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Bariatric Surgery Nutrition Handbook



NAME:

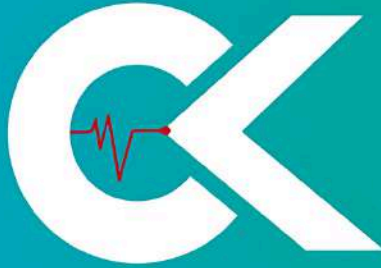
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DATE:

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START WEIGHT:

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Our Dear Patient!

A warm welcome to the CK Health Turkey team. We are very happy to be with you and support you in this new period of your life. This handbook has been prepared as a result of an extensive research in order to give you detailed information about your nutrition and life after bariatric surgery.

We wish you success and good health in this journey!

CK Health Turkey Team



Every person's health is as unique as their own fingerprint.

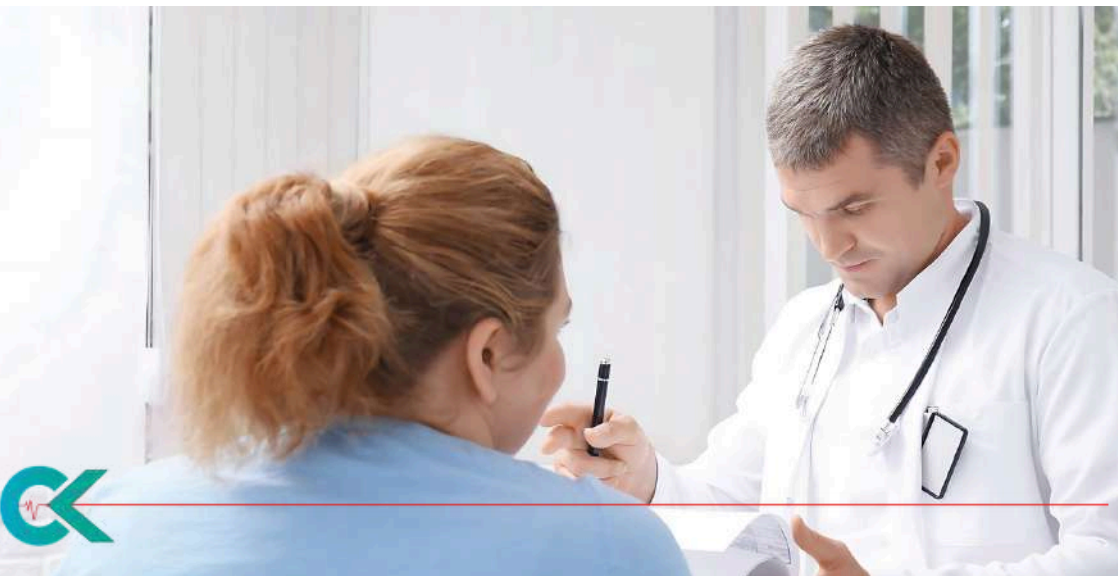


Remember that every individual is unique. Although your stomach volume after the operation is same as our other patients, the amount of your food and liquid consumption may be different. This difference is related to the anatomical structure of each patient. For this reason, you should not compare the amount of your portions. You should not apply nutrition programs that are not based on scientific sources.

You should inform our team about your weight loss progress every month after your operation.

Everybody's metabolism is unique. Your weight loss may not be the same as the amount of weight lost by a patient with the same weight or BMI, at the same time as you. Remember that this is a process and it may give different results for each of you. You shouldn't expect to lose the weight you haven't gained in a day, a week or a month at the same rate. This is a process; you have to be patient.

Your goal in nutrition for the post-operative period is to loss fat tissue and preserve muscle mass during weight loss. Therefore, your priority has to be protein food sand water. Your nutrition after the surgeries divided into 3 stages the LIQUID STAGES, which you will apply for the first 15 days and the PUREE and SOFT FOOD STAGES, which you will apply between the 15th and 30th days (the first month is over).





