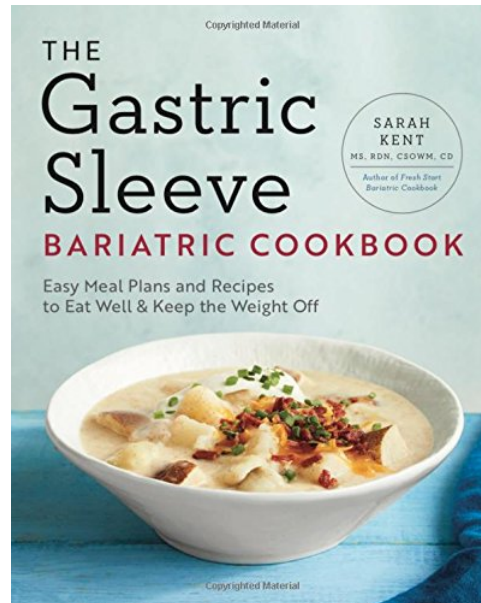


[Download] The Gastric Sleeve Bariatric Cookbook: Easy Meal Plans and Recipes to Eat Well & Keep the Weight Off



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The Gastric Sleeve Bariatric Cookbook is the first complete meal plan and cookbook uniquely designed to fuel your body and satisfy your tastebuds after VSG. A commitment to nutrition is the key to success after having a vertical sleeve gastrectomy (VSG). During your first 8 weeks post-op, meal planning is essential to make sure you get the nutrition you need. In The Gastric Sleeve Bariatric Cookbook, Sarah Kent?author of the bestselling Fresh Start Bariatric Cookbook?delivers effective meal plans and recipes specifically tailored for your new lifestyle after VSG. Unlike any other bariatric cookbook on the market, The Gastric Sleeve Bariatric Cookbook approaches your new diet with immediate and long-term dietary needs in mind, to help you get healthier?not just thinner. In the pages of The Gastric Sleeve Bariatric Cookbook you'll find: Knowing what, when, and how much to eat after VSG doesn't have to be stressful. The Gastric Sleeve Bariatric Cookbook makes it easy, healthy, and simply delicious to eat well after surgery and beyond. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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