

THE Gastric Sleeve

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BARIATRIC COOKBOOK

Easy Meal Plans and Recipes
to Eat Well & Keep the Weight Off



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



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During your first eight weeks post-op, meal planning is essential to make sure you get the nutrition you need. A committed action to nutrition is the key to success after having a vertical sleeve gastrectomy (VSG). 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. Unlike any other bariatric cookbook out there, 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 Gastric Sleeve Bariatric Cookbook, Sarah Kent—author of the bestselling Fresh Start Bariatric Cookbook—provides effective meal plans and dishes specifically tailored for your brand-new life style after VSG. In the web pages of The Gastric Sleeve Bariatric Cookbook you'll find: 8 weeks of easy meal plans for every of the 4 post-op dietary stages (complete liquid, pureed foods, smooth foods, general diet) Over 95 protein-packed recipes—many of which yield leftovers for foods later on in the week Post-op recipe icons that let you know at which stages it is possible to eat each recipe, offering specific portion information as well Knowing what, when, and just how much to eat after VSG doesn't have to be stressful. The Gastric Sleeve Bariatric Cookbook makes it simple, healthy, and simply delicious to eat well after medical procedures and beyond.



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I will not consume everything in this publication, nonetheless it opened up so many more options that are actually Great. Sarah's second cookbook is simply as wonderful because the first. A children' cookbook perhaps? I am hoping there's more to can be found in the future! I would recommend this to anyone, not just bariatric surgery patients but anyone who is looking for healthy options! Wonderful Guide / Recipes This cookbook is amazing! What I love about this is certainly in the very beginning of the book there is a guide for all the phases. It really helped me having a sample menu for each phase. Get this book! I have cooked many things using the tips in this reserve. I recommend this to anyone. Negatives- I wish there have been more recipes. Plus the recipes have become doable and delicious! Good Info Filled with useful tips & As mentioned on the back cover: With 8 weeks of progressive meal plans and follow-up quality recipes tailored to your brand-new lifestyle, you'll never wonder what, when, or just how much to eat. It has been fantastic for me as a bari patient! Good I'd give it 5 celebrities but it doesn't have pictures. So Yummy!!! This is a great cookbook. I had surgery in June and use it almost daily. So helpful within my early stages to give me range in my diet. It breaks up the meals in stages and lets you know what is appropriate for each stage of post op. I haven't found a recipe that I didn't like yet! It goes through all phases of the diet post-op along with excellent recipes. A must have This book is crucial for everyone who's contemplating surgery or who has already established it already. Really worth the money! Excellent So Love this book. I have only prepared up to the soft recipes but everything offers been so good! I cook using photos and then use the recipes. Got it and used it No photos of the food in it not the sellers fault but could have been nice to state so. The dishes are definitely worth keeping to try. There's such good teaching about the complete process. Like my very own in-house dietician This book is a comprehensive encyclopedia of bariatric sleeve surgery. Good quality food! Great recipes! Cooking for vsg Great cookbook! It contains recipes for all stages of post-op eating, tips for cooking food, serving, staying motivated. Most of the items, my family will/can consume with me Doesn't make me experience isolated in the food area. So much more when compared to a cookbook This is a lot more than a cookbook! An excellent selection of sides, main dishes, etc. Great Book for Beginning the Bariatric Journey I really like this book. Advantages - It in fact follows my doctors recommendations through the phases virtually identical. The menu or items it lists aren't crazy, they are actually down to earth simple dishes.Great cookbook author You want this cookbook, and her first one too! info. On a side note I had family and friends use the same recipes who've not had the medical procedures and loved it. Pursuing that was an amazing assortment of cooking delights! Essential. It's got therefore many recipes and useful information! I suggested it to anyone getting vsg!



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