman Publishing. Paperback. Book Condition: new. BRAND NEW, The Big Breakfast Diet: Eat Big Before 9am and Lose Big for Life, Daniela Jakubowicz, Dr. Daniela Jakubowicz, a clinical professor at Virginia Commonwealth University and the Hospital de Clinicas Caracas in Venezuela, originally published her diet book in Venezuela and it became a South American bestseller, selling 300,000 copies. Now after continued research, Dr. Jakubowicz presents **THE BIG BREAKFAST DIET**, with its promise that you can have all the foods you crave, from pasta to bacon to ice cream, with just one catch-you have to eat them before 9:00 A.M. Based on the body's natural rhythms, eating a big, complete breakfast revs up your metabolism; helps burn more calories during the day and more fat at night; satisfies hunger all day long; boosts your energy; eliminates cravings for sweets; and reduces the risk of serious health conditions like type 2 diabetes and heart disease. After explaining the science behind the diet, and how the body's hormones and metabolism process food differently depending on what time of day you eat, **THE BIG BREAKFAST DIET** centres around a full 28-day meal plan-breakfast, lunch, dinner, and snacks, plus recipes. The day begins with a typical breakfast-a smoothie or shake, Oatmeal-Protein Pancakes with Very Berry Syrup, Ham Roll-Ups, a breakfast sweet-and ends with a moderate, delicious dinner-Zesty Flank Steak with Roasted Asparagus or Apple-Honey Pork with Orange Broccoli.



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