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Bariatric Cookbook: Lunch And Dinner Bundle 3 Manuscripts In 1 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch And Dinner Recipes For Post Weight Loss Surgery



Synopsis

Bariatric Cookbook: LUNCH and DINNER bundle - 3 manuscripts in 1! 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery Diet This book includes:

- 1.) Gastric Sleeve Cookbook – MAIN COURSE: In this book, you will find: 60 bariatric-friendly recipes made from Poultry, Fish, Beef, Pork, Lamb, Seafood and Vegetables. Examples include Chicken Caprese, Chipotle Turkey Meatloaf, Cajun Tilapia, Beef Madras Curry, Garlic Lime Marinated Pork Chops, Lamb Rogan Josh, Shrimp Jambalaya, Green Bean and Wisconsin Cheese Casserole and so much more.
- 2.) Gastric Sleeve Cookbook - QUICK and EASY: In this book, you will find: 40+ bariatric-friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes that you can prepare in 30 minutes or less. Examples include Crunchy Peanut Chicken Salad, Mediterranean Ajotta Fish Soup, Oriental Spicy Pork Cucumber Noodles, Zoodle Puttanesca with Shrimps, Light Turkey Satay, Creamy Worcestershire Chicken with Green Beans, skinny Szechuan Shrimp, Butter Chicken Makhani and so much more!
- 3.) Gastric Sleeve Cookbook – PRESSURE COOKER: 40+ bariatric-friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes. Examples include Indian Chicken Tikka Masala, Creamy Buffalo Chicken Soup, Thai Green Curry with Chicken, Creamy Cheeseburger Soup, French Beef Bourguignon with Red Wine, Spicy and Sour Pork Vindaloo, Colorado Chilli Verde with Pork, Salmon Fillets in White Wine Sauce, Mediterranean Scallops and so much more!

Grab this new cookbook today and discover how you can still enjoy your food while your body is recovering. Don't take a pass on these wonderful recipes!

Book Information

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Customer Reviews

I really liked the books. There is a lot of information about proper nutrition. A lot of recipes for each day, both for breakfast and for dinners. I use cookbooks every day. Would recommend everyone who loves a balanced diet, well, or for those who just love to eat delicious. Bon Appetit.

An easy to read and follow book for everyone. This book is useful not only for bariatric patients. It should be used by anyone who is concerned with their health. There are really some great and unique recipes here. I love the ones that are all recipe.

The diet is connected to the speeding-up of the physiological better processes and its common for the post-surgical patients. The more preparation and planning you put into your meals the more success you will have in meeting your nutritional goals. This is a best book to stay yourself healthy and spend a joyful life. Thank you

Absolutely amazing cookbook! Great cookbook for post-op. A lot of variety and easy to cook.. I have a real need of this book, and that says it all. Thanks Selena.

i must say its huge supporting hand as expected and author does its job well i never thought its that much easy

Who doesn't love learning new recipes!

This is an excellent book for someone who has just had gastric sleeve. This book contains a number of interesting recipes, for fish, poultry, beef, seafood and vegetarian recipes. There is also a lot of sound advice for the types of foods that are suitable post. There are also tips on food preparations and budgeting.

Magnificent formulas to have! I'm preparing to have surgery and I adore this cookbook. I gather cookbooks, however this one, by a wide margin, is the best. I will attempt, no less than, 85% of these formulas, and I've never found another cookbook where I discovered such a variety of formulas I needed to make. This is truly prescribing cookbooks to all!

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