



Gastric Bypass Meal Plans (Paperback)

By Michelle Border

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.You ve made the difficult decision to have gastric bypass surgery, but your battle with food is not yet over. Your post-op diet is extremely important, not just for weight loss, but also for your health. Having a detailed meal plan to follow for each stage of your post-op diet will save you hours of frustration, researching, and trying to figure out what you can and cannot eat. This book is a comprehensive resource including all of the information that you will need for food preparation after your gastric bypass surgery. Inside you ll find: -Detailed meal plans for each stage of your gastric bypass post-op diet -Recipes for each of the food selections in the meal plan -Explanations of which foods and textures are appropriate for each stage of the diet -Resources for finding more recipes to add into your post-op diet And more! Written with easy to follow instructions and plans, this book is just what you need to get your post-op diet off to a great start!.



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