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## Recipes

Posted by markerm - 2009/02/06 21:50

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visit my site for recipes and tips you can choose to follow it as well.  
<http://gastricbypassstips.blogspot.com>

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## Re:Recipes

Posted by anirow - 2009/02/07 01:58

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the blog is nice. but you need to update it more often, will be a regular member but only if you promise to have great recipes and experiences on a regular basis!

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## Re:Recipes

Posted by werner77 - 2009/07/24 06:06

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Are the recipes specifically for people who had gastric bypass?

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## Re:Recipes

Posted by vernonwolfe - 2009/10/22 03:26

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the blog is nice. but you need to update it more often,  
Fitness, Weight Loss, Health & fitness

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## Re:Recipes

Posted by lucy10 - 2010/01/28 22:05

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Post op diet follow is must after lap band surgery. This is the most important part as it increase the chances of success of weight loss and also minimize most of the side-effects and complication. you really need to follow lap band diet in proper way.

Lap band diet is divided in to some phases. there are lots of food which you have to avoid. B)

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## Re:Recipes

Posted by Kristenmickel - 2010/04/08 00:56

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Hey thanks for sharing your blog and nice topic. It seems to be interesting. I will definately give visit to your blog. Keep it up..

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## Re:Recipes

Posted by hari001 - 2010/04/08 23:22

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Hey,  
Too many people have the misconception that the Atkins Diet is a no-carbohydrate,high-fat, free-for-all. It isn't. From day one, ample carbohydrates are allowed in the form of vegetables, which are one of the basic foods for a healthy diet,the Atkins Diet food list dispels the myths surrounding the diet and helps low-carb dieters find the best possible nutrition, while they pursue their goal weight.

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## Re:Recipes

Posted by Marshall - 2010/05/22 22:25

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Hi,

Diet is very important for our body and health. But a health diet contains nutrition, vitamins not lots of spices.

Thanks !

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## Re:Recipes

Posted by infotechproximity9 - 2010/07/11 23:41

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you can visit my site for recipes and tips you can choose to follow it as well.

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## Re:Recipes

Posted by infotechproximity9 - 2010/07/12 23:27

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Pallet Racking | Fitflop Boots

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