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Weight Loss Surgery Cookbook : QUICK MEALS Bundle – 2 Manuscripts In 1 – 80+ Delicious Bariatric-friendly Quick Lunch And Dinner Recipes For Post Weight Loss Surgery Diet



Synopsis

Weight Loss Surgery Cookbook: QUICK MEALS bundle – 2 manuscripts in 1! 80+ 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 - 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! 2.) 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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Weight loss surgery is a popular solution for those who have trouble losing weight. This book helps those who has undergone weight loss surgery adjust to their new lifestyle and diet. The book gives advice on what foods to avoid and what you need to eat and drink more of after your surgery. An excellent guide for gradually reintroducing food to a newly configured stomach following weight loss surgery. This is a great book to have as your diet guide after the surgery.

after a long time of not reading in kindle, here I am finally lent a fruitful and healthy book made especially for gastric. The recipes were easy to follow and easy to prepare. Worth the grabbed.

This awesome book consists of various healthy and tasty recipes. Every recipe includes its nutritional facts which are really useful. They are all easy to prepare. I tried a few of them and some of my favorites are Skinny Szechuan Shrimp , Mediterranean Scallops and Pesto Chicken Soup.

So many delicious recipes. Real food recipes made bariatric friendly. Easy foods for limited amount of time. Great book. Awesome

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