



Planes Alimenticios Después De Una Cirugía Bypass Gástrica (Spanish Edition)

Michelle Border

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Usted ha tomado una decisión difícil en llevar a cabo una cirugía bypass gástrica, pero la batalla contra la comida aún no ha terminado. Su dieta post-cirugía es muy importante, no nada más para perder peso sino también para su salud. Si tiene un plan de alimentación detallado para seguir en cada etapa de su dieta post-cirugía le ahorrará horas de frustración, investigación y tratar de averiguar que puede y que no puede comer.

Este libro es una herramienta completa que incluye toda la información que necesitará para la preparación de la comida después de su cirugía bypass gástrica.

Dentro del libro encontrará:

-Planes alimenticios detallados para cada etapa de su dieta post cirugía bypass gástrica

-Recetas para cada comida que este en el plan de alimentación

-Explicación de cuales alimentos y texturas son apropiadas para cada etapa de la dieta

-Recursos para encontrar recetas para agregarlas a su dieta post-cirugía

¡Y más!

Escrito de manera fácil para seguir las instrucciones y los planes, este libro es lo que necesita para tener un buen comienzo con su dieta post-cirugía.

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