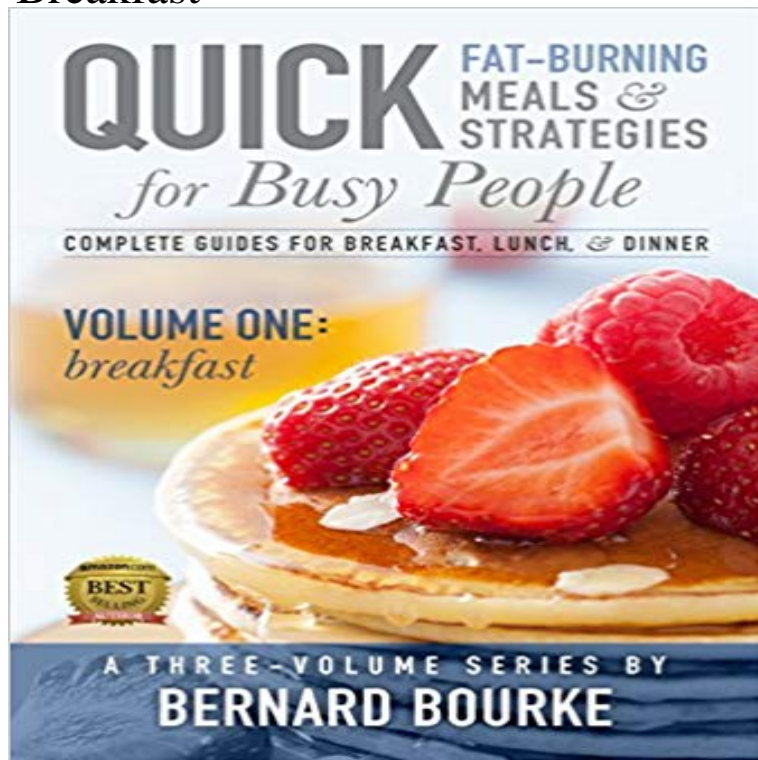


## Quick Fat-Burning Meals & Strategies for Busy People, Volume One: Breakfast



This is the first book in the series Quick Fat-Burning Meals & Strategies for Busy People by Bernard Bourke. The series draws on the most recent, cutting-edge research as well as his real-world experiences to provide strategies and recipes to help you lose weight and achieve the body and health you have always wanted, all with the minimum amount of time and effort. With these books, excuses of not enough time to prepare food or that diet food is tasteless and boring are now thing of the past. These recipes are quicker and require fewer ingredients than most conventional recipes and are definitely quicker than buying fattening and health destroying take-away food.

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that doesn't mean you have to miss Oats are a healthy and filling breakfast food, but they can take time to cook. . Nutrition (per serving): Calories: 289 Total Fat: 8g Saturated Fat: 1 g ahead of time and reheat the next morning for a quick breakfast. **The Busy Persons Guide to Permanent Weight Loss - Google Books Result** Oct 16, 2015 While there are a lot of different diet strategies, these three are the best for runners RELATED: 5 Healthy Fast Food Breakfast Options for Crazy-Busy Mornings Mauney says that healthy fats can also be great for satiety. One study showed that people who drank their calories didn't feel as full as those **Why Runners Shouldn't Diet (and What to Do Instead) - Daily Burn** These grab-and-go snack boxes are easy to put together and each one is loaded with snacks // meal prep // back to school // quick and simple // snack ideas These 12 foods will help you burn fat and build muscle getting you that . 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