



Quick Fix Healthy Breakfasts Under 300 Calories: That Keep You Feeling Energized and Help You Lose Weight

Corina Tudose

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If you have struggled with finding the right recipes for breakfast, you can finally breathe in relief. These great breakfasts are full of nutrition, healthy ingredients and taste simply scrumptious. No more hidden fats, sugars, and mystery ingredients.

All these recipes are made with fresh, natural ingredients and items that you always have around the kitchen. Plus, more than half of them take less than 10 minutes to make. Achieving your healthy and weight loss goals has never been easier!

Do yourself the biggest favor, and promise yourself never to skip breakfast again. This book will help you keep that promise!

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From Reader Review Quick Fix Healthy Breakfasts Under 300 Calories: That Keep You Feeling Energized and Help You Lose Weight for online ebook

Toni says

to bad I hate eggs & cheese

Being diabetic, I have to watch the carbs. To bad I hate eggs & cheese, otherwise, this would be a tremendous tool in my arsenal. But the smoothies sound good and the carbs are not out of control.

MaryKay says

I was very excited to win this book as part of a Goodreads giveaway!

This is a very short cookbook that focuses on healthy breakfast recipes. There are some things I really like about the book, and some things I wish were different.

What I like:

1. The cookbook is very simple. Often, I open cookbooks and think that I would never be able to make such complicated recipes. I feel like I could easily make any of the recipes in this book.
2. The book is divided into two sections: a section of 14 recipes that you could make in under 10 minutes (what I need!) and a section of 10 recipes that will require more time to make.
3. Most of the recipes require very few ingredients.
4. The calories stats on each of the recipes are reasonable (as the title of the book says, all recipes are under 300 calories!).
5. I think one of my favorite parts of the book were the tips given at the end of each recipe. The author gives suggestions about how to turn the recipe into an afternoon snack or an evening appetizer. She also suggests easy modifications to the recipes and describes how long the recipes can be stored in the refrigerator (important for people who are on-the-go!).
6. The recipes are easily modifiable. I think there are some great ideas in the book that could be modified easily (i.e., one type of fruit swapped out for another) and still remain healthy.
7. Once I make a grocery store visit, I'm excited to try out more of the recipes (these ones are probably for "cheat days," though: "5 minute homemade muesli," "the perfect date oatmeal," nut lover's paradise," and "English maple scones with a twist").

Things I wish were different:

1. Although the recipes are simple and often require very few ingredients, most require at least one or two ingredients that I do not have on hand. It's hard to make the quick recipes when they require a grocery run! I just don't typically have wheatgerm, papaya, whole wheat flour, smoked salmon, tofu, Gouda, etc. on hand. I think there were only about 3 (maybe two) recipes I could make without purchasing something first (and another one I could make by substituting white flour for wheat flour).
2. I wish there were more pictures (and more color pictures in the book). The only color pictures in the book are on the cover, and some of those pictures do not correspond to recipes in the book, as far as I can tell (I

was looking for recipes for those pictures!).

3. Many of the breakfasts, while low in calories, are higher in carbohydrates and lower in protein. As someone who is trying to eat more protein during the day, I wish there were more options with higher protein (there are some very good omelet and breakfast tortilla recipes that I did enjoy!).

4. I'd suggest carefully reading the recipes instructions before buying all the ingredients for a particular recipe. There are at least two recipes that list ingredients that are not used in the recipe (while leaving out some that are required). I'm sure this is just an oversight.

5. Although all the recipes are under 300 calories, some of the serving sizes seem very small to keep me satisfied throughout the morning (especially for the recipes that are higher in carbohydrates).

6. Some of the recipes make too many servings if you are only cooking for yourself. Although a healthy blueberry cake sounds fabulous, how do I keep myself away from eating all of it in one sitting if one recipe makes 10 servings? This might just be my situation, but I would love easy, healthy breakfast recipes for one or two servings.
