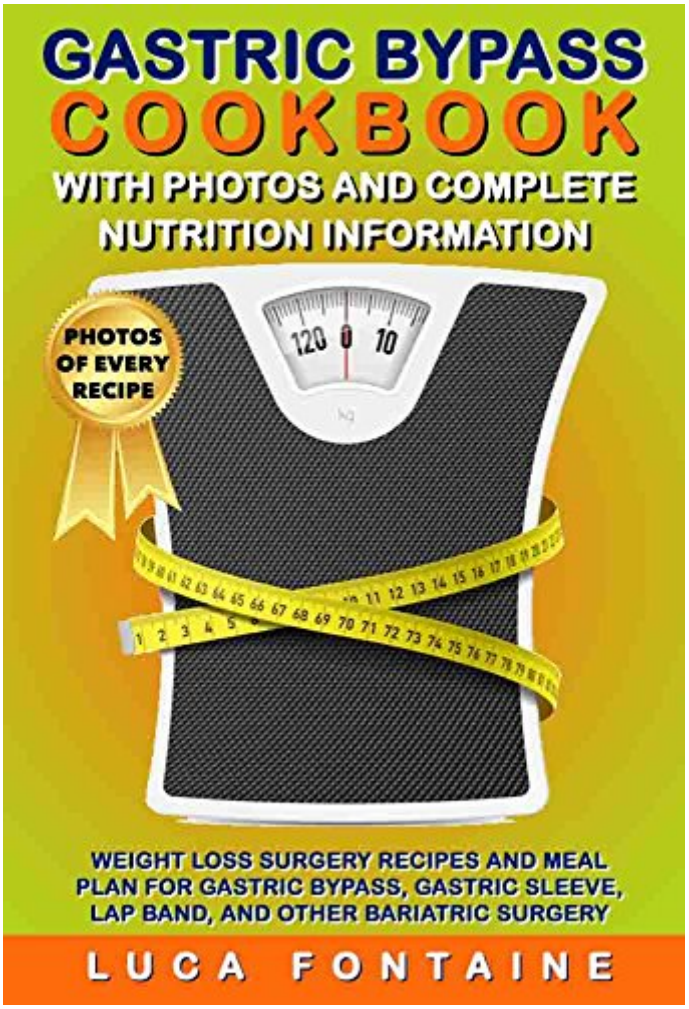
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Gastric Bypass Cookbook With Photos And Complete Nutrition Information: Weight Loss Surgery Recipes And Meal Plan For Gastric Bypass, Gastric Sleeve, Lap Band, And Other Bariatric Surgery




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Synopsis

COMPLETE 3 STAGE WEIGHT LOSS SURGERY RECOVERY MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE!REGULAR PRICE: $14.99 | LIMITED TIME PROMOTIONAL DISCOUNTBariatric surgery has become an increasingly popular option for many as the Western world battles the worsening obesity epidemic.Recipes to reclaim your health!Whether you are recovering from a gastric bypass, gastric sleeve, lap band, or other type of weight loss surgery, this is the cookbook you have been waiting for. A complete 3 stage meal plan!The recipes in this cookbook are divided into the three stages of recovery. Whether you are looking for delicious liquid recipes in the first stage, enjoyable soft food recipes in the second stage, or healthy solid foods in the third stage, you will find delicious recipes appropriate for all stages of recovery from weight loss surgery in this cookbook. Each and every recipe contains complete nutritional and serving information as well as a photo!Don’t miss out!Grab this book today at the limited time sale price and make a small investment in your health and well-being that will pay off huge in the long run!

Book Information

File Size: 1090 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 3, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01M108BUP

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #60,516 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Bariatrics #70 inÃ Â Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine #86 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Low Fat

Customer Reviews

This is a great cookbook to have following a Gastric Sleeve procedure. I love that there is complete nutritional information and photos of every recipe.The cookbook is dived into three "stages". The first stage is immediately following the procedure. Once you are allowed to consume more than just clear liquids, this stage gives you a variety of soups and other liquid meals that are easy on the stomach.The second stage has lots of delicious recipes that are made up strictly of soft, easily digestible ingredients.Finally, the third stage has recipes for solid meals that are specifically designed to be appropriate for recovery.My cousin had the Gastric Sleeve procedure completed recently and we found a lot of great recipes in this book that we could both enjoy, and that were safe for her recovery. If you or a loved one are considering weight loss surgery, this is a great cookbook for ensuring that you have lots of appropriate meal options that are healthy and taste great.

This cookbook is exactly what we needed for Dad, who is going through a Gastric Sleeve procedure and had a lot of concerns about what to eat and what not to eat. The nutritionist at the clinic explained it to him but only gave him a few recipes that he thought sounded boring. I thought that might be par for the course. I mean, your pretty restricted in your eating after getting your stomach stapled, right?Well, yes, you are, but that doesn’t mean it has to be boring! Dad was really impressed with the options available to him in all stages of recovery. He loves it!The book is divided into the stages of recovery with an equal number of recipes for each stage. Every recipe has a picture and nutrition fact sheet for the recipe which is really important when you are on such a restricted diet. Glad we picked this one up. It really gave Dad peace of mind before his surgery.

I love this book..... It’s been a decade since my surgery, but this was so helpful!!! I think anyone thinking of getting it should read this first to learn a lot of things.An essential book for anyone going through weight loss surgery.This will definitely be your go-to book through the entire process.

I love different kind of meal plans and cookbook, and this one is not an excuse for that. The information and recipes from this material are very different from what IÃƒÂ¢Ã â ¬Ã â„¢ve used to. Different in a good way actually. Given the recipes in here are very good and sufficiently fulfilling. It promotes healthy and eating which I truly love about meal plans. Standardly awesome.

This book is very easy to read and gives you a lot of information. It gave me all the information that I needed to understand what was to be expected. Simply said, if you are considering a bypass, or having one, you need to read this book.

Although I haven't had my bariatric surgery yet, I went ahead and got this cookbook as preparation. I must say that I'm really impressed with this book and would recommend it to anyone. It breaks the recipes down in order of stages you'll go through and has pictures for each and it also gives each recipe a nutritional grade using the A-F system. Some things in there don't necessarily sound appealing, but the majority of them sound really good. Each recipe is also made to serve 2 so you could save it for another meal or share it with someone else, but you won't have an extensive amount of leftovers which is nice.

Gastric bypass is a surgical procedure used to treat morbid obesity when a person has not been able to lose weight and/or maintain it by dietary efforts and due which the individual is at risk of fatality or a serious impairment of the quality of their life. This book seeks to offer such a person a meal plan to help them with their recovery. It lays out a 3 stage meal plan and provides the reader with loads of recipes which are claimed to be perfect for post bypass surgery patients. If you or a loved one have gone through a bypass surgery then you may want to give this book a read.

I found this cookbook helpful and here I have found plenty of weight loss surgery recipes. Last week I heard about this cookbook from my neighbor. Throughout this book I have come to know about the meal plan that will be perfect after a weight loss surgery. I really liked all these liquid recipes that I learned from this book. I found this cookbook super helpful and it really enlarged my knowledge. If you want to learn some healthy and nutritious recipes, especially for the gastric bypass surgery patient then donÃƒÂ¢Ã â ¬Ã â„¢t feel hesitate to catch & read this book.

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