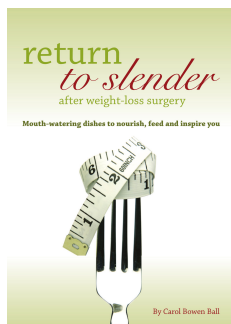


SCIMETECH.COM Ebook and Manual Reference

RETURN TO SLENDER AFTER WEIGHT LOSS SURGERY EBOOKS 2019



Author: Carol Bowen Ball

Release Date: Expected @@expectedReleaseDate@@

The UK's 1st Bariatric Cookery Book 'Return to Slender' has been written specifically to help those who are considering or who have undergone weight-loss surgery. Written by Carol Bowen Ball, a gastric bypass patient herself and prolific food writer, it has been developed to nourish, feed and inspire those whose diet now has to make every bite count!

Packed full of practical advice on stocking up with the best ingredients; tips on food preparation, cooking and serving; WLS savvy on food supplements, fluids and special bariatric-friendly foods; it also has over 70 recipes (all illustrated in colour) to ensure that you eat right with every bite.

Special sections and recipe colour coding ensures that the bariatric cook follows the 3 recommended food stages and eating from early post-op fluids to mid-stage soft/pureed foods to finally 'eating for life'.

The easy-to-prepare recipes from breakfast through to pudding are perfect for all WLS patients regardless of procedure, but also for their families too. All focus on getting the nutrition you need and limit the high sugars and fats you don't.

Countless bariatric professionals and patients now recommend this book to others as the best UK book and resource for eating after WLS.

'I have looked at Carol's book and website over the last year and have been most impressed. So much so, I have recommended them to others.' Mr Shaun Appleton, Bariatric Surgeon

'This is the only UK bariatric cookery book I recommend. The prescribed portion control in the recipes is great - very useful to use with patients as a baseline for meal ideas. I love the shopping lists and stock-cupboard essentials. I have and would definitely recommend this book to all WLS patients for inspiration and to bariatric professionals as a useful resource.' Charlotte Harper, Specialist Bariatric Dietician

'Carol is uniquely placed to understand the challenges of choosing the right foods after weight-loss surgery. She understands the surgery and the nutritional requirements whilst maintaining the enjoyment factor and 'real life'. I recommend her book to all my patients and only wish they had been available after my own surgery in 2000. This has to be good for the whole family.' Toni Jenkins, Specialist Bariatric Nurse Consultant

'I think Carol's book should be available in all bariatric surgery receptions and hospitals.' Janet, Pre-Op WLS Patient

'Carol understands the challenges that weight-loss surgery patients face when trying to cook healthy and nutritious meals for themselves and their families. We are sure they will benefit from her advice and recipes.' Shaw Somers and Guy Slater, Streamline Surgical and TV's 'Fat Doctor' Surgeons

The big ebook you should read is Return To Slender After Weight Loss Surgery Ebooks 2019. You can Free download it to your smartphone with easy steps. SCIMETECH.COM in easy step and you can Download Now it now.

The scimotech.com is your search engine for PDF files. Project is a high quality resource for free ePub books. Give books away. Get books you want. You can easily search by the title, author and subject. Look here for bestsellers, favorite classics and more. Best sites for books in any format! No need to download anything, the stories are readable on their site.

DOWNLOAD Here Return To Slender After Weight Loss Surgery Ebooks 2019 [Free Reading] at SCIMETECH.COM

[Dibujar animales](#)

[Diaspora literature and visual culture](#)

[Dicionário do cinema português 1895 1961](#)

[Das erlernen der malerei](#)

[Dewey for artists](#)

Back to Top