



Tiny and Full: Eat More, Weigh Less, and Turn Off Hunger All Day

Jorge Cruise

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Tiny and Full: Eat More, Weigh Less, and Turn Off Hunger All Day Jorge Cruise **Eat Off The Pounds!**

Imagine letting your body do the work for you. You no longer need to cut down your portions or spend countless hours in the gym to lose weight. Because *Tiny and Full* is not a diet—it's a revolutionary lifestyle, where you will discover how to eat MORE and still lose weight.

Scientists and researchers have discovered “tiny calorie foods,” or foods low in calorie but big in size, that can help you stay TINY but FULL. These foods allow you to turn off hunger by filling up and staying satisfied while cutting calories. Paired with more than 80 delicious recipes—everything from pizza to ice cream, a 12-week easy-to-follow meal planner, shopping lists, and at-home workouts too—you have all the tools you need to reach your weight-loss goals.

NOW HARNESSING THE POWER OF THYROID BOOST

This special edition of *Tiny and Full* now includes a brand-new, gluten-free Thyroid Boost meal planner designed to heal and boost your thyroid to its highest potential. The Thyroid Boost meal planner and recipes will help you overcome chronic fatigue, weight-loss plateaus, constipation, weight gain, and other thyroid issues and symptoms.

Jorge Cruise is internationally recognized as a leading Hollywood and celebrity fitness trainer and is the #1 bestselling author of more than 20 books in 16 languages, with over 8 million health books in print. Cruise hosts his own Facebook Live show, *Tiny Talks*, with more than 1 million viewers and recently starred in *Revenge Body* with Khloe Kardashian.

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Joann Nixon:

Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled Tiny and Full: Eat More, Weigh Less, and Turn Off Hunger All Day can be good book to read. May be it is usually best activity to you.

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