LIQUID STAGE

The liquid diet stage is also divided into 2 in itself:

1. CLEAR LIQUID DIET (DAY 1-3)

- A leakage test will be performed the next day of your surgery. After the leakage test is done, you can start your fluid intake. Since your stomach is very sensitive during this period, you will need to be careful and consume liquids slowly and take small sips.
- Starting from the time you are discharged from the hospital, you should increase your water consumption step by step, and you should consume 1-1.5 liters of water, that is, 7-8 glasses of water, during the day for the beginning. And after a couple of weeks, try to increase your water intake to at least 2 liters.
- On average, you need to drink 96ml of water with a sip every half hour; this is equivalent to 1 glass of water every hour and allows you to reach the target without forcing you.
- You have to change your all-drinking habits. Do not gulp anymore. Drink your water really slow and sip by sip to see your body's reaction.
- Do not use a straw.

2. FULL LIQUID DIET (DAYS 3-14)



The daily protein goal is 80 grams for men; it is 60 grams for women. Please try to reach this goal.

FREE TO CONSUME:

- Meat/chicken/fish broth, bone broth
- Boiled vegetable juice
- %100 Fresh-squeezed and filtered juice (apple/peach/grape/apricot)
- Clear soups: low-fiber, lean drained vegetable soups or juices (spinach, carrot, zucchini, sweet potato)
- Plain actimel (original)
- Lactose-free milk
- Buttermilk
- Kefir
- Soy milk
- Almond milk
- Coconut milk
- High protein skim milks
- Grain-free and sugar-free compote
- Herbal teas (cinnamon, peppermint)
- Protein powder



What should you pay attention to?

- You will have some discomfort until your body and hormones adapt to the shrinking stomach volume after the surgery. This may give you discomfort like heartburn, and vomiting.
- First month everything must be at the room temperature. Not too hot or not too cold!
- During the liquid period, you should consume water until the color of your urine turns bright yellow. If you have trouble drinking water, you can flavor the water with fresh mint, cinnamon sticks or various fruits.
- Avoid consuming all acidic and carbonated drinks.
- Avoid all alcohol-containing beverages as they will adversely affect the healing process; because alcohol has a toxic effect on the gastrointestinal surface and liver with surgery and triggers an increase in liver fat.
- After 10 days you can start to consume 1 cup decaf coffee or tea per a day. But first month; no caffeinated coffee, caffeinated tea, or green tea.
- The herbal teas you will consume should definitely not be any type of slimming tea.
- Soups you will consume at this stage should be grain-free.



- You can sweeten your soups by adding salt. We do not recommend using instant soups.
- Also at this stage, all drinks should be unsweetened, sugar-free and non-carbonated.
- Avoid packaged (instant) fruit juices with sugar content. It has to be %100 fruit juice.
- Added sugar derivatives, you may come across additional sugar variations and artificial sweeteners that may come in different names. Stay away from all packaged products with high processed/added sugar content.
- You will have some discomfort until your body and hormones adapt to the shrinking stomach volume after the surgery. This may give you discomfort. Examples include heartburn, and vomiting. In order to avoid these complaints, you should not add spices to your meals for the first two months.
- Your soups should be daily and fresh. Preparing large quantities and heating-boiling every day may cause your food to spoil.
- Since problems such as bloating, gas, nausea, cramps and diarrhea may occur after consuming normal milk and dairy products, you should choose lactose-free products for the first 15 days in order not to increase the gas problems that occur after the surgery. You can sweeten your water and milk with cinnamon sticks.
- Some foods may cause nausea and vomiting in the first postoperative period, this may vary from patient to patient. You can remove foods that cause such discomfort from your diet.

LIQUID PERIOD NUTRITION PROGRAM

BREAKFAST (07:00-08:00)

1 pack of Protein Powder should be poured into 300 ml of plain lactose-free milk and shake thoroughly for at least 10 minutes. (The mixture should be drank slowly over 2,5-3 hours.)

