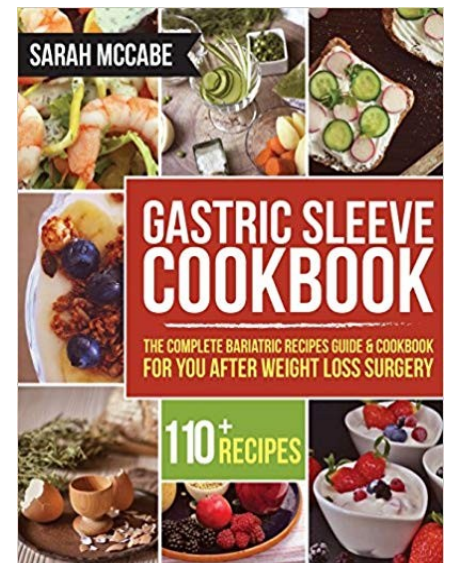
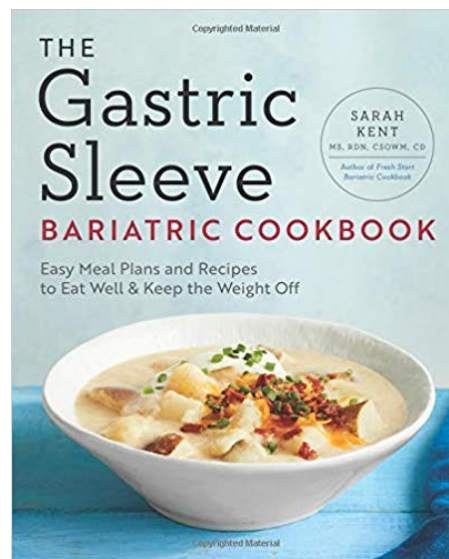
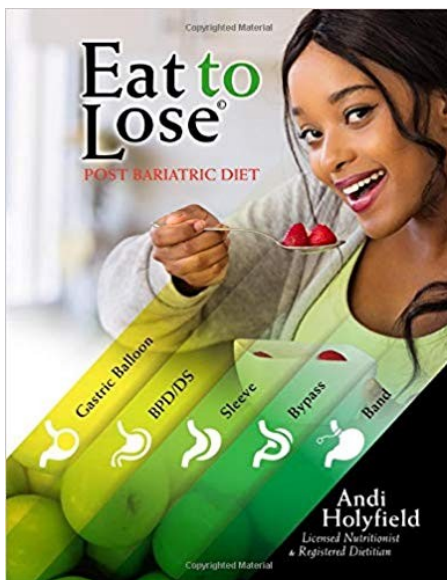
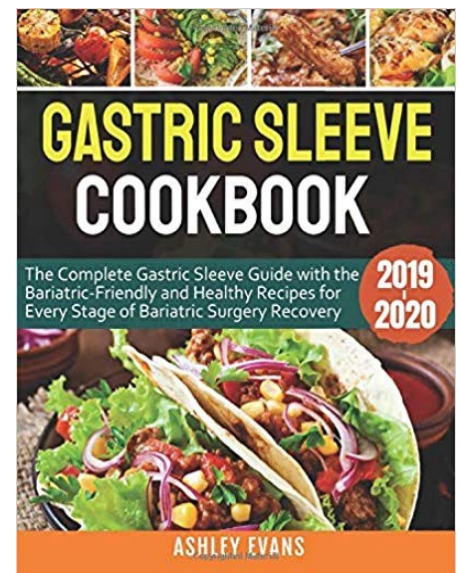
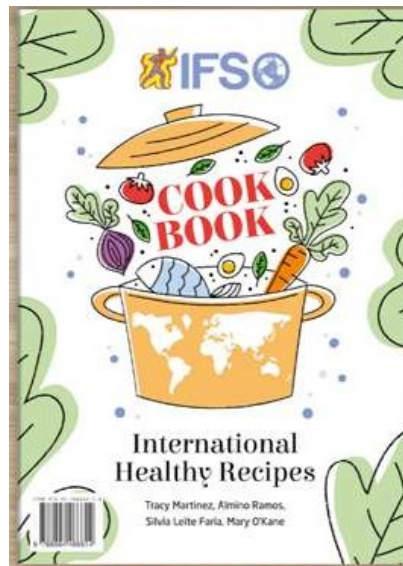
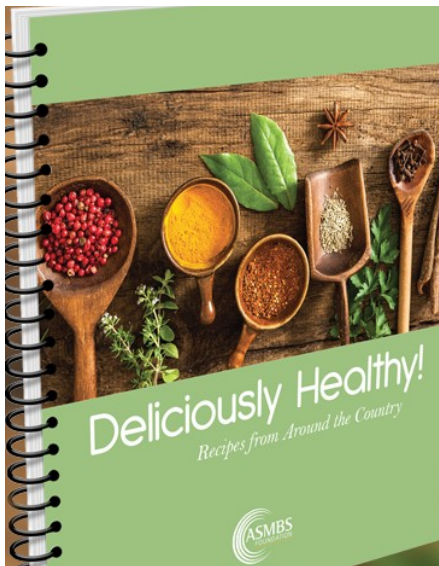
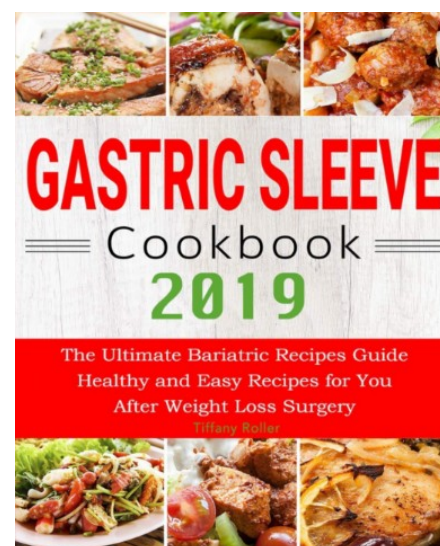
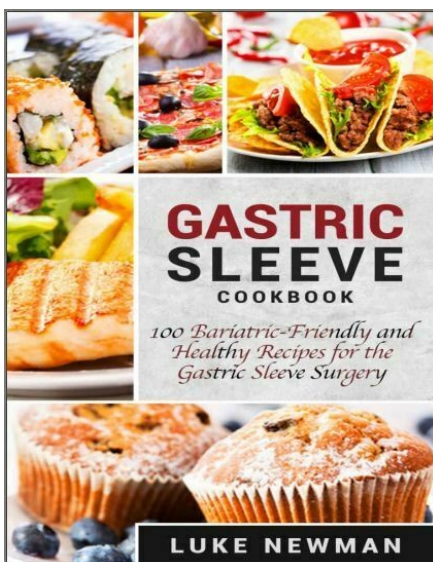
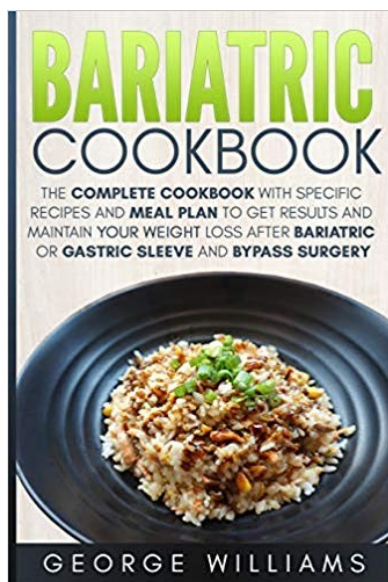
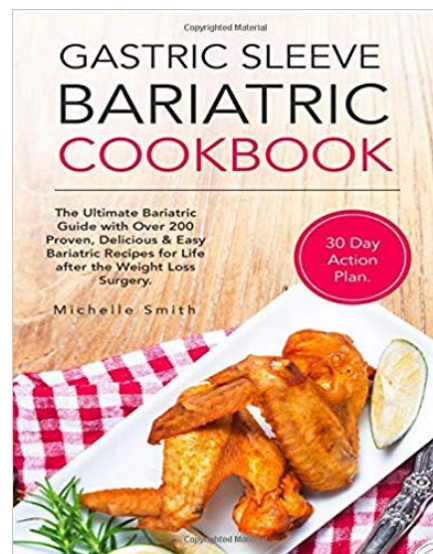
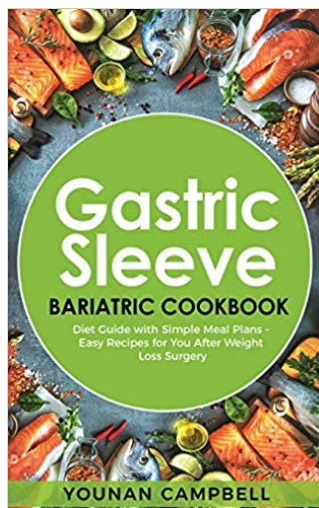
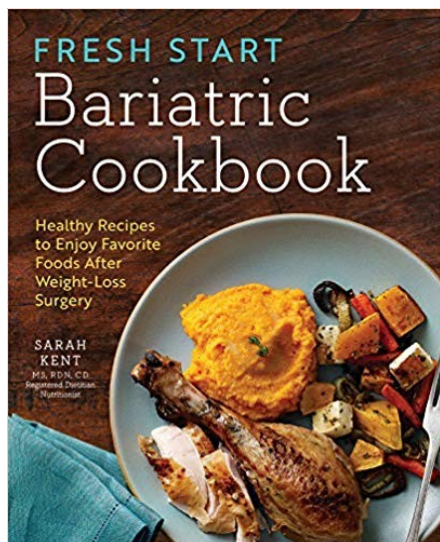


# Gastric Surgery Cookbook Guide

It can be difficult to find meals and recipes that fit into your meal plan and lifestyle. Below are some cook book suggestions that may be helpful to you in your meal planning and preparation journey!

*Please remember that these recipes & blogs are not considered medical advice and the opinions and suggestions belong to the author/blogger alone, and not the CHRiAS practice. Patients should consult their Registered Dietitian and review their diet guidelines to check that the recipe is appropriate for their surgery type. No book or website is endorsed and not all recipes have been reviewed.*





## Bariatric Recipe Websites and Blogs

Below are some resources for online recipes as well as blogs where you can try new meal ideas and read about other people's experiences with food preparation after gastric surgery.

- <http://surgery.ucla.edu/bariatrics-recipe-collection>
- <https://www.froedtert.com/bariatric-surgery/recipes>
- <https://www.bariatriccookery.com/recipes-2/>
- <http://theworldaccordingtoeggface.blogspot.com/>
- <https://www.bariatricfoodie.com/>
- <https://www.bariatriceating.com/blog.html>
- <https://www.obesityhelp.com/bariatric-recipes>
- <https://bariatricmealprep.com/category/bariatric-recipes/recipes-regular-food/>
- <https://weightwise.com/blog/category/diet/recipes-2/>