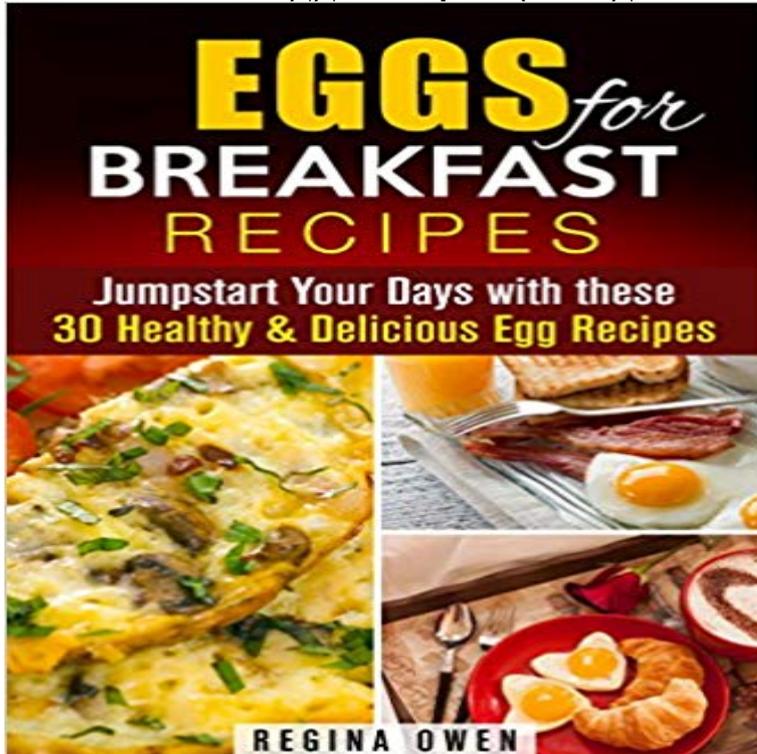


Eggs for Breakfast Recipes: Jumpstart Your Days with these 30 Healthy & Delicious Egg Recipes (Weight Loss & Low Carb)



Are you ready to stretch your cooking creativity and skills past your limit? Are you bored with your usual cereal, coffee or oatmeal for breakfast? Do you want to have a hearty breakfast filled with nutrients that can jumpstart your day? Eggs are one of the most versatile food groups, and there is a variety of ways to cook them, the only limit is your creativity. At the same time, eggs can either be the main ingredient for a recipe or the ingredient that creates a solid base for other ingredients, such as vegetables, meats, fish, and poultry. The nutrition it contains makes eggs the perfect breakfast meal. This book will show you 30 healthy and delicious egg recipes for breakfast. These are organized into omelets, scrambled, frittatas and quiches. Another chapter is dedicated to showing you how to master cooking simple egg dishes. If you want to claim the many benefits of eggs, then this book is for you. If you want something different from your usual breakfast meals, then this book is also for you. If you want to be more adventurous than your basic fried eggs for breakfast, then this book is definitely for you. Here is a preview of what you will learn from this book: The various egg dishes Benefits and nutritional value of eggs Omelet recipes Scrambled eggs recipes Frittatas recipes Quiches recipes Once you have learned the contents of this book, you can use the recipes for a whole month worth of egg breakfasts. Dont wait another minute. The sooner you start learning about cooking different kinds of egg recipes, the sooner you can enjoy the healthy and delicious breakfasts that you deserve! Dont delay. Download this book now!

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