SNACK (09:30-10:30)

1 bottle of actimel original

LUNCH (12:00-13:00)

100 ml broth or stained soup (should be drank within 45 minutes-1 hour)

SNACK (15:30-16:30)

100 ml of lactose-free milk/soy milk/ almond milk

DINNER (18:00-19:00)

1 pack of Protein Powder should be poured into 300 ml of plain lactose-free milk and shake thoroughly for at least 10 minutes. (The mixture should be drank slowly over 2,5-3 hours.)

SNACK (20:00-20:30)

2 tablespoons of yogurt diluted with water

**You Must Be Sipping Water
Throughout The Day!**



PUREE and SOFT FOOD STAGE

You are now in a new period that you will apply for 2 weeks between the 15th and 30th days after the surgery.

During this period's first week, you should consume your meals with the help of a blender until they reach a puree consistency like baby food texture.

After your pure stages 2. week you do not have to blend them anymore. They have to be just very well cooked and soft.

From the first day you enter this period, please try every food one by one to see your body's reaction. You should consume meals according to your body's tolerance, and in case of any discomfort, you should remove that food from your diet for a while. You should chew your food well. After trying all the dishes in order, you can increase amount over the time. The nutrients in the liquid period are free for consumption, in addition you can start with easy options, like:

- Low fat soft cheese
- Cottage cheese
- Yogurt
- Cooked vegetables (like vegetable soup with spinach, turnip, eggplant, carrots, zucchini, sweet potato)
- Fruit puree (like banana, berries, peach, apricot, melon) (skinless and no seeds)

This stage's 4-5. day you can start to try some other options are hard to digest:

- Egg boiled and well mashed/ blende – only a day.
- Fat free and soft meat, chicken, fish (in the size of minced meat)



Dream, believe, succeed!

Things To Pay Attention!

- The most important thing at this stage is to consume solid and liquid foods separately. (30 minutes rule) You should stop consuming liquids 30 minutes before you start consuming solid food. 30 minutes after when the meal is over you can start taking fluids. (If you still experience pain, nausea or vomiting after 30 minutes of consuming liquid food, increase this time to 45 minutes. Don't worry, stomach emptying time varies from person to person and also depends on the type of solid food you consume.)
- Chew everything very well, at least 20 times.
- If you struggle with any food, do not try it at least 1 week. Please don't push yourself.
- Some foods can cause gas. Please avoid them at least 2 months:
 - Legume, lentil, beans, chick beans, broccoli, cauliflowers
- Some foods are acidic, and these foods causes reflux. Please avoid them to at least 3 months:
 - Lemon, mandarin, orange, grapefruit, kiwi, tomatoes, garlic, onion, spicy.
- Also, first 2 months no raw vegetables.
- Please avoid bread, pasta, rice for 5-6 months. It would be better. If you can do it for 6 months because they all contain high carbohydrates. Also they'll take big space in your stomach and you can not get enough protein to your body.
- Recommended fruits are seasonal fruits. You can increase your protein by making puree with milk and yogurt.
- Instead of the fruit juices that are free for your diet, preferring fruits will prevent you from consuming high sugar content in one go and you will get fiber.
- The above measurements are sample measurements; you do not have to consume as much as the written amounts; You can eat until you feel full.
- Your purees should be blended or mashed well with a fork until they reach the consistency of a baby food texture.
- During this period, you should chew your food very well and eat slowly. Eating fast or not chewing well can cause stomach discomfort or constipation that may occur during and after this period; You can consume prunes and apricots in the form of marmalade by using your blender, you can boil them and consume them as compotes, you can drink apricot teas. You can eat one probiotic yogurt every day. You can include kefir for the night meal. When you increase the amount of water you drink and your walks, the problem will disappear.

