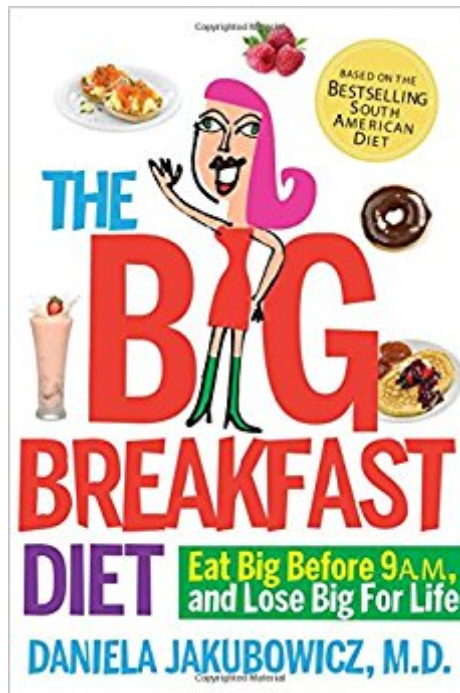




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# The Big Breakfast Diet: Eat Big Before 9 A.M. And Lose Big For Life



## Synopsis

Eat a huge breakfast, lose a lot of weight? It sounds counter-intuitive, but when a clinical professor of endocrinology and metabolic disease advocates it, maybe it's worth considering. And when that same clinical professor offers proof that overweight women lost nearly five times more weight on a breakfast cure diet than their counterparts did on a low-carb diet, it's time to pay attention. Dr. Daniela Jakubowicz, a clinical professor at Virginia Commonwealth University and the Hospital de Clinicas Caracas in Venezuela, originally published her diet book in Venezuela and it became a South American bestseller, selling 300,000 copies. Now after continued research, Dr. Jakubowicz presents The Big Breakfast Diet, with its promise that you can have all the foods you crave, from pasta to bacon to ice cream, with just one catch— you have to eat them before 9:00 A.M. Based on the body's natural rhythms, eating a big, complete breakfast revs up your metabolism; helps burn more calories during the day and more fat at night; satisfies hunger all day long; boosts your energy; eliminates cravings for sweets; and reduces the risk of serious health conditions like type 2 diabetes and heart disease. After explaining the science behind the diet, and how the body's hormones and metabolism process food differently depending on what time of day you eat, The Big Breakfast Diet centers around a full 28-day meal plan— breakfast, lunch, dinner, and snacks, plus recipes. The day begins with a big breakfast— a smoothie or shake, pancakes with berry syrup and ricotta cheese, Canadian bacon, a breakfast sweet— and ends with a moderate, delicious dinner.

## Book Information

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## Customer Reviews

Eat a big breakfast, lose a lot of weight: It sounds counterintuitive, but it's true. Based on groundbreaking research into how the body's hormones and metabolism process foods differently depending on when you eat, The Big Breakfast Diet offers a 28-day-program – plus recipes – that lets you eat the foods you love (a doughnut or ice cream included) with the promise that you will lose significant weight and keep it off. The science proves it: A diet based around a big, protein-rich breakfast sheds pounds; revs up metabolism; helps burn more calories by day and fat by night; banishes carb cravings; provides energy to burn; and satisfies hunger all day. Learn to give your body the food it needs, when it needs it, and the rest is a piece of cake. Or pizza. As actress Eva Mendes says, "I never leave my house without a big breakfast, and I've never had a weight problem; after reading this book, I know why."

Daniela Jakubowicz, M.D., is a specialist in endocrinology and metabolic disease. Her studies have been published in The New England Journal of Medicine and The Journal of Clinical Endocrinology & Metabolism. She is originally from Venezuela, where an earlier version of her book, *¿Ni Una Dieta Mas!* (Not Another Diet!), became a South American phenomenon.

Luckily I like eating breakfast and I usually get up early on work days, this means I can fit in the recommended food for breakfast easily. Once my body got used to the meals it was great, definitely don't get hungry during the day. The book has a lot of interesting information along with the eating programme, so makes for good reading. I do need to be organised so food is ready 'to go' for meals, so I am eating the correct types and quantity of food. (I'm generally rather lazy in the kitchen and grab, what ever is quick and easy) When I stick to the formula, I average a loss of 100 - 150 grams a day, which I am quite happy with. Adding regular exercise, would increase my loss, haven't managed to motivate myself on an exercise programme yet.

it works - get lots of protein for breakfast, not hungry for snacks in the afternoon!

Best eating plan I have ever tried! Midday snack and sugar cravings gone...never thought in a million years I would be happy eating vegetables, or have to force myself to eat chocolate at breakfast!

It had good concepts but it made me eat way more than I normally do. I have a thyroid issue so I

couldn't do it. I don't think the book is bad, I just think my body was not able to do this diet.

I first heard the author on a radio show and then sought out the book. I have been following her diet plan for 3 weeks now and feel so much better and am losing weight steadily. I truly do not get hungry later on and I do not crave sweets at all.

I stuck to this for awhile and it worked. Do think that the morning protein smoothies are a real plus.

I've lost 17 pounds and they are staying off! :D I'm no longer considered "chunky". I only wish it had more recipes!

this book truly understands that people who overeat are addicted to food and addresses this issue and how to control it.

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Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The Big Breakfast Diet: Eat Big Before 9 A.M. and Lose Big for Life PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo

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