

# Tone It Up Meal

Eventually, you will certainly discover a additional experience and talent by spending more cash. nevertheless when? attain you acknowledge that you require to acquire those every needs as soon as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more regarding the globe, experience, some places, behind history, amusement, and a lot more?

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## RAIDEN DESHAWN

*Fit Men Cook Good Press*

Foreword by Gary Vaynerchuk Gary Vaynerchuk's personal trainers explain how you can enjoy your favorite foods without guilt while losing weight, getting stronger, and improving your health. Some "experts" say, Don't eat carbs because insulin makes you fat. Other "experts" say, Don't eat fat because fat makes you fat. Others say, Don't eat protein because protein makes you fat. Some even say, Don't eat fruit because sugar makes you fat. So the logical conclusion would be not to eat anything at all . . . except for the other "experts" who say that makes you fat because it's starvation mode. Who should you believe? Who is right? Who is an ignoramus? And who is just trying to make a quick buck? It's confusing and difficult to know who to trust, but by the end of this book you'll realize you don't need to eliminate anything from your diet. You can enjoy all your favorite foods (in moderation) while losing fat and achieving your goals. The issue is the "in moderation" bit. That's not a fun or sexy sell. And most people are far less likely to spend their money on "moderation" when a half-naked Instagram influencer is advertising that you can lose 50 pounds in 24 hours while stuffing your face full of cake! That said, considering you've got this book in your hands, you must be tired of the lies and deception in fitness marketing and are ready to understand the truth. Let's dive in.

*Feed Zone Portables* Ballantine Books Not everyone can achieve a six-pack like a fitness magazine cover model, but anyone can achieve a four-pack. By adjusting your expectations to attainable and healthy goals, you can achieve long-term and lasting fitness. Written by famed MMA fighter Chael Sonnen and MMA sports performance expert Ryan Parsons, *The Four-Pack Revolution* uses the latest science and motivational exercises to guide you on a journey toward a healthier and—just as importantly—more sustainable weight-loss program. Instead of a simplistic or one-concept gimmicky

diet, *The Four-Pack Revolution* presents a total-life approach for attainable goals by:

- Debunking the myths and revealing the science of weight loss
- Arguing that "system resets" or breaking your diet can actually have health benefits
- Presenting how to manage key hormones through diet
- Designing intense, 10-minute workouts that are more effective than more time-consuming cardio workouts
- Illustrating the healthy ratio of carbs, fat, protein and how to practice portion control
- Sharing tips for maintaining a plan even while eating out
- Providing a shopping list for a four-week meal plan

With *The Four-Pack Revolution*, you can achieve a four-pack—while still enjoying life.

**Jumpstart to Skinny** Rodale  
#1 NEW YORK TIMES BESTSELLER • LOSE UP TO 20 POUNDS IN 21 DAYS! In *The Skinny Rules*, celebrity trainer and coach of NBC's *The Biggest Loser* Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and "thin maintenance." But what if you have a big event looming—a reunion, wedding, beach vacation, or other special occasion—and need a fast-acting plan to meet your short-term goals? *Jumpstart to Skinny* features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs. *Jumpstart to Skinny* lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today! **THE FOUR-PART JUMPSTART PLAN TO A SKINNIER YOU** • Your Jumpstart Rules: Thirteen must-follow principles to get you ready for your own "big reveal," including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients

use to get ready for their big events—and now you're in on the secrets, too. • Your Jumpstart Day-by-Day: No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead each week, when and how much to eat each day, and the when and how of your exercise schedule. • Your Jumpstart Moves: Bob's unique, twenty-minute, at-home exercise routines. From sit-ups, push-ups, and squats to jumping rope, lateral jumps, and simple chair dips, choose one of the seven "packages" of body-toning moves when your day calls for Bob's "metabolic conditioning." • Jumpstart Recipes: Cleansing or juice fasting? No way! You need to eat to lose weight, so here are twenty-one days of slimmingly delicious recipes—including "Peanut Butter and Jelly" Oatmeal, Sweet Potato Hash, Spaghetti Squash Bolognese, Buffalo Chicken Salad, and Bob's signature Shrimp Skimpy—formulated with your Jumpstart protein/carb/fat proportions (see Rule #1!) and calorie maximums in mind. *An Everlasting Meal* Flashpoint A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for *Good and Cheap* is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one

model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

*Healthy Tipping Point* Ballantine Books  
The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

**The Formula** VeloPress

Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • **Get Real:** Challenge negative-thought patterns to create space for success • **Eat Clean:** Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • **Embrace Strength:** Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, *Healthy Tipping Point* provides the drive to thrive.

