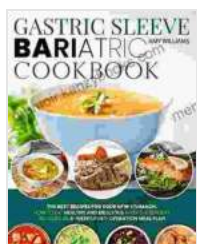


# The Best Recipes For Your New Stomach: How To Eat Healthy And Delicious After Gastric Sleeve Surgery

Gastric sleeve surgery is a major operation that can help people lose weight and improve their health. However, after surgery, it is important to follow a healthy diet to avoid complications and maintain your weight loss. The Best Recipes For Your New Stomach is a cookbook that provides delicious and nutritious recipes that are safe for people who have had gastric sleeve surgery.

## What is Gastric Sleeve Surgery?

Gastric sleeve surgery is a surgical procedure that reduces the size of the stomach. This is done by removing a large portion of the stomach along the greater curvature, leaving a narrow sleeve that resembles a banana. The goal of gastric sleeve surgery is to restrict the amount of food that can be consumed, which leads to weight loss.



## Gastric Sleeve Bariatric Cookbook: The Best Recipes for Your New Stomach. How to Eat Healthy and Delicious After The Surgery. Includes an 8-Weeks Post-Operation Meal Plan by Amy Williams

★★★★☆ 4.2 out of 5

Language : English  
File size : 4907 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 333 pages



## **Why is it Important to Follow a Healthy Diet After Gastric Sleeve Surgery?**

After gastric sleeve surgery, it is important to follow a healthy diet to:

- \* Avoid complications, such as nausea, vomiting, and diarrhea
- \* Maintain your weight loss
- \* Improve your overall health

## **What Foods Should I Eat After Gastric Sleeve Surgery?**

After gastric sleeve surgery, you will need to follow a liquid diet for the first few days. This will help your stomach heal and adjust to its new size. Once you are able to tolerate liquids, you can gradually start adding solid foods to your diet.

The following foods are safe to eat after gastric sleeve surgery:

- \* Lean protein, such as chicken, fish, and tofu
- \* Fruits and vegetables
- \* Whole grains
- \* Low-fat dairy products
- \* Healthy fats, such as olive oil and avocado

## **What Foods Should I Avoid After Gastric Sleeve Surgery?**

The following foods should be avoided after gastric sleeve surgery:

- \* Sugary drinks
- \* Fatty foods
- \* Fried foods
- \* Processed foods
- \* Alcohol

## **The Best Recipes For Your New Stomach**

The Best Recipes For Your New Stomach is a cookbook that provides delicious and nutritious recipes that are safe for people who have had gastric sleeve surgery. The recipes in this book are low in calories and fat, and they are high in protein and fiber. This will help you to lose weight and maintain your weight loss.

The recipes in The Best Recipes For Your New Stomach are also easy to prepare. This is important for people who have had gastric sleeve surgery, as they may not have the energy to cook elaborate meals.

The Best Recipes For Your New Stomach is a valuable resource for people who have had gastric sleeve surgery. The recipes in this book are delicious, nutritious, and easy to prepare. This will help you to lose weight and maintain your weight loss.

## **Recipes**

The following are a few recipes from The Best Recipes For Your New Stomach:

### **Chicken and Vegetable Soup**

Ingredients:

\* 1 pound boneless, skinless chicken breasts \* 1 onion, chopped \* 2 carrots, chopped \* 2 celery stalks, chopped \* 4 cups chicken broth \* 1/2 teaspoon salt \* 1/4 teaspoon black pepper

Instructions:

1. Place the chicken, onion, carrots, celery, chicken broth, salt, and pepper in a large pot. 2. Bring to a boil over medium-high heat. 3. Reduce heat to low and simmer for 1 hour, or until the chicken is cooked through. 4. Shred the chicken and serve the soup hot.

## **Grilled Salmon with Roasted Vegetables**

Ingredients:

\* 1 pound salmon fillets \* 1 tablespoon olive oil \* 1/2 teaspoon salt \* 1/4 teaspoon black pepper \* 1 cup broccoli florets \* 1 cup carrots, sliced \* 1/2 cup red onion, chopped

Instructions:

1. Preheat oven to 400 degrees F (200 degrees C). 2. Place the salmon fillets on a baking sheet. 3. Drizzle with olive oil and season with salt and pepper. 4. In a separate bowl, combine the broccoli, carrots, and red onion. 5. Toss with olive oil and season with salt and pepper. 6. Spread the vegetables around the salmon fillets on the baking sheet. 7. Bake for 20 minutes, or until the salmon is cooked through and the vegetables are tender. 8. Serve hot.

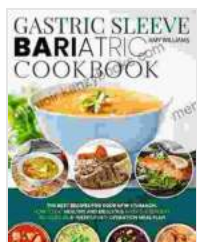
## **Brown Rice with Black Beans and Corn**

Ingredients:

\* 1 cup brown rice \* 2 cups water \* 1 can (15 ounces) black beans, rinsed and drained \* 1 can (15 ounces) corn, drained \* 1/2 cup chopped red onion \* 1/4 cup chopped cilantro \* 1 tablespoon olive oil \* 1/2 teaspoon salt \* 1/4 teaspoon black pepper

## Instructions:

1. Combine the brown rice and water in a medium saucepan.
2. Bring to a boil over medium-high heat.
3. Reduce heat to low, cover, and simmer for 45 minutes, or until the rice is cooked through.
4. Fluff the rice with a fork.
5. Stir in the black beans, corn, red onion, cilantro, olive oil, salt, and pepper.
6. Serve warm.



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