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this gastric sleeve cookbook you ll find Plenty of variety Keep meals tasty and interesting with surgery safe options for everything from soups to smoothies A strategy for surgery Discover a helpful overview of gastric sleeve surgery such as what to know and expect pre and post op Meal plans for every stage Enjoy 8 preplanned menus for every phase of healing after weight loss surgery including liquid pureed soft and general diet plans Eating made easy step by step instructions limited prep time and affordable ingredients you can find at any grocery store Find the healthy counterparts to your favorite dishes and stay in shape all while still enjoying delectable dishes *The Gastric Sleeve Bariatric Cookbook for Beginners* Ashley Evans,2020-10-31 The Gastric Sleeve Bariatric Cookbook for Beginners Easy and Nutritional Recipes to Lose Weight Fast and Stay Healthy for Every Stage of Bariatric Surgery Recovery **The Gastric Sleeve Bariatric Cookbook for Beginners** Ashley Evans,2020-10-31 The Gastric Sleeve Bariatric Cookbook for Beginners Easy and Nutritional Recipes to Lose Weight Fast and Stay Healthy for Every Stage of Bariatric Surgery Recovery *The Gastric Sleeve Bariatric Cookbook for Beginners* Casey Curry,2021 The Gastric Sleeve Bariatric Cookbook for Beginners Easy and Nutritional Recipes to Lose Weight Fast and Healthy for Every Stage of Bariatric Surgery Recovery Manage Your Weight and Start a Better Relationship with Food 100 recipes The best cookbook to make sure the success of your gastric sleeve bariatric surgery Are you a beginner and looking for a cookbook that can help you before and after the gastric sleeve bariatric surgery Are you expecting that you can still eat sweet desserts while staying healthy and losing weight Are you looking for recipes that can be easily available in the market Read more to understand the high quality content given in the book This book deals with the issue that arises after having bariatric surgery with 100 recipes that are all very tasty and full of nutritional elements It provides a step by step guide for beginners from phase 1 until the last phase after the surgery It not only explains the scientific phenomenon that happens in the body after the surgery but also provides tips and tricks to boost the positive phenomenon and to prevent any medical complications or risks Benefits of surgery While you make these tasty recipes you are getting the health advantages these diets contain There are many benefits of having surgery and the recommended food after it such as it helps in the remission of type 2 diabetes It helps our body in the improvement of the cardiovascular system diminishes many other medical conditions and most importantly helps you to keep an ideal weight You may have questions What is gastric sleeve bariatric surgery and how does it work Does this book explain the procedures benefits and risks that come with the surgery Do the ingredients that are in the book can be accessed in my town Does this book provide step by step guide for beginners How to fight the cravings after surgery Does it motivate for having weight loss Well you are a lucky one if you have any of the above questions This book has answers to all of your questions and many more Have this book by your side to fight all the difficulties after the surgery and dominate them Content of this book A scientific explanation of gastric sleeve bariatric surgery in simple words A simple step by step guide for beginners More than 100 recipes recommended by the nutritionists as well as the doctors Tips and tricks to boost weight loss and prevent medical complications Different

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nutritionists for gastric sleeve patients So all you need is this book as your guide in this stressful procedure Benefits of Gastric Sleeve Surgery Weight loss is one of the main benefits of having the surgery and has been observed to be 95 percent successful in the patients It assists in the remission of type 2 diabetes It not only helps in diabetes but also in the remission of blood pressure With the right food you can stay energetic while your full recovery happens Now you may have the questions such as What is gastric sleeve bariatric surgery Does this book provide a simple step by step guide for beginners Does this bundle of books cover all the relevant aspects of bariatric surgery What about the side effects and risks of the surgery Are the ingredients available locally Can I still enjoy the desserts and cold drinks Will I have to eat less after the surgery These books contain the following content Hundreds of recipes in every book Clinically approved and delicious recipes Organized weekly diet plans The medical complications and how to avoid them Tasty recipes including desserts sides drinks and yummy feasts A scientific explanation of gastric sleeve surgery and how to boost the process Methods to keep yourself motivated How to manage to cook so many recipes in a busy routine Step by step guide for beginners How to dominate the cravings after the surgery SO all you need is this book by your side as your companion and guide in this journey and weight loss Just scroll up to the Buy Now button click on the Buy Now button and get started with this best 4 books in 1 offer

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