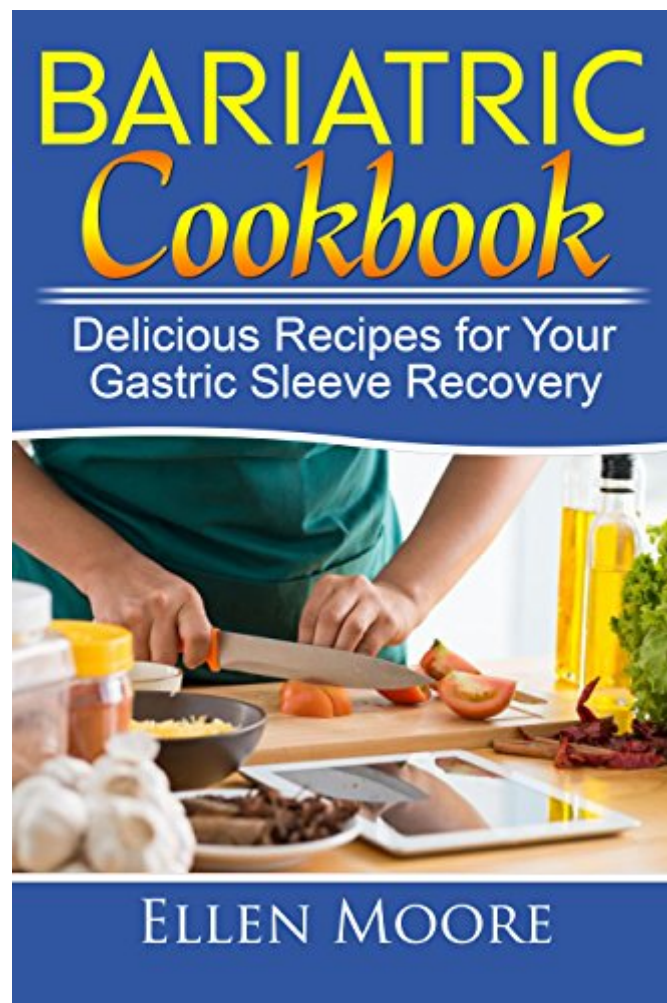


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Bariatric Cookbook: Delicious Recipes For Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2)





Synopsis

Ease Your Bariatric Surgery Recovery With These Delicious Recipes! This is a must for your personal library. The Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery 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. Chapters in this book will discuss many variations of how you can improve your current lifestyle by changing the ways to prepare your meals. Each section is divided into breakfast, lunch, dinner, and snacks including something for the sweeter versions you always have a craving for when you are changing your eating patterns. Here Are Some Recipes That You Are Going To Learn Carrot Ginger Muffins Grilled Honey Garlic Pork Chops Sunshine Fruit Salad Vegetarian Philly Cheese steak Sandwich Chili Popcorn And Much Much More... Do Not Wait Any Longer And Get This Kindle Book For Only \$2.99!

Book Information

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Customer Reviews

It is essential that bariatric patients follow strict guidelines concerning protein, fat, sugar and overall calories for weight-loss success; and also to adhere to the 3 stages of eating from straight after surgery through to eating for life. This book follows these recommendations and turns them into mouth-watering dishes and menus for all occasions. All featured recipes are bariatric-friendly and have great nutrition but also have personality and soul. They're what we call a dose of culinary medicine. Bariatric-Friendly Recipes. The following recipes are considered bariatric-friendly for those who are less than 75% of their weight loss goal and/or who are limiting starchy carbohydrates.

Nutritious and helpful book! This a great cookbook full of awesome recipes. This is a great cookbook even if you do not have the weight loss surgery known as Bariatric surgery. I love variety of recipes listed in this cookbook which include the per serving size. Each recipe includes the calories total fat, and more! At the beginning of the book there are powerful words to help you with your weight loss mission. There is a full chapter on what to eat each day and how much of each food group you should take in. I really love the recipes in this book, one of the best cookbook with simple but tasty recipes.

I find this book helpful and interesting! This is a book written from a patient point of view about the gastric sleeve surgery. I grabbed this book from the wake of my curiosity and after reading it entirely, I was pleased enough. Very well-written and the the recipes are great. I would highly recommend this book!

I've been looking for the best cookbook for me that I can try at home. Bariatric recipes but still delicious and awesome. Good thing that I found this book. Highly recommended indeed!

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