

March 21, 2011

God Bless America

More  
for your  
money!  
\$1.79

**BURN 22%  
MORE  
CALORIES**

just by smelling this  
fat-melting snack!

**SAVE A  
BUNDLE!**

Make your  
clothes last  
forever!

# Woman's World

A great  
deal!



Bake-sale  
best seller!



## Bake up smiles!

Surprise someone special with adorable animal cookies!



# You Deserve The Best . . . Instant breakfast!



When the morning rush hits, healthy eating can seem like a luxury you don't have time for. To the rescue? Good-for-you instant meals that only taste super-indulgent!

If you want . . .

## AN ENERGY-BOOSTING TREAT:

**Erin Baker's Caramel Apple Breakfast Cookies**  
"Cookies for breakfast. Need I say more?" asks Camilla Saulsbury, author of *No-Bake Cookies*. "Moist and delicious, they're also good for you because they have whole grains, complex carbs and 5 g. of fiber! All the flavors are fantastic, but my favorite is definitely the Caramel Apple!"  
\$14.40 for 12 at [BB Cookies.com](http://BBCookies.com)

## A PROTEIN SHAKE:

**Nestle Carnation Breakfast Essentials**  
"I love this shake," reveals Sara Patterson ([MommaFindings.com](http://MommaFindings.com)). "It's perfect for moms like me, who are on-the-go, and since it has twice as much protein as an egg and twice the calcium of yogurt, it's also healthy enough to send with my children if they're late for school."  
\$4.99

## A LEAN BACON-WICH:

**Jimmy Dean D-lights Canadian Bacon Honey Wheat Muffin**  
"People forget Canadian bacon is a nice lean breakfast meat—not me!" says Lisa Lillen author of *Hungry Girl 300 Under 300*. "Filled with cheese, egg whites and bacon, this breakfast sandwich has 15 g. protein. Plus, the sweet muffin makes me happy in the a.m.!"  
\$5.99 for box of 4

## FILL-YOU-UP MUFFIN TOPS:

**VitaLicious Banana Nut VitaTops**  
"Packed with fiber, protein, 15 vitamins and minerals and just 100 calories, these muffin tops get my day started right," says Jennifer Causey ([SimplyBreakfast.blogspot.com](http://SimplyBreakfast.blogspot.com)). "When I toast my favorite, Banana Nut, it gets crispy on the outside and moist on the inside, just like homemade!"  
\$4.49-\$5.99 for box of 4

## RESTAURANT-WORTHY EGGS:

**CedarLane Spinach and Mushroom Egg White Omelette**  
Edwin Chavey ([MrBreakfast.com](http://MrBreakfast.com)) is such an authority on the morning meal, he's known as Mr. Breakfast. And this frozen omelet is tops in his book. "It tastes like it's from a fine restaurant. The eggs are fluffy, the spinach fresh and there's the perfect amount of cheese!"  
\$3.99; [CedarLane Foods.com](http://CedarLaneFoods.com) for stores