For The First Week

BREAKFAST (07:00-07:30)

1 medium egg, 30 grams of soft cheese-curd, cottage cheese, light cream cheese

SNACK (09:30-10:00)

1 serving protein shake

LUNCH (12:00-12:30)

200 ml blended soup (contains 30 grams mince)

SNACK (15:30-16:30)

100 ml of fruit puree (apple, banana, peach, apricot, pear)

DINNER (18:00-18:30)

200 ml blended soup or 4 tablespoons of blended vegetables and 2 tablespoons of yogurt

SNACK (19:30-20:30)

100 ml of lactose-free milk, almond milk, soy milk

For The Second Week

BREAKFAST (07:00-07:30)

1 medium boiled 30 egg, 30 grams (tablespoon) of cheese, ¼ avocado (soft)

SNACK (09:30-10:00)

1 bottle of plane actimel

LUNCH (12:00-12:30)

60 grams of lean red meat/chicken or fish- boiled or grilled and 2 tablespoons yogurt

SNACK (15:30-16:30)

½ portion of fruit and 1 small glass of lactose-free milk (blended)

DINNER (18:00-18:30)

2-3 tablespoons of vegetable dish and 4 tablespoons of yogurt

SNACK (19:30-20:30)

1 small glass of lactose-free milk



SOLID PERIOD /REGULAR TEXTURE STAGE NUTRITION PROGRAM

If everything is fine and you feel ready, you can start to eat normally from the 35th* day. You can try some solid foods, like raw nuts. But please, chew everything very well. At least 20 times for a one mouthful.

Now, your stomach volume still too small. That's why you should eat small quantities of food every 2-3 hours aiming for at least 6 times a day 3 meals/ 3 snacks daily.

Protein foods should always be a priority. Eat protein first, then vegetables and fruits.

Focus on the best foods first, like:

- Lean meat, poultry, fish – grilled/baked/boiled
- Low fat dairy products
- Vegetable and fruit

Avoid empty calories and slider foods:

- Sugar: cake, cookies, sweets, soft drinks
- Fat: margarine, oils
- Alcohol: beer, wine, spirits
- Slider foods: saltine crackers, quavers, pretzels
- Tortilla, crisps, biscuits, popcorn, sweets
- Sugar free cookies, cakes, ice-cream

You may experience the following as a result of a protein deficiency in your nutrition plan:

You can contact our dietitian to get information about the suitability of the different protein sources you have discovered and the amounts you should take.



You may experience the following as a result of a protein deficiency in your nutrition plan:

MUSCLE LOSS: The body uses muscle tissue as an energy source instead of adipose tissue. Thus, you start to lose muscle.

HAIR LOSS: Foods that are protein sources are rich in omega, oils and vitamins. Inadequate protein intake; can cause conditions such as hair loss and nail breakage.

FATIGUE: Tiredness can be seen due to reduced muscle tissue and slowing metabolic rate.

FEELING OF LATE SATIETY: When the proteins that are emptied from the stomach later compared to other food groups that are taken insufficiently, can cause a feeling of hunger again shortly after eating.

EDEMA: Since water and muscle loss will occur, the body tends to have water retention. Thus, lead to edema accumulation.

HORMONE AND ENZYME SYSTEM DISORDERS: When the proteins, which are our basic building blocks, are insufficient, enzymatic events slow down or disrupt. Our digestive, absorption, excretory and nervous systems do not perform adequately. Mood swings, constipation or diarrhea, bowel sounds are examples.

IF YOU DO NOT WANT THE WEIGHT THAT YOU LOST COME BACK; You should maintain regular communication with our team. Because the nutrition plan you know right may not be the best one for you. Your surgery should be a milestone for you, and after that, you should gain a healthy and regular eating habits with the help of our team.

You can contact our dietitian to get information about the suitability of the different protein sources you have discovered and the amounts you should take.

There are blood assays that you must have on the 1st month of your surgery. Please send us a message and consult us which assessments you need to make. Send us your assessment results by e-mail or whatsapp. You must share the results of your next assessment in the 3rd month.

