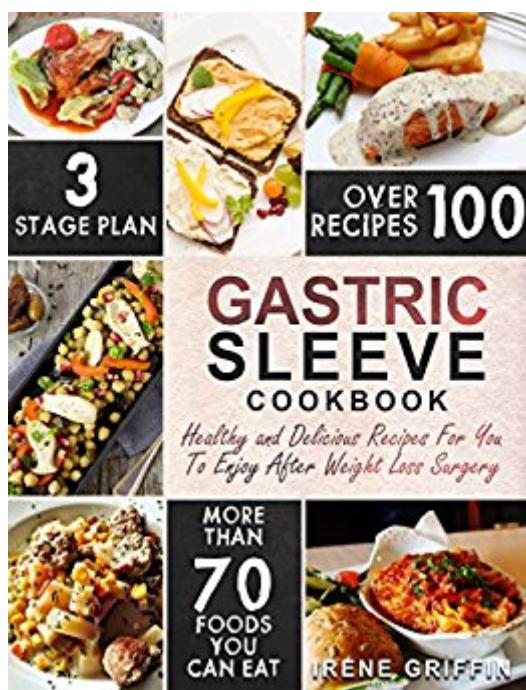


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# Gastric Sleeve Cookbook: Healthy And Delicious Recipes For You To Enjoy After Weight Loss Surgery (Bariatric Cookbook)



## Synopsis

Have you undergone surgery for a weight problem? Do you now need help to find a suitable diet that still provides all the nutrition you need? With the *Gastric Sleeve Cookbook: Healthy and Delicious Recipes for you to Enjoy After Weight Loss Surgery* you get a complete overview of what it means to have undergone surgery such as this and the limitations it will place on your diet. More than just a simple cookbook, packed with delicious recipes, this book also gives you: The facts about gastric sleeve surgery and what it means for you. What the gastric sleeve diet is. A list of FAQs. The types of food to eat and those to avoid. The different stages of such a diet. And much more. It takes time to recover from a major operation such as this and that's where this book is literally a life-saver. By following the advice and strategies inside, you will quickly go from clear liquids through to eating regular food quickly and smoothly, helping you to maintain a healthy weight while enjoying food once more. Get your copy of the *Gastric Sleeve Cookbook* now. It's much more than just a cookbook.

## Book Information

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Weight Maintenance

## Customer Reviews

I have learned from this book...The certainties about gastric sleeve surgery and what it implies for you.What the gastric sleeve count calories is.A rundown of FAQs.The sorts of sustenance to eat and those to maintain a strategic distance from.The diverse phases of such an eating regimen.It requires investment to recoup from a noteworthy operation, for example, various stuff where this book is actually a lifeline.By following the counsel and procedures inside, you will rapidly go from clear fluids through to eating normal sustenance rapidly and easily, helping you to keep up a sound weight while getting a charge out of nourishment yet again.

this is was very helpful to all those who have surgery in gastric sleeve cookbook. this is was very informative and lot of explanation in recipe. this book was a perfectly highly recommended

Excellent!

Incredible book, I was able to help out my roommate with this that recently had surgery.

Great recipes! Some of friends that didn't have the surgery have tried the recipes and love them too.

I got this for someone probably about to get a gastric sleeve procedure. Great info!

It was not what I expected it to be very disappointed

This is a great book to add to my library. Very informative and easy to follow. Thanks!

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(Volume 1) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation (Gastric Sleeve Diet, Gastric Sleeve Recipes Book 1) Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3) Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2) 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 Gastric Sleeve Cookbook: Healthy and Delicious Recipes For You To Enjoy After Weight Loss Surgery (Bariatric Cookbook) Gastric Sleeve Cookbook: PRESSURE COOKER  $\geq 40+$  Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7) Gastric Bypass Cookbook: 100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet, Gastric Bypass Recipes) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet Book 1) 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery Gastric Sleeve Cookbook: FLUID and PUREE - 30+ Shakes, Drinks, Broth and Puree recipes for early stages of post-weight loss surgery diet (Effortless Bariatric Cookbook Series 1) Gastric Sleeve Cookbook: QUICK and EASY  $\geq 40+$  Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6) The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) Weight Loss Surgery: The Ultimate Introductory Guide to Bariatric Surgery, Including Gastric Bypass, Sleeve, and Diet Gastric Bypass Diet : Step By Step Guide to Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Recipes) Bariatric Diet: Dietary Advice Before, and After Gastric Sleeve Weight Loss Surgery

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