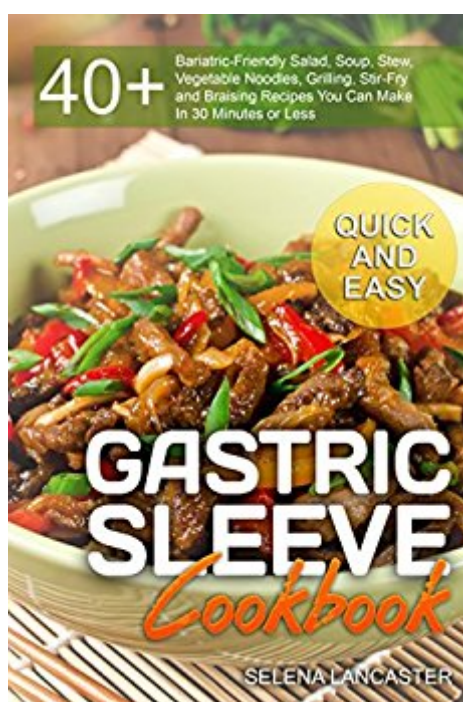


The book was found

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 Recipes

All 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 Salad
Light Ranch Chicken Salad
Thai-style Beef Salad
Vietnamese Shrimp Salad
Cheesy Chicken Salad
Crunchy Peanut Chicken Salad
Cajun Chicken Salad
Garlicky Lime Chicken Salad
Soup/Stew
Mediterranean Aljotta Fish Soup
Easy Chicken Soup
Hearty White Bean and Chicken Soup
Pesto Chicken Soup
Vegetable Noodles
Alfredo Zucchini Noodles with Chicken
Hawaiian Tuna Poke
Summer Squash Noodles
Oriental Spicy Pork Cucumber Noodles
Zoodle Puttanesca with Shrimps
Chicken Pomodoro
Butternut Squash Noodles
Basque Chicken Zoodles
Asian Peanut Chicken Zoodles
Vietnamese Chicken Zoodles
Soup
Grilling/Broiling
Easy Lemongrass Beef Skewer
Spicy Lime Tilapia
Herb-Roasted Chicken
Skinny Buttermilk Chicken
Baked Garlic Chicken
Parmesan Japanese-style Broiled Tuna Steak
Light Turkey Satay
Broiled Soy, Ginger and Garlic Chicken
Stir-Fry/Braising
Quick Lemon Dijon Shrimp with Green Beans
Creamy Worcestershire Chicken with Mushrooms
Skinny Szechuan Shrimp
Chilli Lime Chicken Stir Fry
Simple Chicken Fajita
Filipino Chicken Adobo
Creamy Garlic Shrimp
Seared Scallops with white wine and herb sauce
Butter Chicken
Makhani
Feta Tomato Basil Seafood
Braised-Balsamic Chicken
Creamy Chicken Marsala
Spicy Sun-dried Tomato Pepper and Chicken
Wraps and Rolls (Bonus from my BREAKFAST book)
Easy Ham and Dill Roll Ups
Yogurt Tuna Lettuce Wraps
Rice-free Sushi Rolls
Taco Turkey Wraps
Dijon Beef Lettuce Wrap
Vietnamese Fresh Spring Rolls
Italian Avocado Chicken Wraps
Thai-style Turkey Lettuce Wraps
Meatballs/Patties/Fritters - Bonus from my BUNCH and SNACK book
Cheesy Broccoli Fritters
Parmesan Tuna Cakes
Maryland Crab Cakes
Simple Shrimp Cakes
Classic Turkey Sausage Patties
Spiced Olive Lentil Turkey Burger
Classic Mackerel cakes
Asian Teriyaki Meatballs
Salmon and Spinach Fish Cakes

All 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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Cookbooks, Food & Wine > Special Diet > Low Fat

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 RecipesAll 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 with simple 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 a 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 help 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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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) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass

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 – 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7) SALADS: The 500 Best Salad Recipes (salads for weight loss, salad, salad recipes, salads, salad dressings, salad dressing recipes, paleo, low carb, ketogenic, vegan, vegetarian, salad cookbook) Salads: 365 Days of Salad Recipes (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Salad) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) Rice or Noodles: Oriental Stir Fry Cookbook featuring 30 Mouth-watering Stir Fry Recipes Gastric Bypass Cookbook with Photos and Complete Nutrition Information: Weight Loss Surgery Recipes and Meal Plan For Gastric Bypass, Gastric Sleeve, Lap Band, and Other Bariatric Surgery Gastric Bypass Cookbook: 100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet, Gastric Bypass Recipes) Stir Fry: Top 50 Best Stir Fry Recipes – The Quick, Easy, & Delicious Everyday Cookbook! 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation) (Volume 8)

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