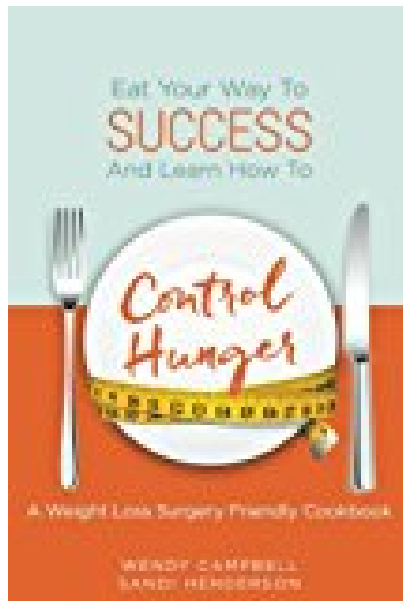


Eat Your Way To Success And Learn How To Control Hunger - A Weight Loss Surgery Friendly Cookbook



BOOK DETAILS

- Author : Wendy Campbell
- Pages : 166 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Weight loss surgery (WLS) has helped thousands of people feel better about themselves and start a journey toward healthier life choices. It's a wonderful tool, but it isn't a miracle. WLS can only take care of physical challenges; it can't magically change the reasons you eat or what you eat. For this, you need to change the way you think about food. Sandi Henderson and Wendy Campbell are here to help you with this very important goal. Authors and recipe creators Henderson and Campbell have both been active in the WLS community for nearly a decade. They can help you through the process because they have been through it themselves and know how a post-WLS body needs help adjusting to the new normal. This post-WLS cookbook provides dozens of nutritious and easy recipes for every meal. The authors have selected every ingredient with your journey in mind. Learn how to make blueberry ricotta power cakes, baked shrimp parm, spicy Thai grilled chicken thighs, and more delicious delicacies. Each recipe includes a calorie count and nutrition information. Reaching your goals doesn't have to be difficult when you have so many creative recipes at your fingertips!

EAT YOUR WAY TO SUCCESS AND LEARN HOW TO CONTROL HUNGER - A WEIGHT LOSS SURGERY FRIENDLY COOKBOOK

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