



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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