



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

By Jorge Cruise

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

**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!

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## **Editorial Review**

### **Review**

"Eat well without dieting or going to the gym with Jorge's strategies for breakfast, lunch and dinner." - **Mehmet Oz, M.D., Host of the Dr. Oz Show**

"Jorge gets it right. His recipes make eating smart easy. I recommend them highly." - **Andrew Weil, M.D., author of Why Our Health Matters**

"Jorge knows, as I do, that excess sugar in our diets is among the most important factors conspiring against our waistlines and our health." -**David Katz, M.D. Director and Co-founder, Yale University Prevention Research Center; Nutrition Columnist, O, The Oprah Magazine**

"I'm eternally grateful to Jorge for creating a simple lifestyle plan."

**—Christiane Northup, M.D., #1 New York Times bestselling author of The Wisdom of Menopause**

"When it comes to your health, forward thinking will allow you to avoid obesity and disease and achieve longevity. Jorge's program springs from progressive science that can truly change your body."

**—Ray Kurzweil, world-renowned scientist and author of The Singularity Is Near: When Humans Transcend Biology and Fantastic Voyage: Live Long Enough to Live Forever**

"Jorge, again, is on to something; belly fat is surely an indicator of poor health."

**—Suzanne Somers, actress and bestselling author of Breakthrough: Eight Steps to Wellness**

### **From the Author**

I am not an advocate for becoming a full time vegan. I intentionally created Tiny and Full as a part-time vegan program to help you get the benefits of the vegan diet but avoid the negatives. As many of us know, the vegan diet is more popular than ever. For most of us, though, it's a lifestyle change that is just too hard to maintain. It's also missing crucial nutrients for optimal wellness.

There are more people who have quit being vegan than there are those who are actual vegans. It's tough. It's also easy to become deficient in Vitamin B12, Vitamin D, Iron, Zinc, Calcium, and Omega 3s without proper attention and care. Many vegans have to turn to supplements which are expensive and not always easy to keep up with.

However, by just **being a vegan until lunch**, and then adding in animal-based foods for lunch and dinner, you are not only creating a sustainable lifestyle that you can stick to, but you are ensuring a balanced diet with the proper nutrients. It's important to remember to place an emphasis on plant-based foods, especially vegetables and fruit, throughout the day, but don't eliminate animal protein and byproducts completely.

Just remember, only be a part-time vegan!

### **From the Inside Flap**

**WHAT DOES IT MEAN TO BE TINY?**

Well Tiny is about health. A tiny waist is the number one indicator of health and fitness. Your outside beauty indicates your inside health. I interviewed Dr. Oz back in 2009 and he taught me this important lesson. **Your waist circumference truly is a key marker of health, vitality, disease, happiness, risk of heart disease, stroke, and many cancers.** It is also the main attraction, or detraction, when choosing partners - but not for vanity like some may think. It's a natural response to seek those who are healthy for reproduction. Besides health, Tiny is also a frame of mind. It's shift from thinking that you have to settle for some weight loss and a little less flab to owning that you not only have the power to be perfectly Tiny, you deserve nothing less.

## SO WHAT ABOUT FULL?

You would think that to be Tiny you need to starve, but with Tiny and Full, the opposite is true. To be Tiny, you not only get to be, but *need* to be Full to be successful on this plan. This doesn't mean stuffing yourself, but it does **mean being satisfied** and not thinking about needing more food. Just like Tiny, Full is also a frame of mind. Being "Full of mind" means being filled with vitality, energy, wisdom, confidence, and happiness. Having a Full mindset can also be applied to your attitude in regards to food and eating. Knowing that you deserve to eat healthy foods that nourish your body.

So I encourage you to look at the words Tiny and Full as empowering, positive words that signify everything you deserve!

## Users Review

### From reader reviews:

#### Shelly Rodriguez:

Have you spare time for a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a move, shopping, or went to often the Mall. How about open or maybe read a book entitled Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life? Maybe it is to be best activity for you. You understand beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have other opinion?

#### Antoinette Hogg:

In this 21st millennium, people become competitive in every way. By being competitive currently, people have do something to make these survives, being in the middle of the actual crowded place and notice simply by surrounding. One thing that often many people have underestimated this for a while is reading. Yep, by reading a reserve your ability to survive boost then having chance to endure than other is high. For yourself who want to start reading the book, we give you this specific Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life book as beginner and daily reading reserve. Why, because this book is more than just a book.

#### Maurice Henkel:

This Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life is great guide for you because the content that is full of information for you who else always deal with world and have to make decision every minute. This book reveal it data accurately using great organize word or we can say no rambling sentences within it. So if you are read it hurriedly you can have whole information in it.

Doesn't mean it only offers you straight forward sentences but challenging core information with lovely delivering sentences. Having Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life in your hand like finding the world in your arm, facts in it is not ridiculous a single. We can say that no e-book that offer you world throughout ten or fifteen second right but this e-book already do that. So , it is good reading book. Hey there Mr. and Mrs. busy do you still doubt which?

**Brooke Lambeth:**

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