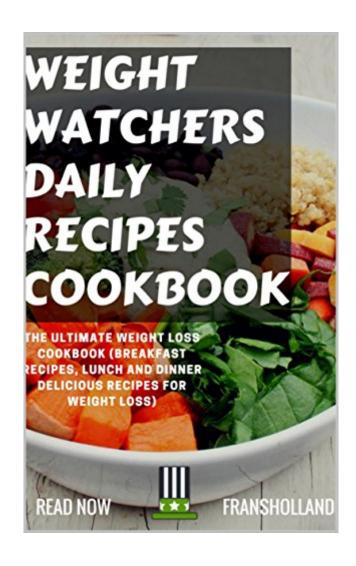


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# Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch And Dinner Delicious Recipes For Weight Loss)





# Synopsis

Eating your breakfast has long-term health benefits. A protein rich breakfast significantly improves appetite control and reduces unhealthily snacking on high fatty or sugary foods. The choice of your breakfast foods can make or break your weight-loss results. The great benefit of eating breakfast and lunch every morning and full day help you to lose weight. Several research studies have shown that an increase in weight links with skipping breakfast.

## **Book Information**

File Size: 4587 KB

Print Length: 245 pages

Publication Date: August 4, 2017

Sold by: A A Digital Services LLC

Language: English

ASIN: B074LC2JFH

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #185,279 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 inà Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #263 inà Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #362 inà Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

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