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# The Bariatric Foodie Guide To Perfect Protein Shakes (Volume 1)



## Synopsis

Life can be stressful. Your protein shake shouldn't be! Dozens of crave-worthy protein drink recipes tips & tricks from popular weight-loss surgery blog, Bariatric Foodie!

## Book Information

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## Customer Reviews

This book is little, but mighty! As a bariatric patient I have adapted my protein shake to be, not only a part of my day, but as a great alternative to a fatty dessert - so this book isn't just for the bariatric community. I have been drinking shakes for 5 years and I thought I had some good ideas, but this little book has broadened my list of options! I have stuck to the same protein shake for a long time as a lot of the suggested shakes out there just don't work for me, so this is awesome! This little book has a shake for every taste bud. If you prefer sweet or savory or ideas on how to improve what you already make - you will find a recipe in this book. Also included, which I found very helpful, are techniques on how to make your protein shake either a smooth as you want it to be or chunky for texture or Ms. Massie's personal tip on how to make a thick & creamy milkshake consistency protein shake. If you are looking for me to find something objectionable about this powerhouse, well, all I have for you is one single typo. That is it. Like I stated at the beginning of this review this book is a great resource for weight loss surgery patients AND "regular" folks looking for easy to follow recipes that produce a great tasting protein shake. The only thing I would add for the next volume is a shopping check list in the back along with the tables that are already provided. Some of the shakes, unless you are a foodie, have ingredients that you may have to purchase just for your shake testing. I am always looking for books to recommend to newbies - this one will go right to the top of

the list!

An easy to read and follow book for everyone. This book is useful not only for bariatric patients. It should be used by anyone who is concerned with their health. Nikki gives tips and hints from personal experience. She guides one from turning their protein drink from ordinary to extraordinary because these are recipes she has used and tested in her own daily life. Some secret tips include getting rid of that dreaded foam after blending and dealing with the lumpity lumps. I have purchased 3 other post-WLS recipe type books and The Bariatric Foodie Guide to Perfect Protein Shakes is the one that has been read, reached for and used the most.

I'm new to the protein shake world and thus far had mixed success with making a shake where the taste and texture matched. Ms. Nikki has done an amazing job of explaining how shakes work as well as provided fantastic recipes with real ingredients that probably won't require a trip to the grocery store to complete. Stock up on jello SF pudding flavors and SF syrups, you won't regret it. Thank you Bariatric Foodie for a fabulous blog and this helpful book.

Starting with the quiz that helps you determine what kind of protein drinks will suit you best through the amazing recipes, this is a bariatric best seller!! But I want to assure you that anyone who does protein drinks will benefit from this book. One of the best things is that if you don't have the sugar free syrup then Nikki offers "swaps". It is a very well thought out recipe book that will help you stay on track.

This says it is for the kindle, but it isn't readable on the kindle. I ordered this a few days ago. The prologue was normal, and readable. Then, last night, as I read my first recipe, it was totally unreadable. You can read the directions for one part of the recipe, it is on the left-hand column of the page. The right-hand column is useless. Most of the words are cut off. It doesn't matter how small you make your text, there are always missing words. This is basically a cook-book and I assume one has paid for the recipes. It really should not have been released for the kindle with this kind of problem. I'm using the kindle DX - it is much larger than a normal kindle, so there is plenty of space on there. I even tried the landscape view, and the words were still cut off. I can read the whole right-hand column on the Kindle for PC Windows (7). But, I can't exactly put my PC on my kitchen counter top, can I? I bought two kindles for a reason, not having to read back-lit screens. I'm so disappointed. If anyone can think of a fix, I would appreciate knowing. One other thing some of

the recipe ingredients are not listed separately. You'll see a list of ingredients for a shake, but if you don't read it carefully, you'll miss the ingredient that is added on to the end of the "sentence." This really is not kindle ready. Not at all. I'm very disappointed. As for the recipes, I can't give a review on those yet, and don't plan to.

I was so excited to receive this book! I drink a protein drink at least once a day and sometimes my shakes get boring. They won't anymore!!! Not only can you discover how to make the perfect cold protein drinks, but there are methods explained on how to have a heated protein drink (for those cold winter mornings) and even protein ice cream! The flavor combinations are outstanding! I can't wait to try out some of the great new flavors!

It will take me weeks to try all the ideas in this book! I used the basic shake tips to improve the texture of the shake I make everyday, and it is 10 times better. The book also gave me inspriation to try a few ideas of my own using the sugar free syrups that I had bought but was never really sure about using them.

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