SOLID PERIOD NUTRITION PROGRAM

BREAKFAST (07:00-07:30)

Scrambled eggs

SNACK (09:30-10:00)

½ apple/ peach/ pear/ banana /2 apricots or 1 handful of grapes

LUNCH (12:00-12:30)

60 grams of lean red meat/chicken/fish- boiled or grilled, 2 tablespoons of yoghurt

SNACK (15:30-16:30)

200 ml of lactose-free milk (normal milk can be introduced if not problems are encountered)

DINNER (18:00-18:30)

2-3 tablespoons of vegetable dish and 2 tablespoons of yoghurt

SNACK (19:30-20:30) (2 hours before going to bed):

½ portion of fruit + 2 tablespoons of yoghurt.

It is not just the weight you lose but the life you gain!



PROTEIN COUNT

Protein count is very important in your solid food period, which will start in the first month after the surgery.

A patient who has undergone sleeve gastrectomy operation should take at least 60 grams of protein daily. With the newly shrunken stomach, you may not be able to achieve consuming this amount at first. Therefore, you should take protein supplements. These are now easily accessible; products such as high protein milks, high protein yoghurts, protein drinks, protein powder.

As an example, we have included the protein counts of certain foods. When you want to consume a different type of food, you should read the label on the product.

You should count protein in your daily diet. If you are not getting enough protein, you should supplement.

MEALS	FOOD	PROTEIN
Breakfast	1 egg 1 slice of cheese (30 gr)	6 gram protein 6 gram protein
Snack	1 glass of milk (200 ml)	6 gram protein
Lunch	30 gr Meat ½ Bowl of yogurt	6 gram protein 3 gram protein
Snack	1 glass of yogurt with water (200 ml)	3 gram protein
Dinner	30 gr of Meat	6 gram protein
Snack	1 small bottle of Activia	4 gram protein
TOTAL		40 gram protein

The amounts of nutrients in the list are examples. It is normal to consume more or less. Even when you spend the whole day with an average protein intake as provided, the protein you get may not be enough. Therefore, protein supplementation is necessary.

Let's say you buy high protein milk with an average of 30 grams of protein in a box, or you use protein powder with 15 grams of protein in one scoop.

MEALS	FOOD	PROTEIN
Breakfast	1 egg 1 slice of cheese (30 gr)	6 gram protein 6 gram protein
Snack	½ box of high protein milk 60 gr of Meat	15 gram protein
Lunch	60 gr of Meat	12 gram protein
Snack	1 handful of nuts	10 gram protein
Dinner	30 gr of Meat	6 gram protein
Snack	1 bowl of yogurt	6 gram protein
TOTAL		61 gram protein

With a small change here, you can get the required amount of protein without increasing the amount of food. As the amount of your meals increases, you can reduce the additional protein you use.

In the 2nd month after the surgery, your food intake can increase a little more and you will have more protein options. Let's calculate the protein of on example list regarding this:

MEALS	FOOD	PROTEIN
Breakfast	1 egg /1 slice of cheese (30 gr)	6 gram protein
Snack	1 glass of milk (200 ml)	15 gram protein
Lunch	60 gr of Meat	12 gram protein
Snack	1 handful of nuts	10 gram protein
Dinner	1 box of tuna	15 gram protein
Snack	1 bowl of yogurt	6 gram protein
TOTAL		55 gram protein

In this case, we just added one more meatball/chicken/fish to lunch and replaced protein powder with nuts. We only used high-protein milk as a protein supplement.

In total, we obtained 61 grams of protein. It will be easier to complete the desired amount in protein calculation as days pass by.

You can easily reach 60 grams of protein without using high protein products in the 3rd month after your surgery. Your amount of consumption will increase slightly compared to the 1st and 2nd months.

MEALS	FOOD	PROTEIN
Breakfast	1 egg 1 slice of cheese (30 gr)	6 gram protein 6 gram protein
Snack	1 box of milk with high protein	30 gram protein
Lunch	60 gr of Meat	12 gram protein
Snack	-	-
Dinner	Vegetable meal with salad	-
Snack	1 bowl of yogurt	6 gram protein
TOTAL		60 gram protein

In this sample list, we achieved our goal without using high-protein milk and dairy products or protein powder. If you do not want to consume protein at every meal, you can still use high-protein products and save up for one or two snacks for non-protein foods.

