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Wheat Belly Breakfast Cookbook: 30 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great: The Essential Kitchen Series, Book 44

Sarah Sophia

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For years, researchers have drummed into our heads the importance of eating a balanced, nutrient-filled breakfast.

Longevity, and our overall general health, has also been linked to adopting a healthy breakfast routine. Starting each day with a plan for success must encompass a diet designed to fuel your body, boost your energy, and bring your brain to attention.

A step in the right direction can make all the difference in your daily performance at work or in the home. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by simply modifying what you ingest for your morning meal.

Decide today to make a difference.

If you're one of the millions of people who start each day by skipping breakfast or grabbing a cup of coffee and donut on the way to work, the time to listen up is now. You're literally beginning each day at the bottom of a hill, expecting your body and mind to negotiate each elevated step with little or no energy.

Perhaps you're really not hungry. The late night snack or sandwich is still languishing in your stomach, the result of your digestive system's need for a break while you sleep. Then, in the morning, it feels like a clump of wet clay, slowing you down and hampering your style.

It need not be that way.

Lifestyle changes, in a positive direction, can and will transform your life, and there is no better time than the present to make one critically important adjustment - breakfast. *The Wheat Belly Cookbook* - breakfast edition - is a must listen for individuals desiring more energy, weight loss, and a positive outlook to start their day.

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Jeannine Lawson:

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