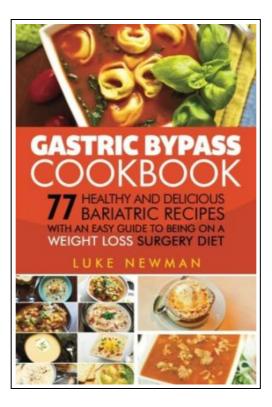
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GASTRIC BYPASS COOKBOOK: 77 HEALTHY AND DELICIOUS BARIATRIC RECIPES WITH AN EASY GUIDE TO BEING ON A WEIGHT LOSS SURGERY DIET (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your Complete Guide with Delicious Gastric Bypass Recipes Unlike many other resources, this book is not just a simple guide through the procedure itself. This book contains all the information you need to know in order to lose the weight and keep your results permanently in the easiest possible way. This book is your guide to a full recovery after the gastric bypass surgery. But it doesn t stop there. You will get a wide range of delicious recipes you can easily prepare without jeopardizing your health. These recipes are based on healthy foods that are allowed on each stage of your journey. Furthermore, a collection of 77 delicious recipes will satisfy your taste and food cravings. Just some of the questions and topics covered in this book include: What is a Gastric Bypass SurgeryPre-Operation DietGastric Bypass Surgery RisksDiet After the Gastric Bypass SurgeryStage 1 RecipesDelicious Broth RecipesMaking the Bone Broth and What bones to pick for what purposeEasy Juice RecipesStage 2: After the OperationStage 2 RecipesStage 3 and Appropriate RecipesThe Final Phase of Your Post Operation RecoveryHow to Eat Healthy for The Rest of Your LifeHow to Achieve and Maintain your Goal WeightExercise in Your New Lifestyle and Choosing the Right Type of TrainingAnd Much More!You can be confident that this book will guide you through the entire gastric bypass surgery process. Here are just some of the delicious recipes you will find inside this book: Basic Beef BrothChicken Broth with Spring OnionsPork Thyme BrothBeet Pear JuiceApricot Grapefruit JuiceHoneydew Melon JuicePureed Beef Cabbage StewHomemade Chicken SoupRed Bell Pepper Beef BrothBlueberry-Almond SmoothieVanilla SmoothieBraised Swiss ChardWhole Chicken and Vegetable StewCreamy Broccoli CasseroleClassic Ragout SoupAnd Much, Much More!Take action now and get this...

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