

Includes 150 delicious recipes!



THE EVERYTHING[®] Post Weight Loss Surgery COOKBOOK

All you need to
meet and maintain your
weight loss goals

Jennifer Whitlock
Heisler, RN

Foreword by Christine Ren Fielding, MD



Weight Loss Surgery Cookbook

JG Myers



Weight Loss Surgery Cookbook:

Gastric Sleeve Bariatric Surgery Cookbook Kristin Scott, 2019-07-27 Have you had enough of feeling low in energy and confidence Are you ready to commit to the new you Guarantee Your Weight Loss Surgery Success with this Fantastic Guide and Cookbook for Gastric Sleeve Patients This Guide and Cookbook will offer you a supportive overview of what exactly a Vertical Sleeve Gastrectomy is and what you can expect before during and after this procedure If this is a journey you have chosen to take with the goal towards a happy and healthier quality of living then this is the book written to assist you as you work towards your Weight Loss goals Gastric Sleeve Bariatric Surgery Cookbook features Science based evidence that a Gastric Sleeve surgery will improve your health Practical steps you will need to take along the way A review of a possible pre procedure diet A 4 week post surgery diet insight A 2 week post surgery and restrictions meal plan Over 100 delicious recipes Exercises Non surgical options for firming and tightening your skin once you have lost the weight A strategic plan on how and when to buy your new wardrobe And plenty more Every effort was made to ensure this book is full of useful and practical information for you Your success is important to everyone What are you waiting for Scroll up and click add to cart and let s get started

Gastric Sleeve Bariatric Cookbook Martha Smith, 2020-07-27 Having a surgery may be the beginning to your weight loss journey without changing your eating habit to one that is suitable for post operation all that hard word could go down the drain This Gastic Sleave Bariatric Cookbook is uniquely designed with essential information to make sure you get the needed nutrition after your surgery The key to success sleeve gastrectomy is your commitment to nutrition the recipes in this cookbook is specifically tailored for your new lifestyle after the surgery The recipes are comforting and best for you they are the required fuel for your body satisfying your taste buds You will find about 100 recipes suitable for every dietary stage of the post op delicious from liquid purees soft and solid regular foods Easy to follow instructions All recipes indicate prep time Nutrition information and so much more The Gastric Sleeve Bariatric Cookbook is your most up to date guide with easy healthy and delicious recipes after surgery

Gastric Sleeve Cookbook Sandra Williams, 2019-11-06 GASTRIC SLEEVE COOKBOOK Have you ever had gastric sleeve surgery and need some interesting new recipes An Introduction to Recovery from Weight Loss Surgery that completely explains exactly how to get a healthy and nutritious diet while addressing the many restrictions after gastric sleeve surgery for those who have had bariatric surgery and need to adjust their cooking Keep reading Why choose this book This cookbook contains proven recipes and provides the fastest recovery in a nutritious and healthy way After surgery it is important to eat properly and get the necessary nutrition Cooking and preparing meals will help you get back to normal and take the right path to a healthier life Our book contains recipes that are delicious easy and satisfying This recipe guarantees the smoothest and smoothest transition on your new gastronomic journey Here are some recipes you are about to learn Overview of recovery from weight loss surgery Explain exactly how to get a healthy and nutritious diet even in the face of many limitations after gastric sleeve surgery There are an

amazing number of recipes at each stage of recovery so you can enjoy a delicious and healthy meal no matter how far you recover. Accurately track consumption with nutrition information for each recipe. All recipes in this book are obesity containing less than 15g carbohydrates, 5g sugar, 5g fat, 10g protein per serving. See the list of some recipes given in this book below and take a look at it yourself.