**Flat Belly Diet!** Ballantine Books

Are you frustrated by low-fat/high-carbohydrate or all-protein diets that don't work? Tired of white-knuckle restrictions or doing math at every meal? Fed up with a constant craving for sugars and carbohydrates? Do you wish you had a magic formula for losing weight and keeping it off? Well, now you do. . . . From 40-30-30 zone nutrition pioneers and authors of *40-30-30 Fat Burning Nutrition* comes a weight-loss program so easy and effective anyone can do it. The Formula

actually helps your body to maximize its natural fat burning potential, making it much more than a diet: it's a dietary prescription for living well, feeling great, and performing better. Here's how it works. When you eat the right proportions of carbohydrates, proteins, and fats, you can help your body to automatically unleash its own natural fat-burning hormone--glucagon--the key to getting rid of unwanted body fat while keeping blood sugar steady and energy high. The result? You can learn how to burn fat faster while eating foods you enjoy! Featuring menu plans, shopping lists, and progress charts, *The Formula* provides a personalized program for each person's specific needs and body type. So whether you're a couch potato, a professional athlete, or somewhere in between, you'll discover: • Five different versions of *The Formula*--and how to find the right one for your weight and activity level • *The 21-Day Fat Flush Formula* for accelerated weight loss • More than 200 delicious recipes, including perfectly balanced 40-30-30 fajitas, chili, grilled cheese sandwiches, pork tenderloin, and New York cheesecake • *Special Kids' Favorites* and *Family Style meals* • Healthy advice on prepared foods, fast foods, and vegetarian meals With *The Formula*, you don't have to give up the foods you love, follow complicated meal plans, count calories or food blocks, or bring a calculator to the dinner table. And forget about feeling constantly hungry or dissatisfied. Here is a dieter's dream--the lifetime secret to losing weight, staying slim, and feeling great!

**The Women's Health Diet** Ballantine Books

The easiest, most effective weight loss plan—ever! The concept is simple: Have one protein, one carbohydrate, and one fat at every meal and snack. The results: Nothing short of amazing and delicious. Nutritionist Rania Batayneh, MPH, shares the 1:1:1 formula she's used with hundreds of clients who lost the weight they never thought they could lose, did it easily (no forbidden foods, no deprivation, no complicated rules), and kept it off for good! On this plan, as long as you adhere to the formula, you naturally keep your body balanced, your metabolism strong, your cravings at bay, and your weight down. The best part? No food is off limits—not even chocolate, pizza, burgers, or fries. With dozens of perfectly balanced meal ideas and 75 easy, tasty recipes, *The One One One Diet* isn't a drop-pounds-fast fad. It's a strategy you can use to eat healthfully and stay slim for life. Praise for *The One One One Diet* “A customized approach for individuals who want to start

up or maintain healthy eating habits and achieve weight loss without deprivation.” —Kristin Kirkpatrick, MS, RD, LD “A simple, straightforward, easy to follow plan to help anyone get on the right track to eating well!” —Keri Glassman, MS, RD, CDN, author of *The New You and Improved Diet* **America's Best Breakfasts** Simon and Schuster

*An Energizing and Delicious Vegan Meal Plan for a Strong and Lean Body* Ella Magers has the perfect solution for those stubborn last six pounds and it doesn't involve logging hours and hours at the gym. Ella's unique formula for weight loss is made up of nutrient-dense, calorie-light, whole plant foods. She has created an effective, easy-to-follow six week plan for shedding body fat fast. Not just another fad diet, this program is designed to kickstart a vegan lifestyle and efficient workouts, without the calorie counting or “rabbit food” label! Ella offers a six-week plan of action, from all your meals to snacks, treats and workouts, designed to whip your tummy into shape! She provides delicious and healthy recipes such as the *Beet This! Smoothie* and *Muay Thai Zucchini Noodles*, along with grocery lists and tips and tricks for vegan food prep. The supplemental workout plan is intense, yet balanced, and features exercises such as burpees and plank variations for full body; assorted types of pull-ups and push-ups for upper body; and a squats and lunge medley for the lower body. The cross-training focuses on select areas and alternates with cardio on some days and yoga on others. Shed those last few pounds through this nutritious lifestyle by embracing the *Six Weeks to Sexy Abs* plan and see why it's not about dieting; it's about eating according to your goals! *The F-Factor Diet* HarperCollins  
CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body's largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential

information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. *A Badass Body* is a birthright, and it starts at the bottom—with a trim and tight tush.

