

Dr. Bobby's May Bariatric Bulletin

Nothing is impossible, the word itself says, "I'm Possible!"

-Audrey Hepburn

Support Group

May Support Group

April's support group attendees lost a combine total of 387 pounds! Congratulations everyone on your hard work. Support group for May will be Monday the 11th and 6:30 pm in the Annenburg Classroom at Eisenhower Medical Center. We will be welcoming Dr. Suzanne Quardt, a local plastic surgeon. She will discuss options bariatric patients have after extreme weight loss.

[Dietitian's Blog](#)



Feature



Portion 8

These tupperware and cookbooks are designed to teach portion control. Plates are microwave and dishwasher safe, BPA free, and come in three cute colors.

[Visit Website](#)



Bariatric Recipes

With only 8 fresh ingredients, this Spinach and Mushroom frittata is sure to be a hit for the whole family. Serves 2-3 people and takes less than 20 minutes to cook.

[Get the Recipe](#)



Feature Product

After surgery, avoiding caffeine and eating plenty of protein is essential. This Raspberry Tea is a refreshing alternative that provides 15 grams of protein.

[Nutrition Information](#)

We want to share your success story! If you would like to be featured in the testimonial section of our new website, please send us before and after pictures with a couple comments about your weight loss journey. Pictures and comments should be sent to dietitian.drbooby@gmail.com.

Sincerely,

Dr. Bobby Bhasker-Rao MD FACS
Bariatric Surgeon
Lite Life Surgery