Let's do a calculation on that.

**IT IS VERY IMPORTANT TO CONSUME PROTEIN IN THE FIRST 3 MONTHS.
THERE ARE 10 GRAMS OF PROTEIN IN ONE SCALE.**

Breakfast	1 egg / 1 slice of cheese (30 gr)	6 gram protein
Snack	250 ml high protein milk	15 gram protein
Lunch	30 gr of Meat	6 gram protein
Snack	250 ml high protein milk	15 gram protein
Dinner	30 gr of Meat	6 gram protein
Snack	1 bowl of yogurt	6 gram protein
TOTAL		54 gram protein

Thing recipes are bigger than 1 portion. When you feel full, please just stop.
Please do not push yourself.

0)Egg Pudding

Ingredients:

- 2 boiled eggs
- 1 tablespoons cocoa powder
- 1/4 glass of milk



How to make:

We put all the ingredients together and blend let it sit in the refrigerator for about 1 hour and here it is!

1)Strawberry Banana Protein Sorbet

Ingredients:

- 2 1/2 Tbsp. unsweetened almond milk/oat milk/lactose free milk
- 1/2 small banana
- 4 strawberries



How to make:

We put all the ingredients together and blend and here it is!

2)Low Fat Strained Yogurt Pumpkin Soup

Ingredients:

- 500 g pumpkin
- 1.5 liters of water
- 1 quince
- 1 teaspoon salt
- 50 g olive oil
- 100 g strained yoghurt



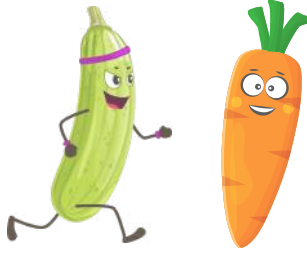
How to make:

Boil pumpkin, quince and salt in 2 liters of water for 30 minutes.
Then blend this mixture and add olive oil and yogurt. Here it is!

3) Zucchini-Carrot Borani Recipe

Ingredients:

- 1/2 small zucchini
- 1/2 carrot
- 1 teaspoon olive oil
- 2 tablespoons cottage cheese
- a little salt

**How to make:**

Slice the zucchini and carrot into cubes or rounds on wax paper. Drizzle 1 teaspoon of olive oil on top. Add a pinch of salt and mix, then bake in the oven at 150°C for 30 minutes.

Leave the zucchini to rest for 10 minutes after removing it from the oven and mash with fork.

Then mix the zucchini with the cottage cheese. Here it is!

4) Sweet Potato Chicken Puree

Ingredients:

- 1 chicken breast
- 2 apple slices sized sweet potatoes
- 1/2 cup milk
- a little salt

**How to make:**

Boil the chicken breast and sweet potato. Then add some salt and 1/4 cup of milk to the boiled chicken breast and sweet potato and blend it. Here it is!

5) Spinach-Egg Pure

Ingredients:

- 1 egg
- 1 handful fresh baby spinach
- 1 tablespoon low-fat cheese
- A little salt

**How to make:**

Add the eggs, spinach, salt and low-fat cheese to a blender and blend them. Then pour the mixture into a non-stick pan and cook over medium-low heat, stirring constantly. You can puree the cooked mixture again with the help of a blender and consume it.

6) Fruit Smoothie with Spinach

Ingredients:

- 1 cup of mixed berries
- 1/2 cup of cooked baby spinach
- 1/2 cup of non-fat Greek yogurt

How to make:

We put all the ingredients together and blend and here it is!



7) Tuna salad

Ingredients:

- ¼ cup canned tuna
- ¼ cup Greek yogurt
- ½ Sweet red pepper
- A little salt
- 1 teaspoon olive oil

How to make:

Finely chop the pepper and cook it thoroughly in a pan with 1 sweet-spoon of oil. Then mix the cooked sweet red pepper with canned tuna, Greek yogurt and a little salt. Here it is!