Plenty Simon and Schuster

For more than a decade, the editors of *Women’s Health* have been researching, analyzing, and evaluating every weight-loss technique on the planet. They’ve tested every workout, sampled every food, studied every bit of research, and consulted the top exercise and nutrition experts in the world. Now that expertise is gathered in one place. Packed with delicious recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate guide to a slimmer, sexier body. *The Women’s Health Diet* is jam-packed with hundreds of revolutionary fitness and nutrition tips including: The 80 Percent Rule: Why cheating on your diet isn’t just okay—It’s essential! 24 on-the-spot food fixes that will help you beat everything from big-meeting jitters to big-date angst Age-specific strategies to maximize progress, whether you’re 20, 30, 40, 50, or beyond! Dozens of mouthwatering recipes that satisfy and fight fat fast!

**The Lean Muscle Diet** Macmillan

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're

eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

**Body For Life** HarperCollins

Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis who have turned to Phillips for clear-cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover *Body-for-LIFE* is much more than a book about physical fitness—it's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know what you believe, but know that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated *Body-for-LIFE* Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the *Power Mindset*™; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training with dramatic results; How to make continual progress by using the *High-Point Technique*™; How to feed your muscles while starving fat with the

*Nutrition-for-LIFE Method*™; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the *Body-for-LIFE* Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

**Good and Cheap** Rodale Books

The fitness influencer and creator of the #1 bestselling Food & Drink app, *FitMenCook*, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In *Fit Men Cook*, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With *Fit Men Cook*, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen. Blackwood's Magazine Simon and Schuster Research shows that although people can lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. *The Lean Muscle Diet* solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder,



he then uses The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. Lou Schuler, who has sold more than one million copies of his fitness books worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and "metabolically expensive" exercise plan designed to melt fat while building muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, The Lean Muscle Diet delivers a simple--and simply sustainable--body transformation plan anyone can use. [The Formula](#) VeloPress

In *An Everlasting Meal*, Tamar Adler has written a book that "reads less like a cookbook than like a recipe for a delicious life" (New York magazine). In this meditation on cooking and eating, Tamar Adler weaves philosophy and instruction into approachable lessons on feeding ourselves well. *An Everlasting Meal* demonstrates the implicit frugality in cooking. In essays on forgotten skills such as boiling, suggestions for what to do when cooking seems like a chore, and strategies for preparing, storing, and transforming ingredients for a week's worth of satisfying, delicious meals, Tamar reminds us of the practical pleasures of eating. She explains what cooks in the world's great kitchens know: that the best meals rely on the ends of the meals that came before them. With that in mind, she shows how we often throw away the bones, skins, and peels we need to make our food both more affordable and better. She also reminds readers that almost all kitchen mistakes can be remedied. Summoning respectable meals from the humblest ingredients, Tamar breathes life into the belief that we can start cooking from wherever we are, with whatever we have. An empowering, indispensable work, *An Everlasting Meal* is an elegant testimony to the value of cooking.

[Fed Up!](#) Rodale Books

A simple, targeted diet plan that balances your plate to reduce inflammation and help you get healthy, from celebrity trainer Erin Oprea. "Erin has turned the idea of health into something that doesn't feel boring or depriving, but rather something that helps me be a better human and artist."—Kelsea Ballerini, singer-songwriter After publishing her popular diet and exercise book *The 4 x 4 Diet*, Erin Oprea discovered the link between food and inflammation and the huge impact it has on our bodies. Chronic inflammation can lead to inflamed fat cells that are unable to release fat and produce

unhealthy levels of hormones, causing weight gain. Foods like sugar, vegetable oil, refined flour, grain-fed meats, seed oils, and dairy products are often the true culprits of inflammation. The good news is that by prioritizing clean foods like lean proteins, omega-3 fats, healthy carbs, and antioxidant-rich veggies in your diet, you can reverse the damage and shed the weight. In *The Power Plate Diet*, you'll be able to cool inflammation by removing reactive foods and combining the healthiest proteins, carbs, and fats for the most powerful plate possible. Using a few simple guidelines, you have the freedom to make your plates as creative as you'd like with nutrient-dense foods that keep your body free of inflammation. The *Power Plate Diet* includes a four-week meal plan, tips and tricks like carb substitutes and diet boosters (such as beet juice!), and the exercises and lifestyle principles that work for Erin and her clients. With a balanced, effective approach to diet and exercise, you'll eat clean and fat-proof your body for a healthier, trimmer you.

