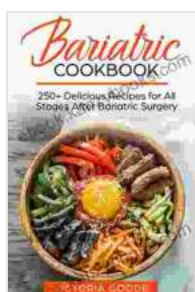


250 Delicious Recipes for All Stages After Bariatric Surgery: All the Recipes You Need for Success!

After bariatric surgery, it is important to follow a healthy diet to maintain your weight loss. This cookbook provides 250 delicious recipes that are perfect for all stages of the post-surgery diet.



BARIATRIC COOKBOOK: 250+ Delicious Recipes for All Stages After Bariatric Surgery. All Recipes You Need in One Book! CLEAR LIQUIDS, THICKER LIQUIDS, SOFT PUREED and REGULAR FOOD by Victoria Goode

★★★★☆ 4.3 out of 5

Language	: English
Hardcover	: 132 pages
Item Weight	: 12.8 ounces
Dimensions	: 6.14 x 0.38 x 9.21 inches
File size	: 5728 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 323 pages
Lending	: Enabled



The recipes in this book are all low in calories and fat, and they are packed with nutrients. They are also easy to digest, so they are perfect for people who are still recovering from surgery.

The book is divided into four sections, one for each stage of the post-surgery diet. The first section includes recipes for the clear liquid stage, which is the first stage of the diet after surgery. The second section includes recipes for the full liquid stage, which is the second stage of the diet. The third section includes recipes for the soft food stage, which is the third stage of the diet. The fourth section includes recipes for the regular food stage, which is the final stage of the diet.

Each recipe in the book includes a nutritional analysis, so you can easily track your calories and nutrients. The recipes also include step-by-step instructions, so you can easily make them at home.

If you are looking for a cookbook that will help you follow a healthy diet after bariatric surgery, then this is the book for you. With 250 delicious recipes to choose from, you are sure to find something that you will love.

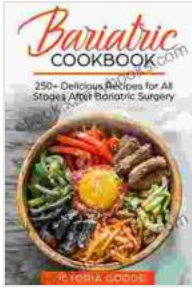
Here are a few of the recipes that you will find in this book:

* Clear Liquid Stage: * Chicken broth * Gelatin * Clear fruit juices * Full Liquid Stage: * Cream of wheat * Oatmeal * Yogurt * Soft Food Stage: * Scrambled eggs * Mashed potatoes * Soft fruits and vegetables * Regular Food Stage: * Grilled chicken * Salmon * Brown rice

This cookbook is a valuable resource for anyone who has had bariatric surgery. With 250 delicious recipes to choose from, you are sure to find something that you will love.

Free Download your copy today!

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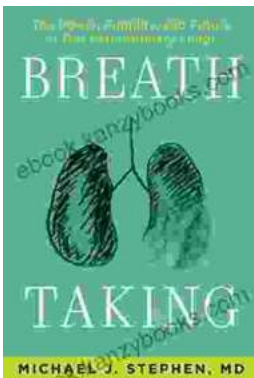
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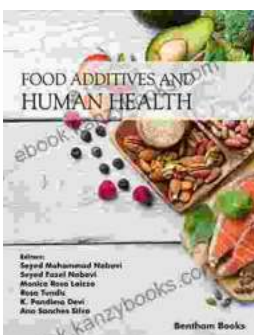
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