



Gastric Bypass Meal Plans and Cookbook (Paperback)

By Monika Shah

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Comprehensive Pre Post Gastric Bypass Surgery Meal Plans, Diet Guide Cookbook This book has been specifically designed and written for people who are either planning for, or have already undergone the Gastric Bypass surgery for weight loss. This book will help you understand the various aspects of Gastric Bypass surgery and guide you through both Pre and Post-operative phases. Let's take a closer look on what this book has to offer: The Gastric Bypass Surgery Guide: This part of the book educates you not only about the Gastric Bypass surgery itself but also its risks, health benefits, expected changes in your body and life, and the processes and general procedures that hospitals follow before, during and after the Gastric Bypass Surgery. This section is important for people who are planning to undergo the Gastric Bypass surgery in near future. The Gastric Bypass Meal Plans and Diet Guide: This part of the book educates you in detail about the pre and post-operative diet stages. You will explore the detailed pre and post-surgery dietary information that one should follow to sail through...



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