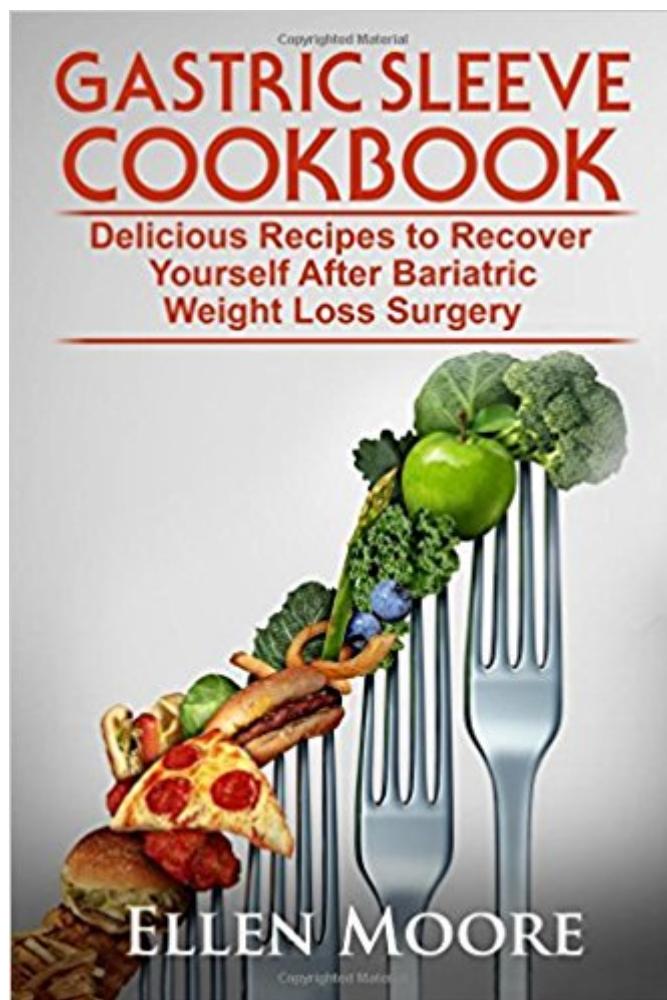


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# Gastric Sleeve Cookbook: Delicious Recipes To Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1)





## Synopsis

Ease Your Bariatric Surgery Recovery With These Delicious Recipes! You are making all of the right moves to improve your lifestyle. You will surely want to add Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery to your personal library. It will provide you with many new dishes you never thought would be possible to prepare and remain healthy. You will soon discover within the pages of this cookbook that you are truly entering a new stage of your life. You have the tools to continue down the right path to a much healthier future. Chapter in this book will discuss many ways to cook food you have always eaten. You will discover how many different ways you can cook beef, poultry, seafood, and many other foods. For most of the recipes it is important to use non-fat, reduced-sodium, and similar choices when they are available, since that is how you can easily reduce the calorie and carbohydrate intakes. Here Are Some Recipes That You Are Going To Learn Chicken CreoleMediterranean Salmon with PastaCurried Carrot SoupMeatloaf MuffinsCaramel Apple SaladAnd Much Much More... Do Not Wait Any Longer And Get This Book For Only \$13.38!

## Book Information

Series: Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve

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## Customer Reviews

I got top meals for gastric sleeve patients recipes and other great tasting recipes with a healthy slant from this book. Bariatric surgery is the beginning of an entire lifestyle change. Your doctor will tell you that after bariatric surgery, your eating habits will change as you start this new chapter of your life. Your gastric sleeve post op diet will include smaller, healthier meals spaced

out throughout the day. Also, it is important to eat foods that digest easily while your surgery heals.

Here

Great info and tasty recipes. I feel that it becomes a lifestyle. The Chicken Creole was tasty. Thanks

My mom had this gastric sleeve surgery and has a hard time maintaining diet. Thank goodness for this book she now has a solid guide on how to compensate for it. Her doctors did give her a set of guidelines but it doesn't come close to the recommendations of this diet guide. For those wanting to undergo this procedure must get this copy to make sure you're up to it and think really well before going under the knife.

I've been searching for the best cookbook that I can try at home. Quick and easy since I am not really good in cooking, this book helps me to practice and try easy recipes. Well written and easy to follow. Highly recommended indeed!

No indication on sugar content. No Cook time/Prep time. Half of the recipes have too much carbs. Table of content is structured in terms of category but not individual recipes, meaning you have to scroll through the whole book to know what recipes are in this book. Hard to navigate on a kindle.

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