



# 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:

##### Stephanie Knowles:

People live in this new day time of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read is definitely Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life.

##### Essie Ryan:

Your reading sixth sense will not betray you actually, why because this Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life book written by well-known writer who really knows well how to make book which can be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and publishing skill only for eliminate your own personal hunger then you still hesitation Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life as good book not only by the cover but also through the content. This is one publication that can break don't determine book by its cover, so do you still needing one more sixth sense to pick that!? Oh come on your looking at sixth sense already alerted you so why you have to listening to an additional sixth sense.

##### Barbara Morton:

Are you kind of hectic person, only have 10 or maybe 15 minute in your morning to upgrading your mind

proficiency or thinking skill possibly analytical thinking? Then you have problem with the book in comparison with can satisfy your small amount of time to read it because all of this time you only find e-book that need more time to be study. Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life can be your answer because it can be read by you who have those short extra time problems.

**Charles Bryce:**

Within this era which is the greater person or who has ability in doing something more are more special than other. Do you want to become one among it? It is just simple way to have that. What you must do is just spending your time not much but quite enough to get a look at some books. On the list of books in the top checklist in your reading list will be Tiny and Full: Discover Why Only Eating a Vegan Breakfast Will Keep You Tiny and Full for Life. This book that is certainly qualified as The Hungry Hillsides can get you closer in getting precious person. By looking way up and review this guide you can get many advantages.

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