

MONTH 2020 | ISSUE

bariatric beat

THE OFFICIAL BARIATRIC LIFESTYLE GUIDE



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Drop us a line! We always want to hear what you have to say. Send us your thoughts, topic suggestions, or questions so we can include them in our upcoming issues: beat@quobuonum.com.



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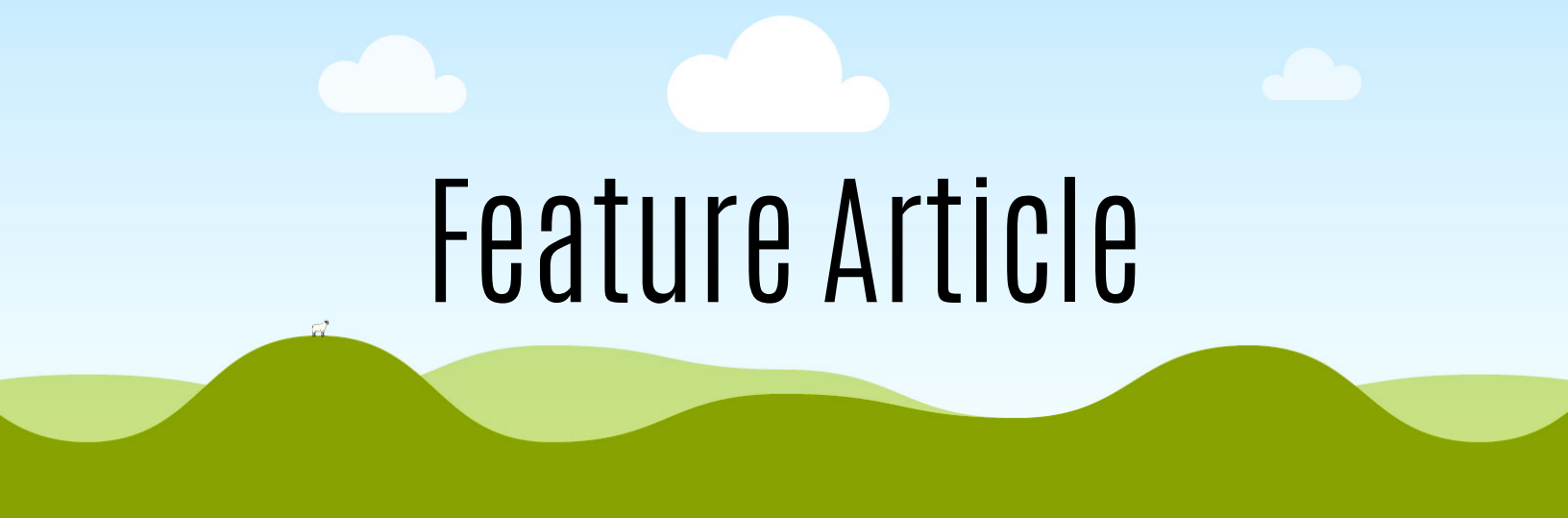
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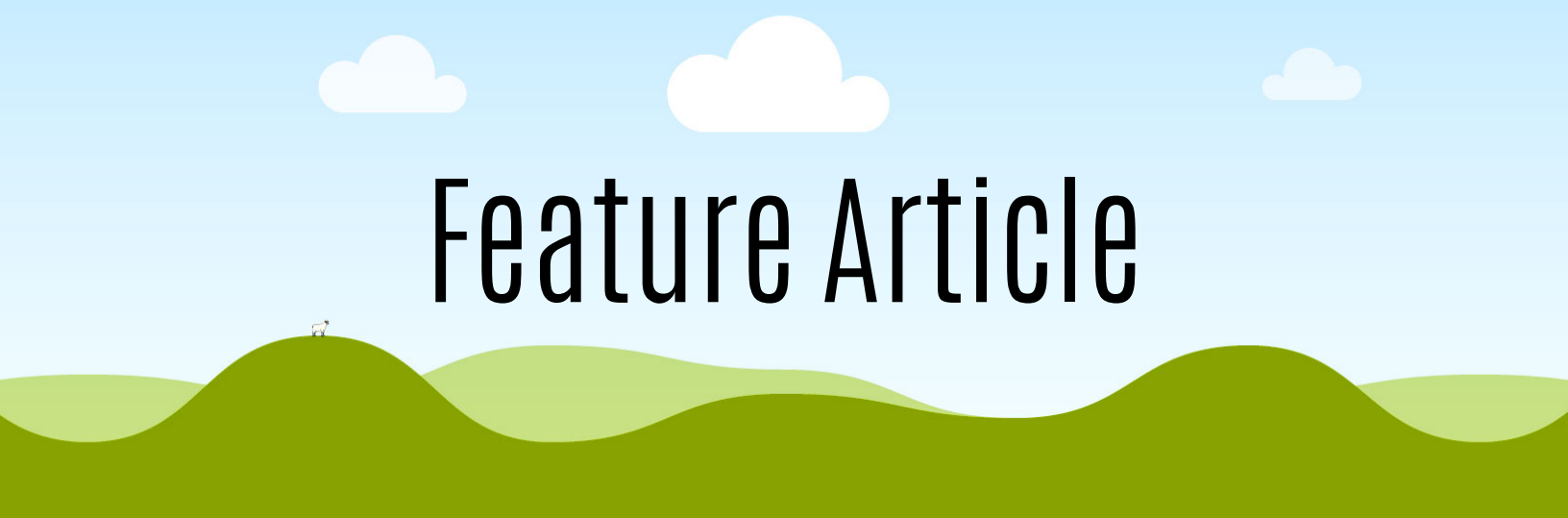
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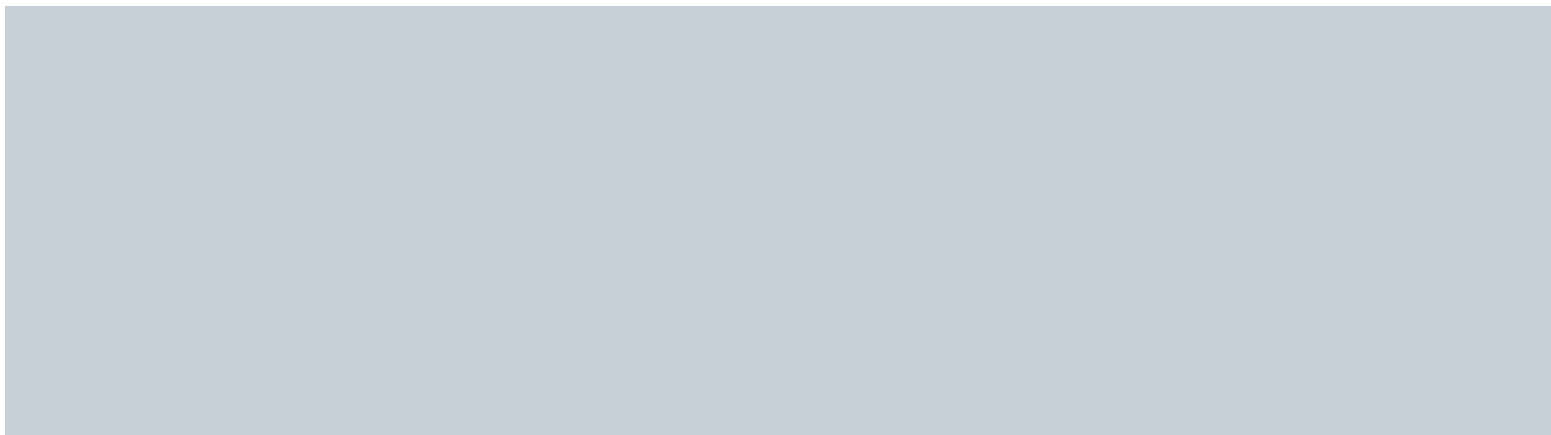