BREAKFAST
Protein Fitness Bread
Low Carb Toast with Potato Fiber
High Protein Oat Bagels
Low carb Protein Milk Rolls aka High Protein Bagels with Chocolate Drops
Protein Bagel with Cream Cheese and Berries
Parsnip Mini Bagels

SOFT FOODS RECIPES
Prisca Christmas cookies
Quince Frola
Pasta Meat stuffed with vegetables and chicken
all in red wine
Baked rustic potatoes with green Beetroot and pumpkin gnocchi

SOLID FOOD
Baked salmon
Shrimp Salad
Grilled Salmon with Oregano
Grilled Salmon in White Mushroom Sauce
And many more

All the recipes in this book provide details on the preparation time, ingredients, directions, nutritional ingredients, and possible modification options so you have all the knowledge you need to follow the plan. Grab this new cookbook today and discover how you can still enjoy your diet after weight loss surgery. Don't take a pass on these wonderful recipes. Try *Gastric Sleeve Cookbook* today by clicking the BUY NOW button at the top right of this page.

Gastric Sleeve Cookbook Sarah McCabe, 2018-04-16

For anyone who has undergone bariatric surgery and needs to adjust their cooking accordingly, this is the perfect starting point to begin your whole new life. Having a Bariatric or Gastric Sleeve surgery is not an easy choice. It is a life-changing choice that affects your health, your food habits, and your life habits. You've made a commitment for long-term weight loss success. Sarah has been a dietician for over 20 years and understands the needs of bariatric patients in their most vulnerable post-op states. She has developed this gastric sleeve cookbook and recipe guide so that anyone can have access to valuable information regarding bariatrics and gastric sleeve diets. Inside this bestselling *Gastric Sleeve* cookbook, you'll discover Over 110 Gastric Sleeve Approved Recipes that have been developed with the needs of post-operative bariatric patients in mind. Important considerations, explanations, do's and don'ts, and FAQs for anyone new to the gastric sleeve diet. Rundown on the four dietary phases following surgery are all included. Everything from your clear liquid start to your final steps to regular foods are covered. 4 Phase Meal Guide to best recommend to you what you can eat during the different phases post-op. For anyone who doesn't want surgery to mean an end to eating delicious meals, this *Gastric Sleeve Cookbook* for you. You can finally get the healthy happy life you deserve.

Bariatric Friendly Recipes Richard Russel, 2017-12-23

Do you struggle with finding the right foods after weight loss surgery? Just because you had the operation doesn't mean you can't have tasty meals. Do you need a change in your mind and mood? Do you feel stagnant, stuck in a rut, and ready for perfect recipes? Are you terrified of breaking your diet and ending up right where you started or worse? If you keep doing what you've always done, you'll never keep the right diet and keep the weight off. Is this positive for you?

Bariatric Friendly Recipes
Gastric Bypass Cookbook
Gastric Sleeve Cookbook
Weight Loss Surgery Cookbook
Bariatric Cookbook teaches you every step, including a breakdown of what you can and can't eat during each phase for getting your body and mind in shape. This is a book of action.

and doesn't just tell you to try harder. Life rewards those who take matters into their own hands and this book is where to start. **Bariatric Friendly Recipes** contains recipes and ideas for people who have gone through weight loss surgery. These include proven meals that have worked for thousands of people just like you. These methods are backed up by countless testimonials, all of which will arm you with a mindset primed for success and keeping the weight off. Easy to implement, small changes and practical takeaways for immediate action. What happens if you don't eat the right foods post surgery? What are the different phases post surgery? Find out the amazing foods you can eat while on your special diet. What habits you have that can quickly be broken. The consequences of ignoring the right diet post surgery. How will you learn to be free from fat once and for all? Identify the role your diet plays in your problem. Learn the Magic of Reduce, Remove, and then Replace. Discover emotional issues that must be dealt with post surgery. Which foods do you need to avoid like the plague? What happens when you don't let life pass you by? Never wonder what if you could be free of your bland diet. Wake up every day with high energy and desire. Inspire yourself and others to create the body they want with less pain. Feel comfortable with your body again. Find out how to let go of your weight and take flight towards the amazing diet and energetic life of your dreams. Period. Create the life and body you want. Try **Bariatric Friendly Recipes Gastric Bypass Cookbook Gastric Sleeve Cookbook Weight Loss Surgery Cookbook Bariatric Cookbook** today by clicking the **BUY NOW** button at the top right of this page. P.S. You'll be able to notice the energy change in your body within the first week.