[The Body Reset Diet](#) Leopard Print

The remarkable, amusing and inspiring adventures of a Canadian couple who make a year-long attempt to eat foods grown and produced within a 100-mile radius of their apartment. When Alisa Smith and James MacKinnon learned that the average ingredient in a North American meal travels 1,500 miles from farm to plate, they decided to launch a simple experiment to reconnect with the people and places that produced what they ate. For one year, they would only consume food that came from within a 100-mile radius of their Vancouver apartment. The 100-Mile Diet was born. The couple's discoveries sometimes shook their resolve. It would be a year without sugar, Cheerios, olive oil, rice, Pizza Pops, beer, and much, much more. Yet local eating has turned out to be a life lesson in pleasures that are always close at hand. They met the revolutionary farmers and modern-day hunter-gatherers who are changing the way we think about food. They got personal with issues ranging from global economics to biodiversity. They called on the wisdom of grandmothers, and immersed themselves in the seasons. They discovered a host of new flavours, from gooseberry wine to sunchokes to turnip sandwiches, foods that they never would have guessed were on their doorstep. The 100-Mile Diet struck a deeper chord than anyone could have predicted, attracting media and grassroots interest that spanned the globe. *The 100-Mile Diet: A Year of Local Eating* tells the full story, from the insights to the kitchen

disasters, as the authors transform from megamart shoppers to self-sufficient urban pioneers. The 100-Mile Diet is a pathway home for anybody, anywhere. Call me naive, but I never knew that flour would be struck from our 100-Mile Diet. Wheat products are just so ubiquitous, "the staff of life," that I had hazily imagined the stuff must be grown everywhere. But of course: I had never seen a field of wheat anywhere close to Vancouver, and my mental images of late-afternoon light falling on golden fields of grain were all from my childhood on the Canadian prairies. What I was able to find was Anita's Organic Grain & Flour Mill, about 60 miles up the Fraser River valley. I called, and learned that Anita's nearest grain suppliers were at least 800 miles away by road. She sounded sorry for me. Would it be a year until I tasted a pie? —From *The 100-Mile Diet*

[The Six Weeks to Sexy Abs Meal Plan](#) Penguin

Discover the 4 key foods and the 4-minute workouts that will change the way you look and feel in just 4 weeks. Celebrity trainer and former marine Erin Oprea's motto is "lean and clean." Her unique 4 x 4 diet shows you how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells you how to get lean, using her 4-minute tabata workouts: 8 repetitions of 20 seconds of high-intensity moves, then 10 seconds of rest. Within 4 weeks, the average person will be able to reduce bloating and belly fat; gain increased muscle definition in the arms, legs, and stomach; improve cardiovascular endurance; and break sugar and sodium addictions. Complete with meal plans and recipes, *The 4 x 4 Diet* is perfect for anyone looking to streamline their body and lifestyle.

[The Feel-Good Diet](#) Clarkson Potter

Rise and dine! If there's one meal of the day to get passionate about—no matter where you're from in this great land—it's breakfast with all the fixings. Featuring down-home diners, iconic establishments, and the newest local hot spots, *America's Best Breakfasts* is a celebration of two of this nation's honored traditions: hitting the open road and enjoying an endless variety of breakfasts. Even without a road trip, you can re-create favorites that will satisfy any time of day, including: - Shrimp and Grits, Hominy Grill, Charleston - Croque Monsieur Sandwiches, Tartine, San Francisco - Kimchi Pancakes, Sunshine Tavern, Portland - Filipino Steak with Garlic Fried Rice, Uncle Mike's, Chicago - Cannoli French Toast, Café Lift, Philadelphia - Brioche Cinnamon Buns, Honey Bee,

Oxford - Morning Glory Muffins, Panther Coffee, Miami