Feature Article

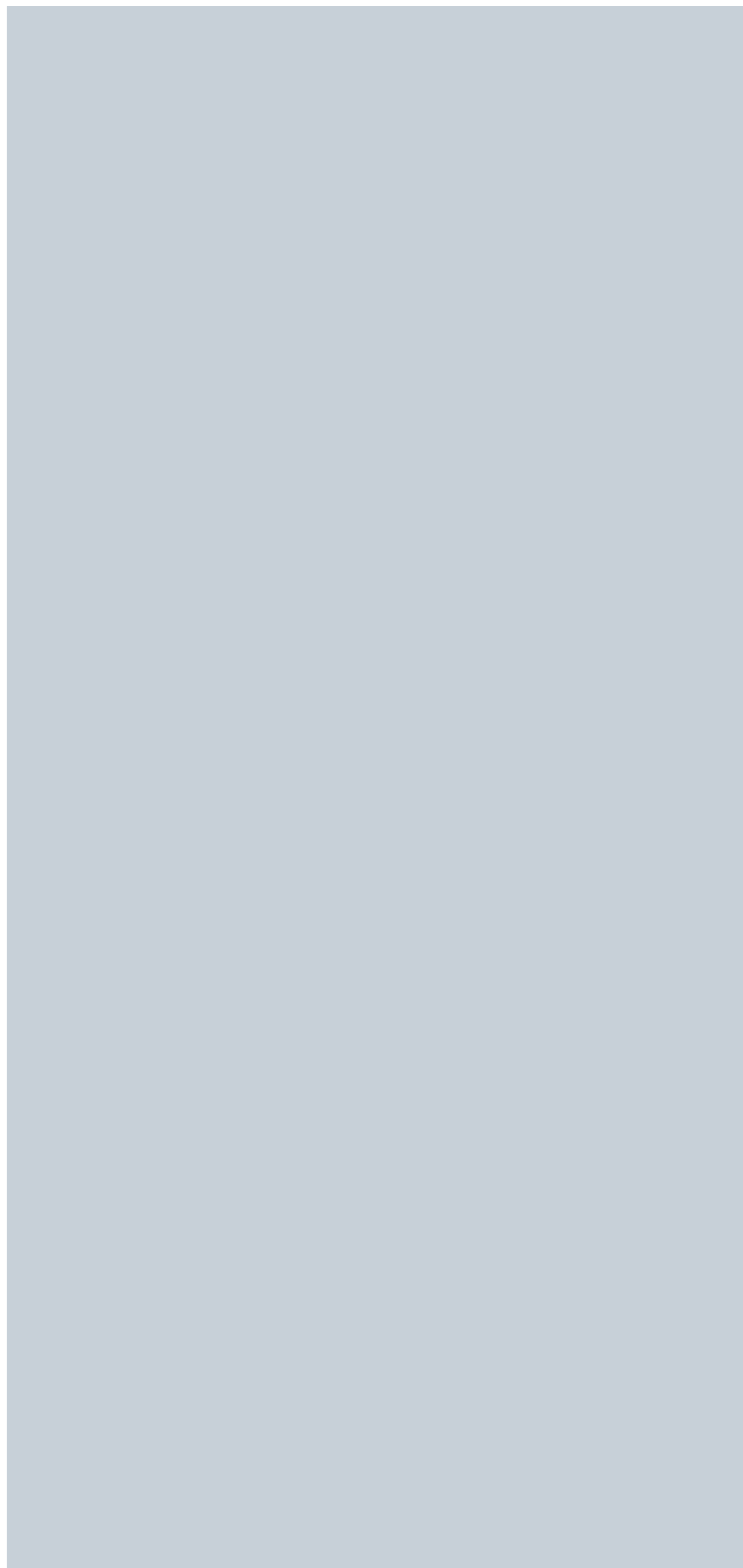


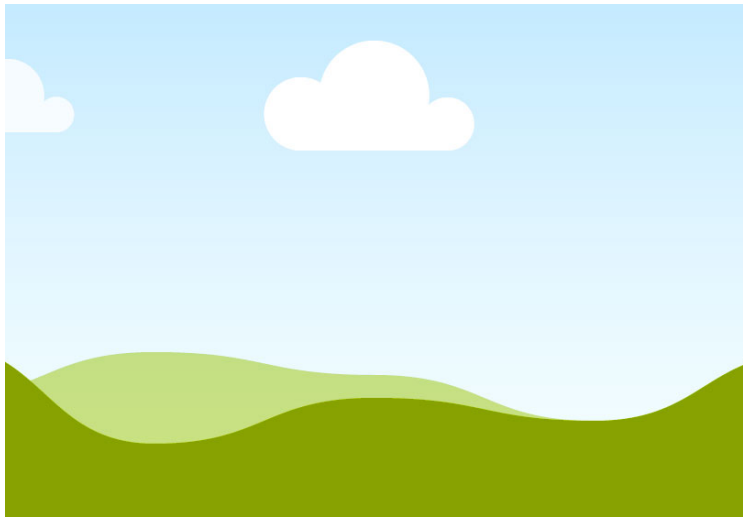


Feature Article



Title





Recipe Title

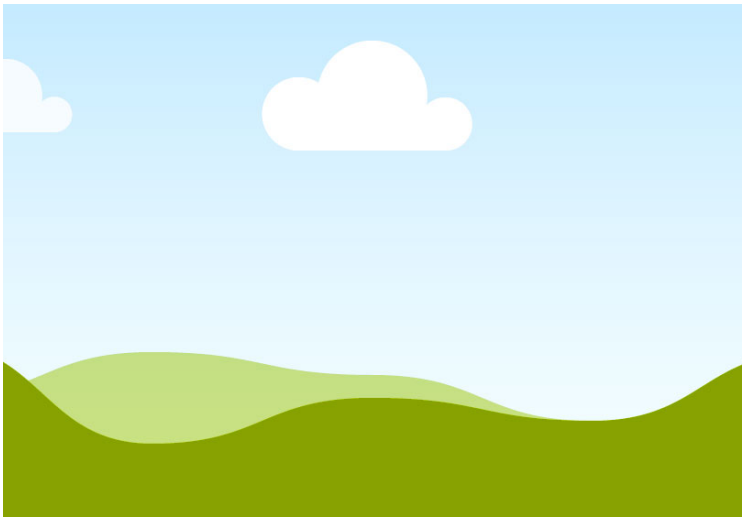
Makes 8 servings, serving size 1/2 cup: 178 calories, 11g protein, 7g fat, 18g carbs (3g sugar), 83mg sodium

Ingredients

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Directions

...



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