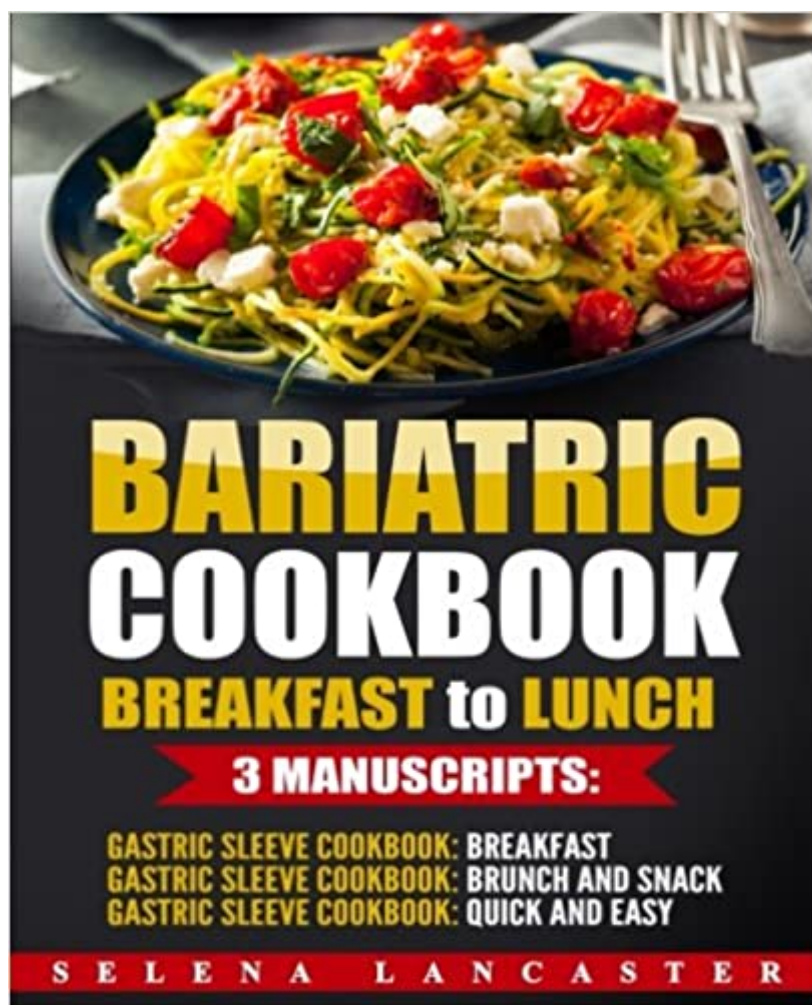


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Synopsis

Bariatric Cookbook: BREAKFAST to LUNCH bundle - 3 manuscripts in 1! 120+ Delicious

Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Breakfast, Brunch, Lunch and Snack Recipes for Post Weight Loss Surgery Diet This book includes 1.) Gastric Sleeve Cookbook -

BREAKFAST: In this book, Selena will show you how to start your day with a nutritious yet delicious breakfast packed with protein and nutrients to boost your energy. In this book, you will find: An overview on sugar consumption after surgery and an introduction to various natural/artificial sweeteners. 40+ bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats and smoothies Recipes completed with serving information and nutritional information.

Examples include Salsa Turkey Veggie Cups, Cajun Crab and pepper Frittata, Creamy Seafood Quiche, Butternut Squash and Kale Casserole, Rice-free Sushi Rolls, Thai-style Turkey Lettuce Wraps, Salmon and Spinach Fish Cakes, Cheesy Ham and Spinach Waffle, Apple Cinnamon Flax Pancakes, Snickerdoodle Overnight Oats, Chocolate Berry Smoothie and so much more! 2.) Gastric

Sleeve Cookbook - BUNCH and SNACK: In this book, Selena will show you how to prepare delicious, nutrients-packed, energizing brunch and snack ideas for parties and gatherings. In this book, you will find: 40+ bariatric-friendly Pies, Casserole, Fritters, Meatballs, Bites and Chips

Recipes. Examples include Light Turkey Cheeseburger Pie, Spaghetti Squash Lasagna, Spiced Olive Lentil Turkey Burger, Asian Teriyaki Meatballs, Hot Ginger Prawn Cakes, Skinny Buffalo Chicken Bites, Thai Peanut Chicken Bites, Easy Brussels Sprouts Chips with Cheesy Garlic Dip, Cumin Carrot Chips with Ranch Dip and so much more! 3.) Gastric Sleeve Cookbook - **QUICK and EASY:** In this book, Selena will show you how to prepare delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners in 30 minutes or less. 40+ bariatric-friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes. Examples include Crunchy Peanut Chicken Salad, Mediterranean Aljotta 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! 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

This is a good cookbook on Bariatric. All of the things, tips and recipes for breakfast, brunch, and lunch that I need to know about Bariatric are already included and well written inside. Selena Lancaster has done an incredible awesome job in compiling and creating this book. All the Bariatric recipes are very healthy, delicious and easy to prepare. The book is worthy of attention! I highly recommend this book to all.

Good to know that there are recipes suitable for people undergone surgery, for them to recover faster. This cookbook is full of delicious and healthy meals from breakfast, brunch, lunch even for snack. You will never run out of foods to eat everyday. These recipes are all great that you will enjoy while your body is recovering. Nice cookbook.

This is the first time I encounter such kind of cookbook. Well, I don't mind because I am getting three books in one purchase. That means tons of recipes to learn and to taste. This is going to be so much fun!

The recipes in the book are easy to make. I love this cookbook. Absolutely amazing cookbook. very very useful. I really like that these are "normal" foods with basic ingredients.

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