

The book was found

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!

Book Information

File Size: 1572 KB

Print Length: 63 pages

Publisher: LivingAfterWLS, LLC; 1 edition (April 21, 2015)

Publication Date: April 21, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00WH97A9Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #188,905 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Books > Cookbooks, Food & Wine > Special Diet > High Protein #243 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #279

in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

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.

[Download to continue reading...](#)

Breakfast Basics of WLS: Why you must eat a high protein breakfast every day. (LivingAfterWLS eBook Shorts 4) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) 5 Day Pouch Test Express Study Guide: Find your weight loss surgery tool in five focused days. (LivingAfterWLS eBook Shorts 1) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly

Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Everyday Recipes Box Set (6 in 1): Over 100 Recipes for Breakfast, Lunch, and Dinner to Try Every Day (Every Day Recipes & Dump Dinner) Eat Smart: What to Eat in a Day - Every Day Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks! Breakfast Ideas Value Pack II - 200 Recipes For Waffles, Omelets, Coffee Cake and Quick Bread (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 10) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) Chicago's WLS Radio (Images of America: Illinois) The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)

[Dmca](#)