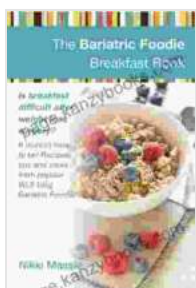


The Bariatric Foodie Breakfast: Your Essential Guide to Weight Loss After Surgery

The Bariatric Foodie Breakfast: Your Essential Guide to Weight Loss After Surgery

Are you looking for a comprehensive guide to eating after bariatric surgery? Look no further than The Bariatric Foodie Breakfast! This book provides everything you need to know about eating after surgery, including recipes, meal plans, and tips for success. With The Bariatric Foodie Breakfast, you'll be on your way to losing weight and improving your health.



The Bariatric Foodie Breakfast Book by Nikki Massie

★★★★☆ 4.5 out of 5

Language	: English
File size	: 542 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages
Lending	: Enabled



Chapter 1: Getting Started

In this chapter, you'll learn about the basics of bariatric surgery and how it affects eating. You'll also find tips on how to adjust your eating habits after surgery and how to avoid common pitfalls.

Chapter 2: Recipes

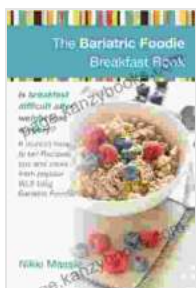
This chapter is packed with delicious recipes that are perfect for bariatric patients. You'll find recipes for every meal of the day, including breakfast, lunch, dinner, and snacks. All of the recipes are easy to make and use healthy ingredients.

Chapter 3: Meal Plans

In this chapter, you'll find a variety of meal plans that are designed for bariatric patients. These meal plans provide a healthy and balanced way to eat after surgery. You'll also find tips on how to customize your meal plan to fit your individual needs.

Chapter 4: Tips for Success

In this chapter, you'll find a variety of tips and tricks for success after bariatric surgery. These tips will help you stay on track with your weight loss goals and improve your overall health.

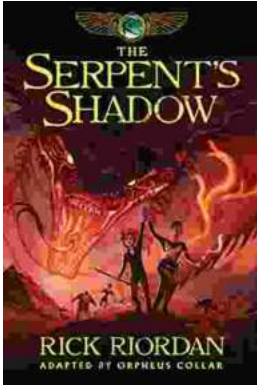


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