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days. (LivingAfterWLS Shorts) (Volume 2)**

*Kaye Bailey*

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# **5 Day Pouch Test Complete Recipe Collection: Find your weight loss surgery tool in five focused days. (LivingAfterWLS Shorts) (Volume 2)**

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Over 80 triple-tested recipes for the 5 Day Pouch Test so you can get back to the basics of weight management in five focused days using your weight loss surgery tool. This convenient booklet is your trusty companion when getting back to the basics of weight loss surgery using the 5DPT as your instrument of improvement. You can look forward to enjoying more than 80 recipes developed specifically for the widely acclaimed and highly successful 5 Day Pouch Test. New This Edition: 28 scrumptious health promoting recipes to take you to Day 6 and beyond in your daily pursuit of lifelong healthy weight management after bariatric surgery. Don't go in the kitchen without this book!

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