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Breakfast Basics Of WLS: Why You Must Eat A High Protein Breakfast Every Day. (LivingAfterWLS EBook Shorts 4)



Synopsis

In this LivingAfterWLS eBook, we take a highly focused look at breakfast, the most important meal of the day. Why is it important? What are the high protein options? What about hectic mornings? We provide options for picky eaters; suggest out-of-the-box meals featuring the flavors of your favorite foods; find a superb use for last night's left-overs; place emphasis on fresh clean ingredients; reveal fail-proof preparation methods for cooks of all skill levels; and give you warm and cold breakfast meals to savor. You will find something exciting to start your day no matter your schedule, kitchen skills, or budget! This all new breakfast companion focuses on variety, quality ingredients, protein options: All hot topics in this Volume 4 of the popular LivingAfterWLS eBook Shorts series. The recipes are supported with 12 informative articles featuring the current scientific beliefs in health, weight management, and bariatric nutrition. Learn more than a formula: learn why certain ingredients and meals work to support your weight management goals! Don't start another day without this knowledge in your toolbox for successful weight management after bariatric surgery. What's in it: Specific recipes and methods to start the day "even on the run" with a healthy high protein meal that supports your goals of weight management and balanced health following all bariatric procedures. From breakfast beverages to quick-fix microwave eggs this guide is sure to please even picky eaters and take away the guesswork out of the most important meal of the day. Over 60 all-new recipes developed with the same attention to nutrition, flavor, and ease of preparation that you have come to expect from LivingAfterWLS. Who it's for: Patients of all bariatric surgical procedures will benefit from an improved repertoire of morning recipes to support their high protein diet prescribed for weight loss and lasting weight management after surgical intervention for the treatment of obesity. Over 60 never-before published recipes. Put something new on your plate today! Recipes are triple tested and approved by Kaye Bailey and the LivingAfterWLS extended family including bariatric patients and people with their original organic stomach. We shared these recipes with our family: you can share them with yours. Let's get cooking!

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Customer Reviews

Kaye Bailey has done it again! This book is great. Kaye is truly an advocate for those of us on this weight loss surgery journey. It doesn't matter if we are pre-op or years out it is still a journey. I often get tired of the same old food for breakfast. It seems that so many traditional breakfasts are high in carbohydrates and not much protein. In this book there are lots of protein rich breakfasts. I think this book is a must have.

Delivered on time. I like physical books in my hands better. I'm not much of a Kindle reader.

Good information to know and is helpful. No more boring breakfasts.

I felt a bit cheated on the recipes for breakfast eggs. I cannot recommend the book, particularly if you are looking for cost effective information. Most of what is in the can be easily found on the web.

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