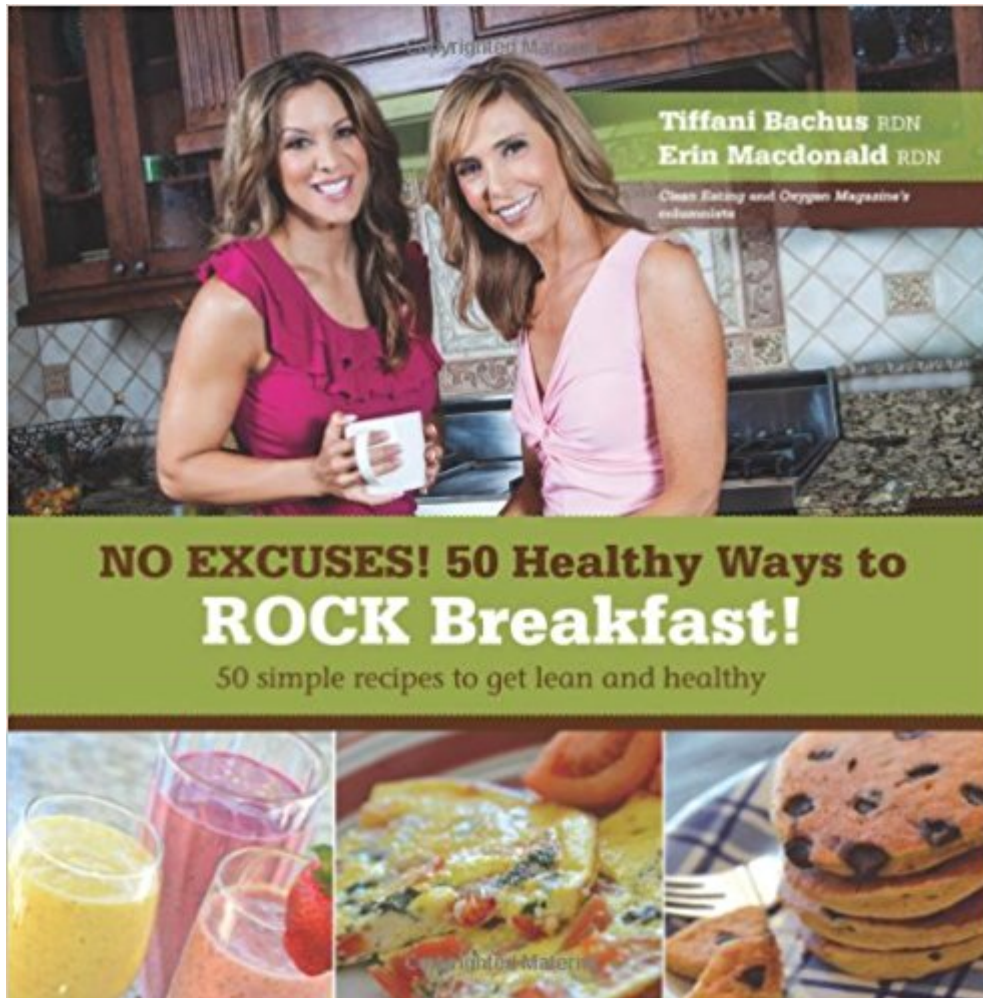




The book was found

# No Excuses - 50 Healthy Ways To ROCK Breakfast



## Synopsis

We've heard all the excuses as to why you can't make a healthy breakfast - hey, we've used them ourselves! That's why we wrote this cookbook. We've shared 50 of our favorite recipes that are not only nutritious and delicious, but easy to make. Breakfast is the most important meal of the day and now there's NO EXCUSE not to make it. Whether you're fueling your body for work, school, or exercise, or are short on time or on a budget, our recipes will help you succeed. If you have an account and would like to purchase there, here's the link:

