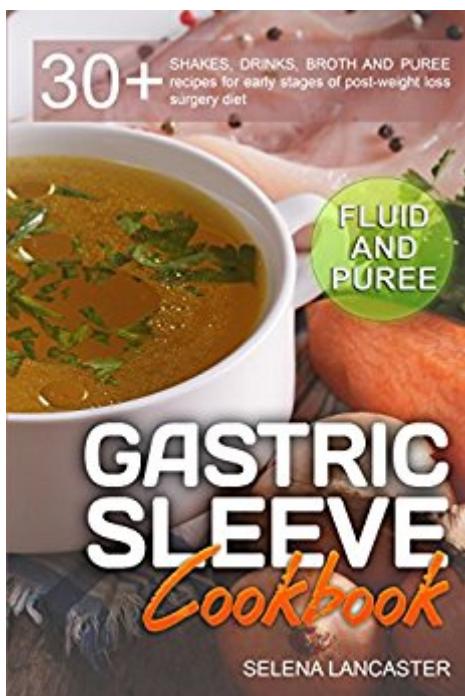


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# Gastric Sleeve Cookbook: FLUID And PUREE - 30+ Shakes, Drinks, Broth And Puree Recipes For Early Stages Of Post-weight Loss Surgery Diet (Effortless Bariatric Cookbook Series 1)



## Synopsis

30+ Healthy and Easy-To-Follow Shakes, Broth, Popsicle and puree recipes for early stages of recovery after weight loss surgery...WHILE KEEPING YOUR TASTE BUDS HAPPY!Tired of drinking only protein shakes and skimmed milk for the fluid and puree stage of your recovery? You are in the right place! In this book, I will provide you with 30+ specially designed, healthy and delicious, easy-to-follow recipes that can greatly assist you with getting back to your optimum self after gastric sleeve surgery, and providing you with the right nutrients you need as you reach your fitness goals. Enlightening overview on the changes after surgery. YOU WILL KNOW WHAT TO EXPECT.By walking you through the timeline of recovery after surgery, you will get to know what is happening to your body and what kinds of dietary changes are necessary at each stage to ensure a smooth recovery. A vast variety of delicious, nutrient-dense, sweet and savory recipes, made from diary, chicken, fish, poultry, beef, vegetables and more, completed with all the essential information for your meal-planning. YOU WILL ENJOY YOUR FOOD!No one wants to eat the same food again and again, right? You will find the perfect solution here. Variety is key. Look at the list of recipes provided in this book below and you will know I am not babbling.

CLEAR FLUID

Hibiscus Iced Tea

Lime Popsicle

Clear Chicken Broth

FULL FLUID

Sugar free Chocolate Mousse

Sugar free Lemon Yogurt Popsicle

Low fat Vanilla Peanut Butter Ice Cream

Cream of Broccoli Soup

Pumpkin Soup

PUREE

Chocolate Berry Smoothie

Strawberry Delights

Pumpkin Pie Smoothie

Chocolate Peanut Butter Shake

Apple Pie smoothie

Carrot Cake Smoothie

Coconut Dream Shake

Ricotta Protein Pancakes

Italian tuna salad

Lemon pepper Cod Salmon Yogurt Mousse

Simple Chicken Salad

Chicken Lime Soup

Puree Buffalo Chicken Puree

Beef Stew Puree

Creamy Tomato Turkey Puree

Turkey Tetrazzini

Steamed Tofu with Egg

Grilled Eggplant Yogurt Puree

Cheesy Cauliflower Tofu Mash

Classic Egg Salad

Mushroom Celery Puree

Ricotta Spinach Casserole

All recipes in this book are completed with details regarding preparation time, cooking time, ingredients, direction, serving information, nutritional content, and possible alteration options, so you will have all the necessary knowledge to follow the plans.

BONUS! A complete set of at-a-glance A4-printable PDF infographic posters on the approved food lists and daily reminders exclusive to readers.

Too much information to remember? Don't worry! I have compiled a set of beautifully-designed A4-printable PDF infographic posters to remind you what you should / should not eat and daily dietary reminders for the fluid stage and puree stage.

Now, say YES with Selena Lancaster's Gastric Sleeve Cookbook

Grab this new cookbook today and discover how you can still enjoy your food while your body is recovering.

Don't take a pass on these wonderful recipes!

## Book Information

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## Customer Reviews

Just as ordered. Thanks

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 get a copy. This diet phase can be the most difficult as your body is recovering from surgery and you are adapting to your new way of life. This book provides helpful tips to get you through the liquid diet and ensure you are getting proper nutrition. Highly recommended!

Gastric bypass surgery is a lifesaving procedure. You will lose weight. You will reduce your co-morbidities. You will feel better and look better. However, to be successful (long-term), you have to change your diet. This sounds simple, but it's not. Be prepared for a struggle.

YouÃ¢Â¢ve spent much of your life building and reinforcing bad eating habits. Those have to change. Knowing what you can and canÃ¢Â¢t eat is the first step towards a healthy diet. Your diet for the first five weeks after gastric bypass surgery is important for two reasons. A large liver prevents your surgeon from visualizing certain anatomy during the procedure. If the liver is too large, it then becomes unsafe to perform your gastric bypass surgery. Surgery, may then be cancelled and rescheduled to a later date. The 1-2 week pre-op diet will include the following elements: Protein shakes or meal replacement shakes will be the dietÃ¢Â¢s primary component. Only sugar-free beverages are allowed (sugar substitutes are okay). No caffeinated or carbonated beverages are permitted. Soup broth with no solid pieces of food may be consumed. V8 and vegetable juice are acceptable. Extremely thin cream of wheat or cream of rice may also be eaten. One or two daily servings of lean meat and/or vegetables might be okay, but only if they are approved by your surgeon or registered dietitian. All beverages and liquids should be sipped very slowly. Beverages should not be consumed with meals, and the patient should wait at least 30 minutes after a meal before consuming any type of liquid.

I realized that I spend lot of time looking elsewhere for the information related to my weight loss problem. This is also a good sleeve cook book because it indicated the amount of carbohydrates, sodium and proteins in whatever you're drinking when following the diet. The author of this book did an excellent job and for each recipe I have found easy to follow cooking instructions, nutrition info, and many more things. Tells about the weight loss surgery, diet change plan etc.

Gastric sleeve surgery, also known as the sleeve gastrectomy, has become a popular choice for patients seeking excellent weight loss in a straightforward procedure that doesnÃ¢Â¢t require the maintenance and long-term complication rates of a Lap Band. This book contains 30+ delicious Shakes, Drinks, Broth. I have tried Coconut Dream Shake that is great. In my side this book is providing a great help to the people who early stages of post-weight loss surgery.

Thank goodness for this book she now has a solid guide on how to compensate for it. The author of this book did an excellent job and for each recipe I have found easy to follow cooking instructions, nutrition info, and many more things. Overall, this was a nice read and I will like to recommend it as well aside from all these things!

Firstly this is the great book. Weight loss surgical procedures do have side effects which vary from

patient to patient. One of the most obvious can help is to keep only nutrient-dense snacks and food item in home. It contains lots of knowledge. Herein the beauty recipes they are easy to tweak according specifications. I have enjoyed this book.

Another cookbook added to my collection. I am so impressed on how this book was written. In this book, I will provide you with 30+ specially designed, healthy and delicious, easy-to-follow recipes that can greatly assist you with getting back to your optimum self after gastric sleeve surgery, and providing you with the right nutrients you need as you reach your fitness goals. Recommended.

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