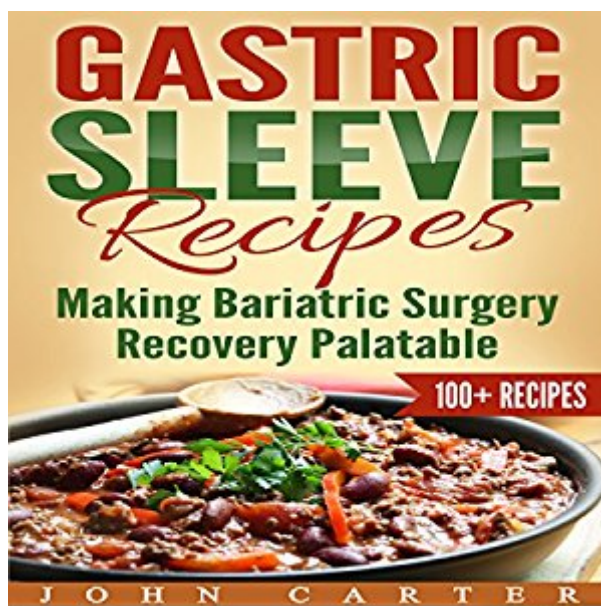


The book was found

Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable



Synopsis

Enjoy every meal after your gastric sleeve surgery! In the first two weeks after your surgery, you can only choose between a few basic liquid meals. This audiobook starts in the third week - when you can start experimenting with more interesting ingredients. Inside, you'll discover meals, sides, snacks, desserts, and drinks for each stage of the recovery process: Week 3 Pureed Food Recipes like Beef with Avocado Week 4 "Real Food" Recipes like Death by Chocolate High-Protein Pudding Month 2 Recipes like Banana Almond Cinnamon Oatmeal Recipes for Month 3-6 (and Beyond) like Braised Pork Chops with Sweetened Apple Rings Remember - you must not cheat on your gastric sleeve/bariatric diet. Instead, get this audiobook, follow these simple recipes, and stay true to your prescribed program. With the delicious options in Gastric Sleeve Recipes, you can come through your recovery with a smile - and a new, healthier body! Don't dread a bland recovery - get your copy of Gastric Sleeve Recipes today and plan a tasty, healthful recovery diet!

Book Information

Audible Audio Edition

Listening Length: 1 hour and 33 minutes

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Version: Unabridged

Publisher: guy saloniki

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Whispersync for Voice: Ready

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in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

This book is truly helpful for those who undergo Bariatric Surgery. It offers a selection of recipes for them to enjoy. Recipe options are limited for the fluids phases of post-surgery diet, and the gastric bypass diet pureed food phase as well as the soft/moist food phase makes eating more like work than an enjoyable experience.

Great book for anyone! This is a very well written and very detailed that anyone can easily follow. It

also provide some recipe that are healthy and delicious. I found this book really useful and helpful. I highly recommend this book to anyone interested!

The supper designs gave, I believe is an ideal setup for the general population after gastric sleeve surgery. This book is quite recently ideal for me to have scrumptious, solid and simple to cook formulas straight from my kitchen. I trust on the off chance that you read this book you can take in more. I simply eager to propose every one of you to peruse this book everybody.

This book is really perfect for someone who has undergone some gastric surgery. It has ideal recipes that can help you recover from the surgery. It's easy to prepare and you can easily find the ingredients in your local market.

This book is good, it gives your imagination a boost even before you cook. After my surgery I thought I'd have to eat cardboard, tasteless foods forever, or just water. This book opens up so many options you feel free.

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