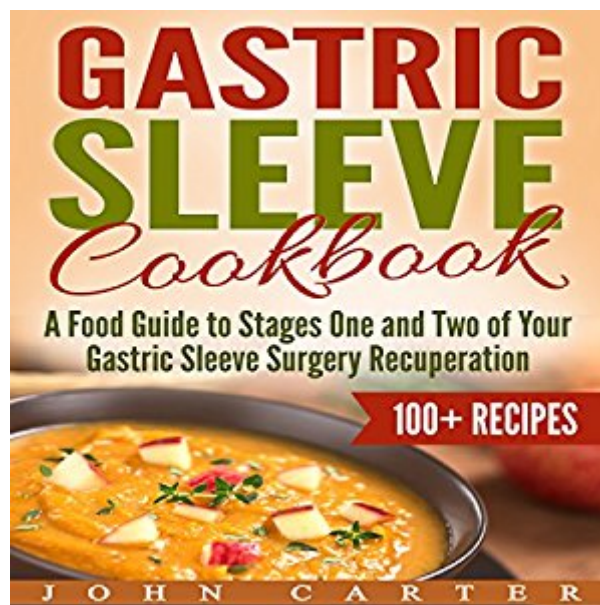




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Gastric Sleeve Cookbook: A Food Guide To Stages One And Two Of Your Gastric Sleeve Surgery Recuperation



Synopsis

Give your body what it needs after gastric sleeve surgery! Hopefully, your doctor and dietician advised you on starting fresh with a gastric diet. This book builds on that advice by providing recipes that help you recover from surgery and satisfy your cravings - even in small portions. Enjoy a wide range of delicious and satisfying Stage Two recipes: Soft and pureed foods Ready-made (and homemade) smoothies and shakes Blended meat recipes You'll even learn how to avoid common gastric sleeve medical complications! As you recover, you need to get a well-rounded diet with all the nutrition your body needs. However, balancing work, family, and recovery is a massive challenge. Let this book help you understand and embrace the new post-surgery reality - the fun, easy, and tasty way! Get all the information you need to make a healthy transition to a new, slimmer you. Order your copy of Gastric Sleeve Cookbook today!

Book Information

Audible Audio Edition

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#399 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #740 in Books
> Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

I was doing a little research on this internet and came across this, not expecting to find anything and I'm going through with this surgery in two weeks and am now MUCH better prepared and It clearly articulates what foods to scale up on, what to pull back on, what's acceptable and quite a bit more and this is an excellent book for someone who has just had gastric sleeve surgery and after four weeks of surgery, when your stomach is on its way to recovery, you can start taking on solid food, as recommended by your surgeon or dietitian and this book contains a number of interesting recipes, for fish, poultry, beef, seafood and vegetarian recipes and there is also a lot of sound advice for the types of foods that are suitable post-surgery and It was hard for me to eat because when I just got

home from a surgery and my doctor told me that for now, I will start focusing on gastric sleeve diet because my stomach is still sensitive to food that is why it is limited and this is good for weeks if you just follow each recipe and also contains a lot of vitamins and minerals so it is easier for your body to recover.

My uncle is about to get his surgery in a week but before that when i discussed with my doctor friend he give me some advice to make him prepare for the surgery and how to shorten the post surgery time to get back the natural life and i want to get a proper plan and instruction that i can follow with some excluding and include, and i think i got the right book although i found only the food related part here this is the major part of a patient for gastric sleeve surgery. I am happy to get this book. My uncle is more relaxed now to face the operation.

This book is a must-read for anyone who has weight issues and is considering gastric sleeve surgery. One of my clients is discussing it with her physician right now and I am so happy to have found that book that will help her pre- and post-surgery. We tried a few of the shakes and smoothies and John Carter has put together an amazing and creative list of ideas what to eat and drink. Easy to read and highly informative.

I got this book for one of my uncle who had gastric bypass surgery last week. We can discover many recipes that are perfect options for anyone. Great.Would love to recommend reading this book. The formulas are extremely sound and there's such a great amount to browse, fixings are not hard to discover and steps are anything but difficult to take after. I would prescribe this book!

This book is for those who have undergone gastric sleeve surgery and if you are planning to undergo this type of surgery, you better get a copy. This cookbook contains a number of interesting recipes, for fish, poultry, beef, seafood and vegetarian recipes. The author of this book did an excellent job and for each recipe. There are also tips on food preparation and budgeting.

This is a very helpful book which will help you to be safe from many diseases.In this book you will find the recipes suitable for each recovery stages are labelled accordingly. You will have plenty of options to put in your recovery diet plan,serving Information and full Nutritional Information are provided for all recipes and much more.I hope you find this book helpful.

If you're scared or anxious about the gastric sleeve surgery and you're not sure what to eat this book can really help you out! It'll tell you how to prepare for the surgery (which I personally think can be really calming to know what to expect ahead of time), and it'll provide you with a lot of delicious and unique recipes you can enjoy after the surgery. I was really surprised at how simple yet creative a lot of these recipes were, especially the smoothie one like baked apple pie smoothie "yum! Finally the book will finish off with advice on what to do after your surgery. All-in-all the recipes were great, but it really is more than just a recipe book. Definitely worth getting if you're not sure what you should be eating after your surgery!

This is an amazing gastric sleeve diet book. This book builds on that advice by providing recipes that help you recover from surgery and satisfy your cravings " even in small portions. From this book you'll even learn how to avoid common gastric sleeve medical complications. I hope you must find this book helpful.

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