8) Tofu Puree with Avocado

Ingredients:

- 4 oz of silken tofu
- ½ avocado
- ½ banana

How to make:

Put all the ingredients into the food processor and blend. Here it is!



9) Mince with vegetables

Ingredients:

- 100g minced beef
- 1 sweet potato. 1 carrot. A little salt

How to make:

Peel and chop the sweet potato, carrot and minced beef with water. Then, put the boiled vegetables, meat, a little salt in another bowl, add 2 tablespoons of boiled water and put them through a blender. Here it is!

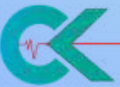


CK HEALTH TURKEY

Weight Loss

HEALTH JOURNEY

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My Journey

NAME

START DATE

STARTING WEIGHT

GOAL WEIGHT





My Reasons Why

1

2

3

4

5

6

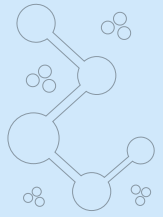
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8





Letter To My Body



Dear Body:

A large white rectangular area with rounded corners, containing 18 horizontal dashed lines for writing. The background of this area features a faint, light-colored illustration of a human figure with various internal organs (lungs, heart, stomach, intestines, kidneys, brain) and a skeletal structure visible.



Weightless Rewards



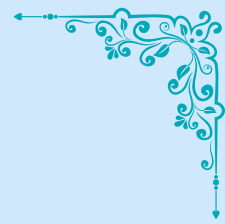
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10 lbs	<input type="text"/>	<input type="checkbox"/>
15 lbs	<input type="text"/>	<input type="checkbox"/>
20 lbs	<input type="text"/>	<input type="checkbox"/>
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35 lbs	<input type="text"/>	<input type="checkbox"/>
40 lbs	<input type="text"/>	<input type="checkbox"/>
45 lbs	<input type="text"/>	<input type="checkbox"/>
50 lbs	<input type="text"/>	<input type="checkbox"/>

Weightless Rewards



55 lbs	<input type="text"/>	<input type="checkbox"/>
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65 lbs	<input type="text"/>	<input type="checkbox"/>
70 lbs	<input type="text"/>	<input type="checkbox"/>
75 lbs	<input type="text"/>	<input type="checkbox"/>
80 lbs	<input type="text"/>	<input type="checkbox"/>
85 lbs	<input type="text"/>	<input type="checkbox"/>
90 lbs	<input type="text"/>	<input type="checkbox"/>
95 lbs	<input type="text"/>	<input type="checkbox"/>
100 lbs	<input type="text"/>	<input type="checkbox"/>





Mesurements

Left Arm

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Chest

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Right Arm

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Left Thigh

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Waist

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Right Thigh

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Left Calf

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Hips

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Right Calf

Month 1	<input type="text"/>
Month 2	<input type="text"/>
Month 3	<input type="text"/>
Month 4	<input type="text"/>
Month 5	<input type="text"/>
Month 6	<input type="text"/>

