



30 Biggest Breakfast Recipes Under 145 Calories

Tony Pine

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“30 Biggest Breakfast Recipes Under 145 Calories” contains recipes with details of calories, nutrition facts, and followed by the directions on how to prepare it step-by-step.

The book shows you the calories, serving sizes and detailed nutrition facts of the ingredients in each recipe. It shows the quantities and percentages of fat, cholesterol, dietary fiber, protein, various nutrients and vitamins. From this, you will have a clear picture of what benefits you would get from a recipe you are going to cook for yourself and the whole family members.

Furthermore, all the recipes are less than 145 calories per serving. It's ideal for your health and weight control. Try and you will love it.

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