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The Bariatric Foodie Guide To Perfect Protein Drinks



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Synopsis

Have you ever had a really nasty protein shake? Like...a really nasty protein shake?I’m talking about a shake that smells funny, tastes off and, worst of all, develops three full inches of this curious foam before you even get to the shake?Yes. That. A nasty protein shake.If you’ve ever had one, you know what they are - and you know you don’t like them! But do you know why the shake was nasty? What causes that odor, that off smell, the foam of doom? And more importantly, how do you fix it?The Bariatric Foodie Guide to Perfect Protein Shakes is here to help! This is more than a simple recipe book. It’s a how-to manual for making low-carb, high-protein, crave-worthy protein shakes. Not only will I give you shake recipes to suit many tastes (Coffeehouse-style drinks? Got ’em. Shakes that taste like candy? Got ’em!) I also give you my best tips and methods for making sure your shake looks, smells and tastes the way you want it - no matter what recipe you are using.So if you’re sick of nasty protein shakes...or even if you just want to switch it up, this book is for you. It’s little but mighty and packed full of recipes, tips and tricks that will soon have you in total protein shake joy! Don’t believe me? Just read the reviews. Then play with your food!

Book Information

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Customer Reviews

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.

Good thing Nik does. I agree with a previous user who commented this little book packs a big punch. What's so important about protein shake recipes, you ask? Well, her brain = umpteen recipes = sparking YOUR creativity.But this book isn't about recipes, well it isn't JUST about recipes. Its about teaching you HOW to make the shakes. Like super thick milk shakes? She's got you covered. Frappe style like Starbucks? Check. What if you don't want to buy a bunch of extra syrups, etc? She has got you in mind too.In fact, if you just want a healthier way to eat ice cream. Guess what? You can use her book to make protein ice cream.If you are post WLS, I highly recommend this book. Oh, you aren't? Guess what? If you are health conscious and looking for a way to swap any ice cream like dessert, I recommend this book.And just in case you are the type of person who likes supporting small businesses or people who give back to their communities, Nik fits both of those categories as well. And no, I've never met her. I've just been inspired by all she does for the WLS community.

I have made many of the shakes in this book and have thoroughly enjoyed them. When you are so sick of chocolate and vanilla, not to mention that protein shake taste in general, you'll try almost anything to make the shakes taste better. This book has a lot of different ideas. I guess the only negative thing I can say is that there are quite a few recipes that use sugar-free flavored syrups. I happen to have a decent selection of the basic flavors so I can make probably 2/3 of the shakes, but I don't have specialty flavors like Kahlua or German Chocolate Cake and I don't want to shell out the $9.99 just to make one or two specific shakes. Despite this, I recommend this book!

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.

Continue to use her ideas and recipes every day. What treats to turn your protein shakes from chalky and pasty to smooth and total treat! Every bariatric patient should have this book!

Wow. What a waste of money. Not only is it poorly written, and the format rediculously stretched to fill the 95 pages, but it has absolutely nothing to offer. Basically, you add some syrup and sweetener to your basic protein shake.Want it to taste like a banana? Add a banana to a protein shake. DUH!Want it to taste more chocolatey? Add some chocolate syrup to a chocolate protein shake. REALLY?This should be a free pamphlet, not an $11 book.Save your money!

I've never written a review before but I have to share that this book is awesome! I can't believe that I would ever like the taste of protein shakes but the recipes in this book make them taste yummy--and I'm using the vegetable based protein powders! This book has been a blessing.

I love love this book!!! Best purchase I have made for myself in a long time. This Protein book is full of all types of shakes. I Am working my way through it trying something new daily. The Perfect Protien Shake book is a Get It!!!! You won't be sorry and ypur tummy will thank you.. Updated 10/7/15 I just purchased The Shake Book and Breakfast book with a$25 gift card I would just so I have them on hand to pay it forward to friends of mine starting their weight loss journey.. That is how much I love Nikki ' s books I use them daily.. Get yours you will love them

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