Enchanting at any size





Weekly Weight In



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

Week 13

Week 14

Week 15

Week 16

Week 17

Week 18

Week 19

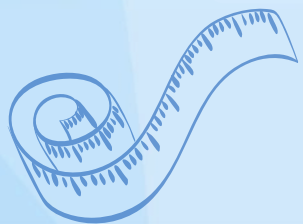
Week 20

Week 21

Week 22

Week 23

Week 24

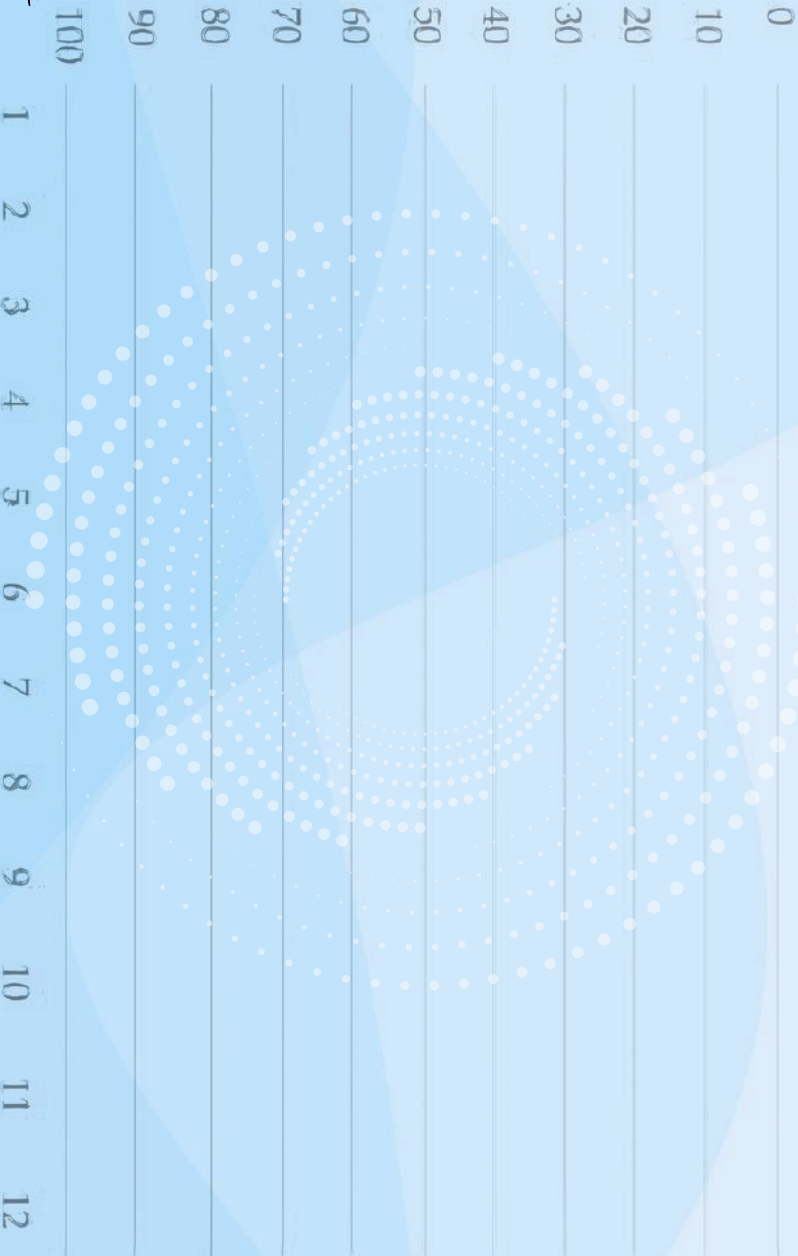




My Weightloss Progress



Weight in Pounds



Year in Months





My Transformation

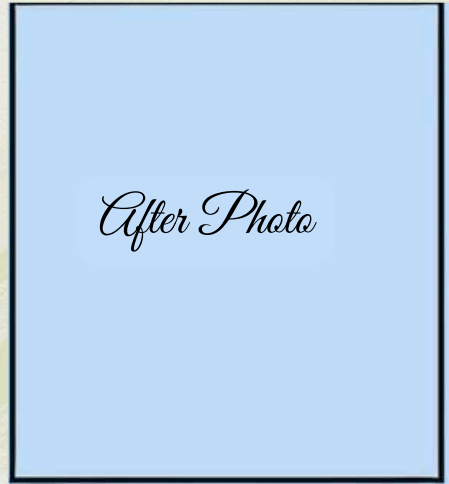
Date:



Before Photo

Gorgeous Before

Date:



After Photo

Gorgeous After



Do you want to take some notes?



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CKH Dietitian



Akkuyu Mah. 1334. Sk Casamax D Blok Ap. No:8, D:7, 07070
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