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New Weight Loss Surgery Book "My 45 Days ...

Nov. 16, 2010 - PRLog-- Clark, NJ – Author and weight loss surgery patient Alan Stern today announced the release of his new cookbook, 45 Days, A Post Bariatric Cookbook and Survival Guide. The book, “45 Days”, details his journey through Obesity, Type 2 Diabetes, Metabolic Syndrome, Gastric Bypass Surgery and his first 45 days of post operative recovery.

Amazon.com: bariatric cookbook

Bariatric Cookbook: 2 in 1 – SOFT PUREED and REGULAR FOOD 150+ delicious Breakfast, Lunch, Dinner,

Snack, Sandwich & Desert recipes after Bariatric Surgery. Suitable for Gastric Sleeve Op. Stage 3 & 4

Post

Post-Bariatric Food Survival Guide How to Use ... follow the relevant stages of eating after bariatric surgery. This guide will begin at stage two in the post-op process. This is because at stage one (first few days post-op) you will not eat anything. You will be drinking only water and building up to other

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Bariatric Foodie

Weight loss surgery recipes, product reviews, tips and tricks to help you lose weight, get back on track, and live your best healthy life!