<http://www..com/No-Excuses-Healthy-Ways-breakfast/dp/0991306309/>

## Book Information

Paperback: 102 pages

Publisher: U Rock Girl (January 3, 2014)

Language: English

ISBN-10: 0991306309

ISBN-13: 978-0991306305

Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 9.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 12 customer reviews

Best Sellers Rank: #836,823 in Books (See Top 100 in Books) #289 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast](#)

## Customer Reviews

This is a great book! The recipes are all terrific and easy to make. I am a pretty healthy eater, but this book educated me on even healthier ways to eat. I just sent my daughter a copy for her family. It is a great family cook book as even the youngest kids can join in and help prepare most of these recipes.

This cookbook is a kitchen staple in our home. I like that each recipe is healthy and easy to make. The book is full of useful Rockin' Facts about the ingredients used in the recipes. Our favorite is the chocolate chip pancakes.

I never know what to make for breakfast that was yummy and healthy! Finally found my answer! Kids love it too - especially the shakes and pancakes!!!! Highly recommend!

Great book to get ideas for easy to make breakfast for people on the run! Recommend it.

great recipes!

I'm just in-love with my U Rock Girl Cookbook by Tiffani Bachus and Erin Macdonald! "No Excuses! 50 Healthy Ways To Rock Breakfast!" Today I made these smoothies for my family and me! BEST smoothie recipe EVER! Not only is it packed with Kale and Spinach but it has a scoop of vanilla protein powder in it! I also made 6 batches of the pancakes. High protein Goodness! My son loves them too!! So good you don't even need butter or syrup and they store great in fridge and pull out and just eat cold. Great on the go snack! :) Thank you ladies for this healthy alternative.

What an awesome book! This is the first time I've seen a recipe book also include so many helpful tips on how to eat around your workouts...along with WHY the recipes are so great for you. The authors are adorable and you can really get a sense for their personalities in the book. The design is great and I've already gotten started on making a few of the recipes! They definitely don't turn out as pretty as the book's photos - but they are yummy! I highly recommend and hope they come out with more! Jessie Hilgenberg

Excellent! This book is a life-changer. It has helped me change the way I prepare breakfast. I feel so much healthier since adopting the recipes into my own kitchen and I am exercising more and losing weight since being inspired by these two cousins-nutritionists. This book is invaluable for me and my children. U Rock, Tiffani and Erin!

[Download to continue reading...](#)

No Excuses - 50 Healthy Ways to ROCK breakfast Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) 50 Quick and Easy Recipes For Breakfast - Including Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2) BREAKFAST RECIPES: 400+ EASY & HEALTHY BREAKFAST RECIPES Breakfast Time: Healthy Breakfast Recipes (Tried & Tested Book 1) No Excuses!: The Power of Self-Discipline; 21 Ways to

Achieve Lasting Happiness and Success (Your Coach in a Box) No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) BREAD MACHINE COOKBOOK: 120 Most Delicious Bread Machine Recipes (bread, bread bible, bread makers, breakfast, bread machine cookbook, bread baking, bread making, healthy, healthy recipes) Bernice Chesler's Bed & Breakfast in the Mid-Atlantic States: Fifth Edition--Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, ... and Breakfast in the Mid-Atlantic States) Breakfast in Bed (Bed & Breakfast) Easy Crepe Cookbook: 50 Delicious Crepe Recipes (Crepe Recipes, Crepe Cookbook, Breakfast Recipes, Breakfast Cookbook Book 1) Pancake Cookbook: Top 50 Pancake Recipes (pancakes, waffles, syrup, book, breakfast) (pancakes, protein, abs, waffle, syrup, book, mix, breakfast)) (Volume 1) Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chef's Guide to Breakfast with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More Type 2 Diabetes Cookbook : BREAKFAST and SMOOTHIES - 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes Vegan Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet (Free Gift): Breakfast, Lunch and Dinner Made Simple The Breakfast Cookbook: Breakfast Recipes from the Comfort Food Cook Book (Comfort Food Cookbooks 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)