

Download the Bariatric Seed Ritual Recipe PDF

If you're looking for the bariatric seed ritual recipe PDF, this is the printable version people keep asking for. It's based on the original [bariatric seed recipe](#), which supports digestion, fullness, and post-op routines. This downloadable format includes the full recipe, prep instructions, and a simple hydration tracker to help you stay consistent. Scroll down to get the free PDF.



✓ The core recipe for the bariatric seed ritual

The foundation of the PDF is the complete seed ritual recipe. This includes clear measurements, sequence of preparation, and best practices for timing. It focuses on combining soluble fiber sources (chia and flax) into a drink that promotes fullness, supports digestion, and aligns with bariatric guidelines.

✓ A 3-ingredient base formula (chia, flax, water)

The main recipe is intentionally simple, using only three core ingredients: chia seeds, ground flaxseeds, and water. This formula has been shown to support hydration, improve gut motility, and provide steady energy due to its high fiber and omega-3 content.



✓ Optional swaps: lemon, ACV, psyllium

The PDF includes customization options to fit individual preferences and nutritional goals. Lemon juice offers a fresh taste and mild detox benefits. Apple cider vinegar (ACV) supports gut flora. Psyllium husk is suggested for those needing an extra fiber boost, especially for managing hunger and regularity.



✓ Quick instructions to soak, shake, and sip

This section walks you through the basic preparation process: soak the seeds in water (30 minutes to overnight), stir or shake before drinking, then consume at a steady pace. Clear timing tips ensure your body has time to absorb and respond to the fiber-rich mix.

✓ A hydration tracker to remind you to follow up with water

Because fiber absorbs water, this tracker is included to help ensure you stay properly hydrated. You'll be prompted to drink additional water after your seed ritual to support digestion and prevent bloating. It can be printed and reused daily for habit tracking.

✓ Notes section: jot down reactions, energy, digestion, or appetite

This journal-style section encourages users to track their daily experience with the drink. Logging details such as bloating, satiety, or energy levels can help personalize and optimize the ritual over time.

✓ Morning prep checklist (works for busy routines or travel days)

This actionable list is included to simplify your morning. It provides reminders to soak your seeds the night before, pack your drink for travel, and drink enough water. Ideal for those with a busy lifestyle who still want to maintain a consistent morning routine.

