



## Gastric Bypass Cookbook: Quick and Easy Meals After Weight Loss Surgery (Gastric Sleeve, Obesity Related Diseases, Long Term Plan) (Paperback)

By Richard P Russel

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you wish you had any easy guide to making quick and easy meals after your weight loss surgery? Just because you had the operation doesn't mean you can't have tasty meals? Do you need a change in your mind and mood? Do you feel stagnant, stuck in a rut, and ready for perfect recipes? Are you terrified of ending up old and tired having wasted years of eating only bland food post-surgery? If you keep doing what you've always done, you'll never keep the right diet and keep the weight off. Is this positive for you? Gastric Bypass Cookbook: Quick And Easy Meals After Weight Loss Surgery teaches you every step, including a breakdown of what you can and can't eat for getting your body and mind in shape. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Gastric Bypass Cookbook contains recipes and ideas for people who have gone through weight loss...



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