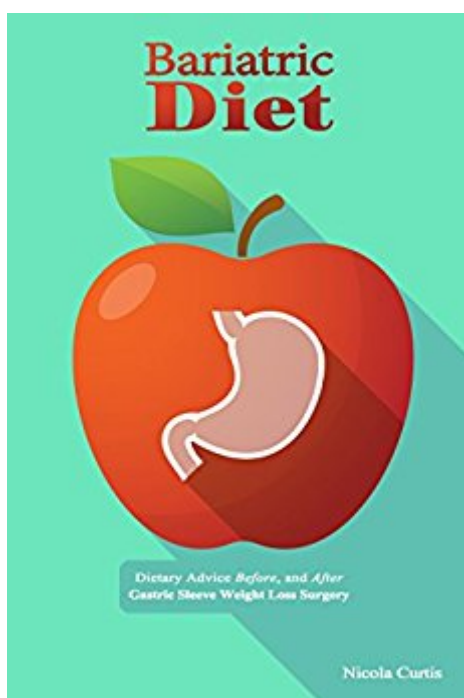


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# Bariatric Diet: Dietary Advice Before, And After Gastric Sleeve Weight Loss Surgery



## Synopsis

Many people are under the false assumption that once you have had gastric sleeve surgery, you are done! Your weight will decrease quickly, and you will be free to enjoy all the wonderful foods and beverages in the world from there on with no downsides. Wrong! The decision to have bariatric surgery is a decision that will change your life completely. You will have to make far-reaching lifestyle changes. If you go back to your unhealthy eating habits, you will make yourself ill, undo all the good your surgery did for you, and probably waste an awful lot of money in the process. This book is here to help you make the right dietary choices that will ensure a healthy post-bariatric-surgery lifestyle and of course, the weight loss you are aiming for. In the book, I will give you advice on how to cook food and what to eat, before, and after your weight loss surgery.

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