

Preferred Bariatric Resources

GBMC COMP Patient Binder

<https://www.gbmc.org/compbinder>

Books

Emotional First Aid Kit

Atomic Habits by James Clear

Eating Mindfully by Susan Albers

[Regain Be Gone](#) by Sameera Khan

Social Media Accounts (monthly subscriptions available)

@thesleeveddietitian

@bari.nation

@bariatric.meal.prep

@bariatricfoodcoach

@bariatric.nutritionist



Websites

<https://bariatricmealprep.com/> - Meal Prep

<https://www.bariatricpal.com/> - Vitamins, Protein Supplements, and More

<https://www.bariatricfoodcoach.com> – Meal plans/mindful eating

Search for “bariatric meal delivery” for available meal kits



Recommended Kitchen Tools

Blender

Air Fryer

Measuring Cups

Kitchen Scale

Measuring Spoons

Bariatric Portion Plate

Reusable Water Bottle





Cookbooks

Fresh Start Bariatric Cookbook by Sarah Kent

[Bariatric Meal Prep Made Easy](#) by Kristin Willard

The High-Protein Bariatric Cookbook by Staci Gulbin

The Complete Bariatric Cookbook by Megan Moore, RD, CSOWM, CD

Mental & Emotional Support

[GBMC Support Group](#)

[Psychology Today](#) – filter therapists by insurance

[The Counseling Center for Change](#) – Dawn O’Meally

[Unjury Lifelong Success Support Group](#) (free)

www.conniestapletonphd.com