
Recipes

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

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

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

Are the recipes specifically for people who had gastric bypass?

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Re:Recipes

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

the blog is nice. but you need to update it more often,

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Re:Recipes

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

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

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

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

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

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

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.

Pallet Racking | Fitflop Boots

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Re:Recipes

Posted by ronald - 2010/09/01 07:14

Hello,

Nice site you are sharing it contain really nice recipes thanks for sharing it.

thanks!!

antimalaria

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Re:Recipes

Posted by Marshall - 2010/09/05 01:02

Hello,

Nice thread the information in every post is good thanks for posting here

thanks

msds software

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Re:Recipes

Posted by sekar555 - 2010/09/06 02:08

Today I just took a walk from my house and ended up going to the grocery stores. As I was window shopping I was all interested to make rasmali. So I picked ricotta cheese and half and half from the store. I was introduced to this sweet in my school days by my friends. Most of my friends were from North and this sweet is quite famous out there. When I came to the US everyone told me that this sweet is so easy to make. And believe me this is one of the easiest recipe I came across which is also versatile for its own name. I got this recipe from my friend who directed me today step by step through phone conversation. Here goes the recipe!!!

Breast Enlargement|Breast Growth

Re:Recipes

Posted by AmyC - 2010/09/07 19:29

Thanks for sharing your recipes! I especially like the one for pita pizza! It was also good that you made some suggestions for alternatives to eating when we are bored, lonely, or depressed. Would like to see some more recipes when you have the time.:cheer:
