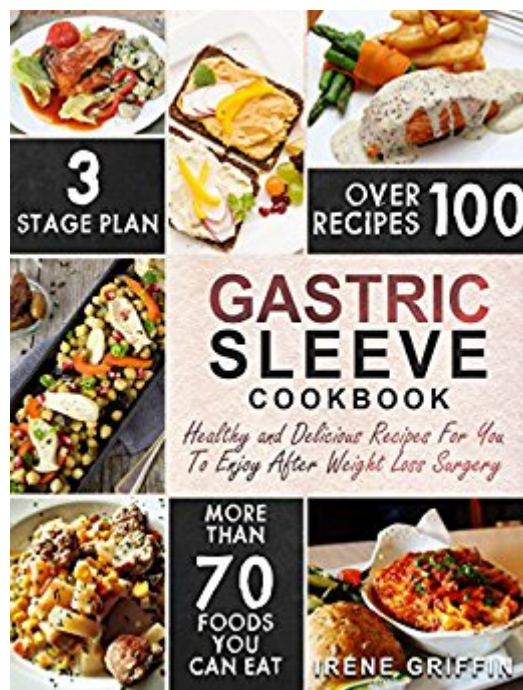




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# Gastric Sleeve Cookbook: Healthy And Delicious Recipes For You To Enjoy After Weight Loss Surgery (Bariatric Cookbook)



## 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

File Size: 2299 KB

Print Length: 184 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 14, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B071KG9HSX

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #35,511 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

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Weight Maintenance

## Customer Reviews

I have learn 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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