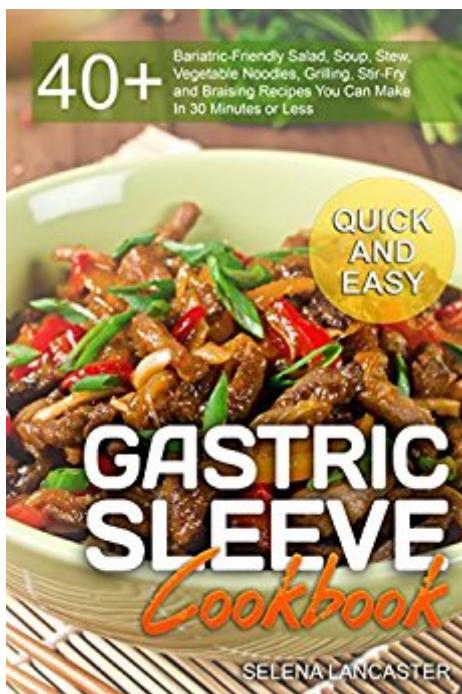


The book was found

Gastric Sleeve Cookbook: QUICK And EASY – 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry And Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6)



Synopsis

40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can Make In 30 Minutes Or Less!In this book, Selena will show you how to delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners. This book includes:1.) An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook.2.) 40+ low-carb, low-sugar, low-fat, high-protein bariatric-friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising RecipesAll recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar ,5g fat and over 10g protein per serving. Look at the list of recipes provided in this book below and see it for yourself.

Salad Yogurt Chicken SaladLight Ranch Chicken SaladThai-style Beef SaladVietnamese Shrimp Salad Cheesy Chicken SaladCrunchy Peanut Chicken SaladCajun Chicken SaladGarlicky Lime Chicken SaladSoup/StewMediterranean Ajotta Fish SoupEasy Chicken SoupHearty White Bean and Chicken SoupPesto Chicken SoupVegetable Noodles Alfredo Zucchini Noodles with ChickenHawaiian Tuna Poke Summer Squash NoodlesOriental Spicy Pork Cucumber NoodlesZoodle Puttanesca with ShrimpsChicken Pomodoro Butternut Squash NoodlesBasque Chicken ZoodlesAsian Peanut Chicken ZoodlesVietnamese Chicken Zoodles SoupGrilling/Broiling Easy Lemongrass Beef SkewerSpicy Lime TilapiaHerb-Roasted ChickenSkinny Buttermilk ChickenBaked Garlic Chicken ParmesanJapanese-style Broiled Tuna SteakLight Turkey SatayBroiled Soy, Ginger and Garlic ChickenStir-Fry/Braising Quick Lemon Dijon Shrimp with Green BeansCreamy Worcestershire Chicken with MushroomsSkinny Szechuan ShrimpChilli Lime Chicken Stir FrySimple Chicken FajitaFilipino Chicken AdoboCreamy Garlic ShrimpSeared Scallops with white wine and herb sauceButter Chicken MakhaniFeta Tomato Basil SeafoodBraised-Balsamic ChickenCreamy Chicken MarsalaSpicy Sun-dried Tomato Pepper and ChickenWraps and Rolls (Bonus from my BREAKFAST book)Easy Ham and Dill Roll UpsYogurt Tuna Lettuce WrapsRice-free Sushi RollsTaco Turkey WrapsDijon Beef Lettuce WrapVietnamese Fresh Spring RollsItalian Avocado Chicken WrapsThai-style Turkey Lettuce WrapsMeatballs/Patties/Fritters - Bonus from my BUNCH and SNACK bookCheesy Broccoli FrittersParmesan Tuna CakesMaryland Crab CakesSimple Shrimp CakesClassic Turkey Sausage PattiesSpiced Olive Lentil Turkey BurgerClassic Mackerel cakesAsian Teriyaki MeatballsSalmon and Spinach Fish CakesAll recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your sweet treats after weight loss surgery. Don't take a pass on these wonderful recipes!

Book Information

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Customer Reviews

In this book, the writer will demonstrate to you industry standards to make tasty, supplements pressed, empowering snappy suppers for lunch or weeknight meals. This book incorporates: 1.) An initially nourishment synopsis table with cooking time to enable you to pick which dish to cook. 2.) 40+ low-carb, low-sugar, low-fat, high-protein bariatric-accommodating Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes. All formulas in this book are bariatric-accommodating with under 15g carbs, 5g sugar, 5g fat and more than 10g protein for every serving. Take a gander at the rundown of formulas gave in this book beneath and see it for yourself. All formulas in this book are finished with insights in regards to cooking time, fixings, heading, serving data and full nourishing substance, so you will have all the important information to take after the plans.

Excellent information! This book is a must have resource after weight loss surgery and there is also good information in the beginning of the book. The author of this book did an excellent job and for each recipe I have found easy to follow cooking instructions, nutrition info, and many more things.

Recommended!

Gastric Sleeve Is An Amazing Cookbook! It is packed with dozens of nutritious quick and easy meals. The recipes are simply delicious.

Who doesn't love learning new recipes!

Very good information, very good recipes seem easy to make siple ingredients ,except the bison I have no idea where to find that but it gives me a challenge, I also am going to challenge myself and my husband to try a new ingredient each night if we can.I like this book and will be trying lot of the recipes with my family.

I had enjoyed learning new recipes especially that the delicious meals are intended to heal post operation procedures. They were all well-written and very comprehensive.I am excited to try cooking one, one of these days.

We wanted to help her make things easier. In my end, I have been reading everything of interest to me. I found this book to have very satisfying liquid drinks. The book has recipes for all stages after surgery. I know this book could be a great her to my friend. I haven't finished reading this one yet but I'll dig deeper on it.

I'm getting ready to have surgery and I love this cookbook. It's up-to-date and has recipes that are easy for anyone to make. I collect cookbooks, but this one, by far, is the best. I will try, at least, 85% of these recipes, and I've never found another cookbook where I found so many recipes I wanted to make.This is a very detailed book and is a must read for anyone that has a weight problem or is considering having a gastric sleeve operation.

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