

Wishing you a

HAPPY THANKSGIVING

& Holiday Season

We wanted to take a moment to let you know how thankful we are to have patients like you! We wish you and your family nothing but the best this Thanksgiving and throughout the holiday season. Here are a few helpful resources for the holidays!

Holiday Quinoa Salad



This Holiday Quinoa Salad is an easy, festive Thanksgiving side dish and can also be a healthy alternative to dressing (outside the turkey). This dish uses fresh ingredients and the quinoa provides more protein than a standard bread-based dressing.

The Quinoa Salad is also gluten-free, paleo, and vegan-friendly (without the optional cheese).

[Check out the recipe!](#)

12 Thanksgiving Tips



Thanksgiving is coming up fast, and there are so many delicious dishes to behold.

When it comes to watching your dietary intake, especially for bariatric patients, it is highly recommended that you avoid unhealthy habits for best weight loss results.

[Get ready for Thanksgiving!](#)

5 Day Pouch Reset



It happens! Sometimes without following the proper nutrition diet or healthy lifestyle habits, weight regain after bariatric surgery can occur.

Many patients may even get discouraged before having the chance to bounce back. Regardless if you hit a stall or are regaining weight, the 5-Day Pouch Reset could be exactly what you need!

Check out the reset diet!

Bariatric Vitamins



Don't forget your bariatric vitamins this holiday season!

Here is a 20% OFF coupon code [BLACKFRIDAY] for you to use on our vitamin website.

*Limit one per customer. Expires on November 25, 2018.

Get your vitamins!



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