Bariatric Friendly Recipes

Richard P. Russel, 2020-10-26. Do you struggle with finding the right foods after weight loss surgery? Just because you had the operation doesn't mean you can't have tasty meals. Do you need a change in your mind and mood? Do you feel stagnant, stuck in a rut, and ready for perfect recipes? Are you terrified of breaking your diet and ending up right where you started or worse? If you keep doing what you've always done, you'll never keep the right diet and keep the weight off. Is this positive for you? **Bariatric Friendly Recipes Gastric Bypass Cookbook Gastric Sleeve Cookbook Weight Loss Surgery Cookbook Bariatric Cookbook** teaches you every step, including a breakdown of what you can and can't eat during each phase for getting your body and mind in shape. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands and this book is where to start. **Bariatric Friendly Recipes** contains recipes and ideas for people who have gone through weight loss surgery. These include proven meals that have worked for thousands of people just like you. These methods are backed up by countless testimonials, all of which will arm you with a mindset primed for success and keeping the weight off. Easy to implement, small changes and practical takeaways for immediate action. What happens if you don't eat the right foods post surgery? What are the different phases post surgery? Find out the amazing foods you can eat while on your special diet. What habits you have that can quickly be broken. The consequences of ignoring the right diet post surgery. How will you learn to be free from fat once and for all? Identify the role your diet plays in your problem. Learn the Magic of Reduce, Remove, and then Replace. Discover emotional issues that must be dealt with post surgery. Which foods do you need to avoid?

like the plague What happens when you don't let life pass you by Never wonder what if you could be free of your bland diet Wake up every day with high energy and desire Inspire yourself and others to create the body they want with less pain Feel comfortable with your body again Find out how to let go of your weight and take flight towards the amazing diet and energetic life of your dreams period Create the life and body you want Try Bariatric Friendly Recipes Gastric Bypass Cookbook Gastric Sleeve Cookbook Weight Loss Surgery Cookbook Bariatric Cookbook today by clicking the BUY NOW button at the top right of this page P S You'll be able to notice the energy change in your body within the first week

Weight Loss Surgery Cookbook For Dummies Brian K. Davidson, Sarah Krieger, 2016-11-30 Get empowered to safely keep the weight off after surgery If you're reading this odds are you have made the very important decision to improve your health by undergoing weight loss surgery Hats off to you it's no small feat and could very well have saved your life While your surgeon provided you with the tool to assist you in losing weight making that tool work is up to you and that's where this sensitive and authoritative guide comes in In *Weight Loss Surgery Cookbook For Dummies* 2nd Edition you'll find the fail safe easy to follow guidance you need to make smart informed choices as you adopt a healthy eating regimen to your lifestyle Packed with 100 plus delicious recipes healthy recommendations the latest information on grasping the ingredients in your food expert tips on meal planning and shopping and so much more you'll find everything you need to safely keep those pounds coming off post surgery Successfully navigate a post surgery lifestyle Get the lowdown on the latest dietary guidelines Know which foods to buy and how to prepare them Stay on track with meal planning setting up your kitchen and more Losing those initial pounds through surgery is just the first step and this book helps you make the lifelong lifestyle changes needed to maintain your weight without sacrificing the pleasure of eating delicious food [Eating Well after Weight Loss Surgery](#) Patt Levine, Michelle Bontempo-Saray, 2018-12-18 The best selling bariatric cookbook with more than 125 low carb low fat high protein recipes for patients to enjoy after weight loss surgery In April 2003 Patt Levine underwent Lap Band gastric surgery one of the primary bariatric surgeries being widely practiced today As a lifelong foodie she was expecting the worst when her surgeon's nutritionist handed her dietary guidelines to follow post surgery and she was right With her decades of cooking skills she immediately set out to devise low fat dishes that would be just as delicious pureed and chopped as they would be served whole As an added problem she wanted to cook for her husband at the same time This first ever cookbook for the hundreds of thousands who are lining up for bariatric bypass surgery is proof that it can be done With collaborator Michele Bontempo Saray the author has created 125 recipes that contain no added sugar are very low in fat and get their carbohydrates almost exclusively from fruits and vegetables Each recipe includes specific guidelines for preparation of the dish for every stage of the eating programs for Lap Band gastric bypass and Biliopancreatic Diversion Duodenal Switch BPD DS patients as well as suggestions for sharing meals with those who have not gone through gastric surgery Creative recipes cover every meal and food breakfast and brunch soups vegetables main courses and sweet indulgences

