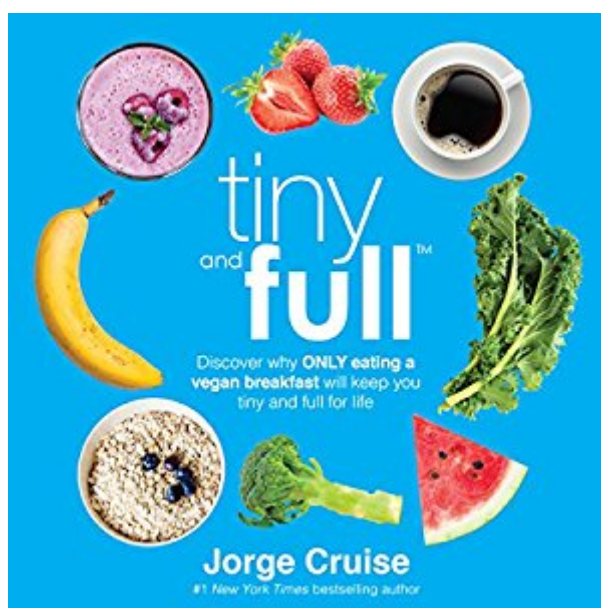


The book was found

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



Synopsis

Total health, natural weight loss, increased all-day energy...your breakfast holds the power! 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 that's 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 have only to wake up vegan™ 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 audiobook provides all the guidelines you need to transform your body and improve your life - starting now!

Book Information

Audible Audio Edition

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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. You'll be eating salads, soups, fruit, pea protein shakes, and other healthy foods. You won't be eating cookies, chips, fast food, and candy. We were excited to try to 64 calorie Chocolate Blueberry Muffins. We ended up tossing them. These were the worst muffins I have ever tasted. With only 4 tsp of sugar and unsweetened apple sauce, these tasted like eating a rubber ball. I wouldn't try it again. Instead, I recommend 100 calorie Vita Muffins which have a lot more fiber and aren't loaded with sugar. You'll also have to exercise and the book contains an entire chapter dedicated to exercise. Yeah losing weight is boring and tedious and this book doesn't make it any easier. The book has a habit of taking the most obvious things and making them seem like a big revelation. The book opens with the idea that a tiny waist indicates inner and outer beauty. It concludes that both men and women with smaller waists are not only more attractive but healthier. We are told that we must compute our waist hip ratio to determine how healthy we are. How do we get a smaller waist hip ratio? According to the book, cut calories to a drastic level. One of the major themes of the book is the idea of calorie density. The book says that we should be eating foods that have a lot of volume but lower calories. These foods are made of water and air but don't have a lot of calories. So Twinkies, cakes, junk food and candy are off the table. Instead we will replace them with fruits, vegetables, soups, and protein shakes. While the book shows you how to calculate calorie density, the book contains a big list of calorie densities so it is easy which foods you will add to your grocery list. The book also advocates a part time vegan diet. Jorge says that we only have to make breakfast a vegan meal otherwise we will miss out on essential nutrients like B12, Zinc, animal protein, Vitamin D, calcium,

and Omega 3s. The book states that eating a vegan breakfast will keep us full throughout the day. Reducing the amount of meat we consume can be healthy and we really should be eating lean sources of animal protein. One of the most interesting ideas is the idea of replacing animal based protein powders with plant based protein powders like pea protein. We ended up picking vanilla pea protein, which was pretty expensive compared to whey protein. You can definitely taste the pea protein in smoothies and it is very hard to mask its taste. All this is great but for it to work we must be accountable. Jorge encourages to take weekly selfies, calculating waist hip ratio, daily weight measurements, keeping meals to 300 calories, and keeping snacks to 100 calories. He also suggests weighing yourself daily to help keep you motivated. While the scale is not the most accurate measurement, I love to get on the scale everyday and see my progress. Like most diets that involve reduction of caloric intake, this diet is tough. It's not like we have all the ingredients to make the recipes so most people are going to have to adapt the plan for themselves. If you are not going to follow the laid out meal plans, then you are going to have to count calories. With any reduction of caloric plan, I find that drinking 2 glasses of water before every meal allows you to consume fewer calories and makes you feel more full. While I haven't completed the 12 weeks of diet, here is a sample of what I am eating for breakfast, lunch, and dinner. The meal plans suggest eating 1200 calories for my weight.

Breakfast Wheat Toast with almond butter. 1/4 cup strawberries
Snack 3/4 cup grapes
Lunch Chicken Salad
Snack Plain Greek Yogurt with 10 blueberries
Dinner Salmon with 1/2 cup Brown Rice and vegetable
Treat Plain Greek Yogurt mixed with cinnamon

*While I have read through the material, I will update this review when the 12 weeks with the program are up.

Lost 10lbs after two weeks...love this diet!

A very helpful and practical way to make the permanent changes needed for long term weight loss. Practical and easy to follow!

I love the ease of change I experienced to my lifestyle, by changing to vegan in the morning. The smoothies are amazing and I'm using parts of the overall menu as well. Well done Jorge!!!

Good book - great ideas

Makes Sense

A good addition to your collection. Has a bit of a different approach to improving your health with what you eat. Helps me not to eat too much, good portion control.

Love this book and excited to be getting the new release soon too!

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Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life
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