





## Helpful Bariatric Nutrition Resources

Below are some helpful bariatric nutrition resources that have been verified by the Toronto Western Hospital Bariatric Nutrition Team including Instagram, Apps, Websites, Cookbooks, Online videos, and Cooking Classes.

Instagram	Websites
<p><b>The Bariatric Nutritionist</b> @the.bariatric.nutritionist</p> <p><b>The Sleeved Dietitian</b> @thesleeveddietitian</p> <p><b>The Guacward Dietitian</b> @theguacwarddietitian</p> <p><b>Bariatric Chef Boy RD</b> @bariatricchefboyrd</p> <p><b>Bariatric Meal Prep</b> @bariatric.meal.prep</p> <p><b>My Bariatric Dietitian</b> @mybariatricdietitian</p>	<p><b>Bariatric Foodie</b> <a href="http://www.bariatricfoodie.com">www.bariatricfoodie.com</a></p> <p><b>Bariatric Cookery</b> <a href="http://www.bariatriccookery.com">www.bariatriccookery.com</a></p> <p><b>Cookspiration</b> <a href="https://www.cookspiration.com/">https://www.cookspiration.com/</a></p> <p><b>The World According to Eggface</b> <a href="http://www.theworldaccordingtoeggface.com">www.theworldaccordingtoeggface.com</a></p> <p><b>UnlockFood</b> <a href="http://www.unlockfood.ca/en/Recipes.aspx">http://www.unlockfood.ca/en/Recipes.aspx</a></p>
Apps	Books & Cookbooks
<p> <b>Baritastic</b> (food diary)</p> <p> <b>My Fitness Pal</b> (food diary)</p> <p> <b>Mealime</b> (meal planner)</p> <p> <b>Plan To Eat</b> (meal planner)</p>	<p><b>The Complete Guide to Weight Loss Surgery</b> <i>by Lisa Kaouk, RD &amp; Monica Bashaw, RD</i></p> <p><b>Bariatric Meal Prep Made Easy</b> <i>by Kristin Willard, RD</i></p> <p><b>The Complete Weight Loss Surgery Guide &amp; Diet Program</b> <i>by Sue Ekserci and Laz Klein</i></p> <p><b>Eating Well After Weight Loss Surgery</b> <i>by Pat Levine and Michele Bontempo-Saray</i></p> <p><b>Recipes for Life after weight-Loss surgery</b> <i>by Margaret Furtado and Lynette Schultz</i></p> <p><b>Fresh Start Bariatric Cookbook</b> <i>by Sarah Kent</i></p>

## Online Cooking Videos

### No cost

#### **Produce Made Simple**

<https://producemadesimple.ca>

### Cost

#### **Top Chef University**

<http://www.topchefuniversityapp.com/top-chef-university/>

#### **Udemy Essential Cooking Skills**

<https://www.udemy.com/essential-cooking-skills/>

#### **Rouxbe Online Culinary School** (limited time free trial)

<https://rouxbe.com/cooking-school>

#### **Learn to Cook-NYT Cooking**

<https://cooking.nytimes.com/learn-to-cook>

#### **All Recipes Cooking School** (limited time free trial)

<https://cookingschool.allrecipes.com/p/overview/>

#### **True You Food – Step by Step Bariatric Cooking**

<https://trueyoufood.com/for-surgeons/>

## In-Person Cooking Classes

**PC Cooking School** <http://www.pccookingschool.ca>

**Community Centres** - check for information in your area

**Private cooking schools** – check for information in your area