Gastric Sleeve Bariatric Cookbook And Meal Plan Amy Zackary, 2020-07-27 Gastric bypass surgery will not only save your life it will change your life Be equipped with the right tools and information to begin and sustain a successful weight loss surgery This book addresses the many restrictions that comes with the surgery before and after weight loss surgery and proffers a healthy nutritious and enjoyable way to achieve your weight loss goals and recover quickly From the pre operation to the post operation stages there are guidelines dos and don ts meal plan and recipes that help you achieve a healthy diet There are loads of amazing recipes at every stage of the gastric bypass surgery with servings and nutritional information for easy tracking of the food that you are eating You don t need bland foods just because you just had your surgery Learn how to plan a tasteful healthy diet that are nutritious delicious and easy to prepare **Bariatric Cookbook** Victoria Goode, 2018-11-08 Buy the Paperback version and get the Kindle eBook version for FREE Have you or someone you love undergone a Bariatric operation Are you trying to figure out what you should expect once you go through with the surgery or what your diet will look like If so you have definitely hit jackpot as this Bariatric Post Surgery Cookbook Series will help you figure out what you will be required to eat to aid in the healing process at every stage of your recovery Before you can fully understand just what is required to eat it is vital that you first understand what exactly a Bariatric operation is and how it will affect the stomach and it was with this in mind that we created this Bariatric Cookbook Series Let s face it undertaking a gastric sleeve surgery is a huge decision to make as the healing process will take some time as your stomach will not be able to function the same way immediately Having a guide handy as your stomach goes through these changes will be vital as it will be important to understand what your body can handle Beginning from the day of your surgery the dietary stages would be Surgery Day Pre Op No food or Drink Post Op Stage 1 Introducing only Clear Liquids Post Op Stage 2 Consuming Thicker Liquids Smooth Foods Post Op Stage 3 Consuming Soft Pureed Foods Post Op Stage 4 Consuming Regular Foods Gastric Sleeve Cookbook Stage 1 This specific Gastric Sleeve Cookbook will focus on Stage 1 which mainly encompasses the first week post op consuming clear liquids only So grab a copy of this book and allow us to assist you in making 50 Delicious Stage 1 Recipes that are easy on the stomach Gastric Sleeve Cookbook Stage 2 This specific Gastric Sleeve Cookbook will focus on Stage 2 of the recovery diet which generally encompasses 2 weeks of your recovery after your body grows accustomed to clear liquids In this stage you primarily consume thicker liquids and smooth foods Grab a copy of this book today and allow us to assist you in making 50 Delicious Stage 2 Recipes Bariatric Cookbook Stage 3 This specific Bariatric Cookbook will focus on Stage 3 of the recovery diet which generally involves reintroducing a standard meal plan back into your diet eating 3 meals per day that comprises mainly of soft solid foods Grab a copy of this book and allow us to assist you in making 74 Delicious Stage 3 Recipes Bariatric Cookbook Stage 4 This specific Bariatric Cookbook will focus on Stage 4 of the recovery diet which generally involves reintroducing regular foods back into your diet These meals will be small healthy meals that will resemble the type of food you should be eating moving forward So grab a copy today and allow us to assist you in making

