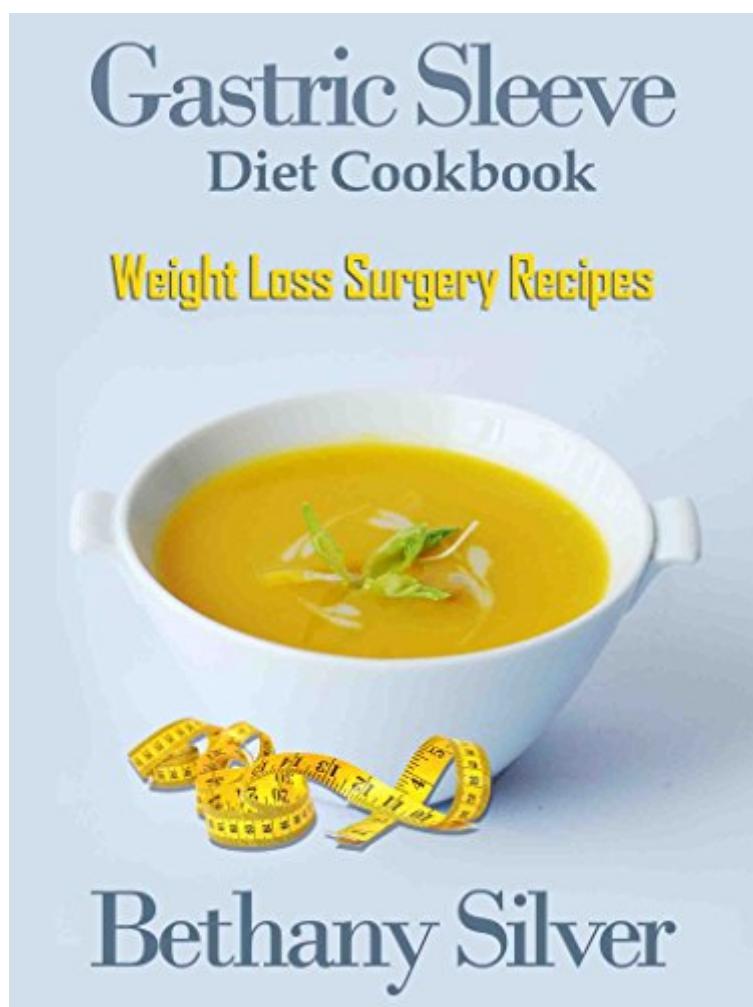


The book was found

Gastric Sleeve Diet Cookbook: Weight Loss Surgery Recipes For Optimal Health And Recovery; Photos And Nutrition Facts For Every Recipe





Synopsis

Kindle MatchBook: Get the Kindle edition free when you buy the paperback edition today!THREE STAGE RECOVERY RECIPES FOR GASTRIC SLEEVE, GASTRIC BYPASS, AND OTHER BARIATRIC AND WEIGHT LOSS SURGERY PATIENTS. INCLUDES PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY RECIPE!Weight loss surgery has changed thousands of lives, but the recovery period demands a particular diet.Dozens of recipes for recovering from weight loss surgery!Whether you are recovering from a gastric sleeve, gastric bypass, lap band, or other type of weight loss surgery, this cookbook is the one you want!Healthy recipes for each stage of recoveryThe recipes in this cookbook are divided into the three stages of recovery. When you grab this cookbook you'll get tasty and comforting liquid recipes in the first stage, appetizing soft food recipes in the second stage, and mouth-watering solid foods in the third stage. This cookbook contains recipes that are specifically designed to be appropriate for all stages of recovery from weight loss surgery while still tasting great! Each and every recipe lists serving information and complete nutritional information as well as a photo!Enjoy your life!Grab this cookbook today and see how well you can eat, even while recovering from bariatric surgery!

Book Information

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Customer Reviews

My father in law went through weight loss surgery recently to have his stomach reduced in size. I know that leading up to the surgery he was very nervous, as anyone would be, and was concerned about what kind of food he'd be able to eat afterwards. Having this cookbook really put his mind at ease. The recovery can take awhile and if you don't eat the right foods it can cause problems. Fortunately the whole family was able to enjoy many recipes from this book. Having these tasty and easy to make recipes on hand was just one less thing we had to worry about it. As for the book itself, it is split equally into three parts that cover each part of the recovery process. The foods in the first part are soups and purees and by the time you get to the last section there are more conventional meals, but only with easy to digest ingredients that won't irritate the stomach. I like that there is a photo of every meal as it helped my father in law know what to expect from each recipe. I also like that nutritional information is included so you know what you are consuming! I recommend this book to anyone who is thinking about weight loss surgery for themselves or who has a family member who is thinking about it. It is a great book to have around when you need it.

Who doesn't love learning new recipes!

Very basic... eh! It's just okay

Lots of great recipes!

not very impressed with this cookbook.

The cookbook really does have decent recipes. However, I don't like that the pictures are in black and white. If I would have known that before I probably wouldn't have ordered it. It's just kind of hard to determine if you want to make a recipe when everything is grey. I also think they could have separated the different stages better (it's just an easily overlooked title). They also waste an entire page for about 3 nutritional values.

This is basically a photocopied and bound book. Feels cheap and amateurish.

This cookbook is just amazing and well written. It's fully loaded with plenty of healthy & easy recipes, and all these dishes are perfect for those people recently come from weight loss surgery or something like this type of operation. This cookbook will be a great help to them because my sister already followed all the guidelines that the author included inside of it, and now my sister already recover everything. I am really impressed by reading this cookbook and thankful to the author for presenting all these healthy recipes inside of this book. This was a worthy purchase and of course I will recommend it without any doubt. Excellent work Bethany!

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