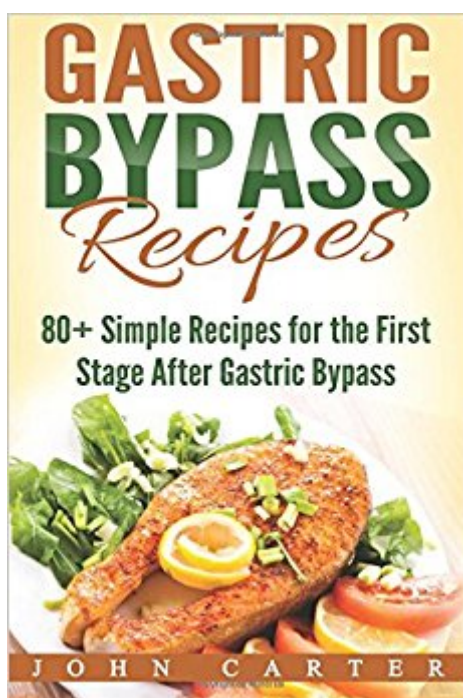


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# Gastric Bypass Recipes: 80+ Simple Recipes For The First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet)



## Synopsis

Enjoy a Healthy and Happy Gastric Bypass Recovery Click the READ MORE button to discover a wealth of delicious and healthy options! Are you considering Gastric Bypass surgery? Is a loved one going through this process soon? Do you need more information (and recipes) for the various phases of Gastric Bypass recovery? Inside Gastric Bypass Recipes, youâ™ll find a comprehensive guide to the days and weeks after your surgery. Youâ™ll learn about the types of recommendations your doctor and dietician may make â“ and be better prepared for your consultations. This book includes over 80 delicious Gastric Bypass recipe choices for the different phases of your recovery â“ from Mocha Frappuccinos to Salmon Pate. Youâ™ll thrill to favorites like Root Beer Floats and Pumpkin Cheesecake Puddings as your digestive system heals. Itâ™s time to create a brand new you after this life-changing procedure! Donâ™t wait until after your surgery to get the information you need â“ order your copy of Gastric Bypass Recipes today! Itâ™s quick and easy to order â“ just scroll up and click the BUY NOW WITH ONE CLICK button on the right-hand side of your screen.

## Book Information

Series: Gastric Bypass Cookbook, Gastric Bypass Diet

Paperback: 108 pages

Publisher: CreateSpace Independent Publishing Platform (August 3, 2017)

Language: English

ISBN-10: 1974180956

ISBN-13: 978-1974180950

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 20 customer reviews

Best Sellers Rank: #473,575 in Books (See Top 100 in Books) #41 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics

## Customer Reviews

I love this book..... It's been a decade since my surgery, but this was so helpful!!! I think anyone thinking of getting it should read this first to learn a lot of things. An essential book for anyone going through weight loss surgery. When I heard about this book from my cousin, my curiosity grew up from there. Inside of this book the author Ã¢Â€ÂœJohn CarterÃ¢Â€Â• has described each recipe step by step with photos& complete nutrition information. The book is divided into the stages of

recovery with an equal number of recipes for each stage. Every recipe has a picture and nutrition fact sheet for the recipe which is really important when you are on such a restricted diet. Glad we picked this one up. It really gave Dad peace of mind before his surgery.

There are so many people with conflicting opinions on the best way to lose weight, but ultimately it only matters what the individual is willing and able to do. One thing I really liked was the idea of reducing carbs, especially empty carbs. This was not a new concept to me, but after reading about mental struggle, I realized how I could finally apply this concept to my life. I also really enjoyed reading some of the recipes. It has made me more aware of what I am eating and when.

This is a healthy book on Gastric Bypass. All of the things, tips and recipes for the first stage after gastric bypass surgery that I need to know about are already included and well written inside. John Carter has done an incredible awesome job in compiling and creating this book. All recipes are very healthy, useful and easy to prepare. This book is really a great resource for those who want to learn more about Gastric Bypass recipes.

I've ready many books on GBS and found this to be most informative and helpful. This book has so many great suggestions and insights into the entire process, it's definitely a valuable book for someone going through the weight-loss surgery process. I think it's a must-read for anyone considering weight-loss surgery, even if they just check it out from the library to see if it "works" for them.

This cookbook is exactly what we needed for Dad, who is going through a Gastric Sleeve procedure and had a lot of concerns about what to eat and what not to eat. The nutritionist at the clinic explained it to him but only gave him a few recipes that he thought sounded boring. This will definitely be your go-to book through the entire process.

This book will be of great help for people who had gastric bypass surgery. It gives advice on controlling what to eat, and how you should eat it to prevent any adverse effects. This is a well written book with a lot of information and good recipes.

This is a very helpful cook book with a lots of simple recipes for the first stage after gastric bypass surgery. This is a comprehensive guide to the days and weeks after your surgery. I hope you find this

book helpful.

Impressive! This was a very interesting and informative book. I found this book to be helpful in many ways. This book is for those who have undergone gastric sleeve surgery and if you are planning to undergo this type of surgery, you better grab this book. This book provides helpful tips to get you through the liquid diet and ensure you are getting proper nutrition. Highly recommended!

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