

# Food for Thought: Nutrition for Aspiring Entrepreneurs

Warren Brown



CakeLove founder Warren Brown appeared on the *Today* show this morning and he demonstrated his high-level creativity. Check out his ingredients spin on a Bacon and Eggs Breakfast Lasagna.

One takeaway from the show is that planning ahead for good mealtime nutrition is not only a timesaver but likely cuts down on a habit that many potential entrepreneurs engage in... skipping meals and substituting cups of coffee, munching candy bars, and downing multivitamins. A habit that hinders peak performance.

## Reference

**Candie Anderson**

**<http://tinyurl.com/ojk9jrrV>**

**Dee Adams is the author of  
Finding Your Niche: Discover...**

*Finding Your Niche eBook*