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the different phases post surgery Find out the amazing foods you can eat while on your special diet What habits you have that can quickly be broken The consequences of ignoring the right diet post surgery How will you learn to be free from fat once and for all Identify what foods are allowed during the different phases Learn how to take your time moving through the weeks post surgery Discover emotional issues that must be dealt with post surgery Which foods do you need to avoid like the plague What happens when you don't let life pass you by Never wonder what if you could be free of your bland diet Wake up every day with high energy and desire Inspire yourself and others to create the body they want with less pain Feel comfortable with your body again Find out how to let go of your weight and take flight towards the amazing diet and energetic life of your dreams period Create the life and body you want Try Weight Loss Surgery Cookbook Perfect Bariatric Friendly Recovery Diet After Gastric Bypass today by clicking the BUY NOW button at the top right of this page P S You'll be able to notice the energy change in your body within the first week [Gastric Sleeve Diet Cookbook](#) Bethany Silver, 2017-02-03 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 recovery The 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 *Bariatric Cookbook for Gastric Bypass* Mike Basso, 2020-01-04 If you are planning on having bariatric gastric surgery bypass then Bariatric Cookbook For Gastric Bypass Easy And Healthy Recipes To Enjoy Favorite Foods Before And After Weight Loss Surgery is your ultimate guidebook When you have to undergo gastric bypass surgery or are recovering after surgery there are several different foods and meals that you should avoid and a new way that you're going to have to live your life Gastric bypass surgery can save your life and it'll also change how you live your life forever Before surgery you're going to have to make some serious health changes to your diet Afterward there are certain foods that you need to avoid ensuring that you don't become sick or affect the surgery Even when you have a list of safe foods creating meals out of them can be a nightmare Inside Bariatric Cookbook For Gastric Bypass you'll discover The safe foods that you can eat before and after gastric bypass surgery Delicious meal plans using safe ingredients and much more Each of the different recipes that you'll

find inside the Bariatric Cookbook For Gastric Bypass is delicious safe and healthy for gastric bypass patients They have been designed to be easy to prepare nutritious and delicious If you are planning on having gastric bypass surgery then Bariatric Cookbook For Gastric Bypass Easy And Healthy Recipes To Enjoy Favorite Foods Before And After Weight Loss Surgery is the perfect book for you

Gastric Sleeve Bariatric Cookbook for Beginners Simon Moore,2020-03-07 Rewrite Your life after Bariatric surgery with this Cookbook Guide If you are planning to undergo gastric sleeve surgery or you already done it it will be better to know the procedures and guidelines for maintaining the correct weight loss even after the surgery Following bariatric weight loss surgery a high protein diet is prescribed to facilitate healing and promote weight and fat loss Understanding how protein triggers fat loss and where to get quality protein are important to implementing an effective weight loss This COOKBOOK explores the gastric sleeve surgery procedures risks and complications and proper precautions after going under the knife for weight reduction that requires certain change to the lifestyle eating habits exercise plans and day to day activities of the individual It features exciting and interesting topics such as Gastric Sleeve Surgery As The Final Obesity Surgery Gastric Sleeve Resection Post Operative Complications and Care Dieting Before and After Bariatric Surgery astric Sleeve Surgery Pre Op and Post Op Diet Guidelines Weekly Diet Plan For Gastric Sleeve Diet Protein Needs and Gastric Bypass Surgery Bariatric Surgery Recipes 8 Weeks Gastric Sleeve Diet Meal Plan And lots more Patients of weight loss surgery following a high protein diet quickly become bored with routine protein dishes but fear taking too many culinary liberties will take them off track from weight loss and weight maintenance As a general rule people who undergo gastric bypass gastric lap band and gastric sleeve procedures are told the first rule of weight loss surgery is to eat Protein First Gastric sleeve is a revolutionary operation but it can allow the chronically obese to lose weight quickly and effectively It is not a solution alone as it requires patient help in changing their lifestyle and diet This GUIDE is packed with vital and practical information for you Your success is important to everyone What are you waiting for Scroll up and click add to cart and let s get started

The Weight Loss Surgery Cookbook: Recipes for Eating Healthfully Post Your Bariatric Surgery Paula Kennard,2015-11-17 Post the weight loss surgery one of the main things that you need to take care of is the diet These set of 32 recipes will help you achieve proper post op diet and these recipes are such that the entire family can enjoy The recipes are categorized as under breakfast lunch dinner and snacks to match standard post surgery diets Servings are calculated to total 1 to 1 1 2 cup for each Measurements can be multiplied to feed a companion or the entire family Each recipe includes a nutritional breakdown listing calories fat carbohydrates and protein The meals feature high protein while keeping fat carbohydrates and sugar low Most of the meals are suited for the solid foods stage of the diet but can be adapted for the soft foods stage The healthy delicious recipes include Ham and Cheese Crustless Quiche Pan Fried Scallops and Summer Squash Chicken Tortellini Salad Lamb Burgers with Feta Cheese Stuffed Portobello Mushrooms In the Snacks section the author decodes the sugar and carbohydrate content of name brand protein shakes and energy bars and

recommends the ones that taste the best and fill you up without sabotaging your diet The recipes feature fresh ingredients easily found in your local supermarket with easy cleanup afterward Treat yourself to the great food in this book and enjoy your new healthy lifestyle

The Complete Bariatric Surgery Cookbook Thomas Williams, 2024-01-14 A comprehensive cookbook and meal plan for pre and post recovery from bariatric surgery Have you had bariatric surgery and are now unsure what to cook to enjoy all the flavors you prefer Or are you considering bariatric surgery and trying to gather all the authentic information there is to know about this operation Or are you looking for a coach to guide you through all the phases of the post operation to develop the proper mindset and winning habits to have a new relation with food and keep the weight off forever If you responded YES then this is the book for you If you've recently had bariatric surgery whether it's sleeve or gastric bypass you may be wondering how to manage your weight loss journey Bariatric surgery is a great option for those who struggle with weight loss but it's not without challenges You'll need to learn how to eat properly and make sustainable changes to your diet and lifestyle This book provides all the information you need to succeed after surgery It includes recipes for all types of bariatric surgery, meal plans, and tips for managing your weight loss journey You'll also find information on how to deal with common side effects and how to stay motivated throughout your journey

The Everything Post Weight Loss Surgery Cookbook Jennifer Heisler, 2010-08-18 Brian Thornton earned his BA in history from Gonzaga University and both his BAE English and MA history from Eastern Washington University Since entering the teaching profession in 1993 he has taught at every level from sixth grade through college serving on a variety of committees at both the middle and high school levels working on numerous teaching teams

and mentoring countless junior and student teachers He is the author of The Everything Kids States Book The Everything Kids Presidents Book and Teacher Miracles and is the coauthor of 101 Things You Didn t Know about Lincoln [Complete Bariatric Surgery Cookbook with Meal Plan to Live a Healthy Life](#) Helen JOSEPH,2021-11-04 Discover recipes that will help you recover and thrive after weight loss surgery and beyond A comprehensive cookbook and food plan for bariatric surgery pre and post recovery It s not just about forming a new connection with food following bariatric surgery it s also about forming a new attitude about life This bariatric cookbook demonstrates how to leverage the delectable power of meal prep and planning to create long term dietary and lifestyle improvements This gastric sleeve cookbook includes everything from grocery lists to diet and activity plans as well as recipes Your effective transition from pre to post bariatric surgery will be guided by meticulous nutritional advice These wonderful meals were created for bariatric patients but they are quick and delightful for the whole family Simple tried and true advice Ease yourself into the changes that will become your new everyday routines with up to date medical counsel Sample meal plans and recovery tips The first three months after bariatric surgery will set the stage for your post op healing Helpful meal plans timelines and advice on what foods to avoid will help you successfully move through each phase from clear liquids to eating a general diet again This cookbook and meal plan is your one stop shop for all you need to know about preparing for and recovering from bariatric surgery **Bariatric Diet Guide and Cookbook** Dr. Matthew Weiner,2021-05-11 Eat well and keep the weight off with this comprehensive guide to bariatric surgery Your commitment to weight loss doesn t end after surgery Bariatric surgeon Dr Matthew Weiner has advised thousands of patients in the weeks months and years following weight loss surgery He understands the eating challenges patients face and he gives you all the tools you need to eat well care for yourself and maintain the weight loss you ve worked hard to achieve His approach to eating focuses on transitioning away from heavily processed protein shakes and toward more a balanced plant centric diet to keep you feeling your best Take control of your new life and build healthy habits with recipes specifically designed for your needs after bariatric surgery Simple easy to make dishes such as Slow Cooker Yogurt Apricot Glazed Chicken and Cedar Plank Salmon are high in protein low in carbs and low in sugar The Bariatric Diet Guide and Cookbook includes 100 delicious satisfying recipes for each stage of post op recovery with specific portion sizes and complete nutritional information A six stage post op guide to successfully transition from clear liquids and protein shakes to general foods Expert advice on what to expect pre and post op and how to make small sustainable changes to maintain your health and weight

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