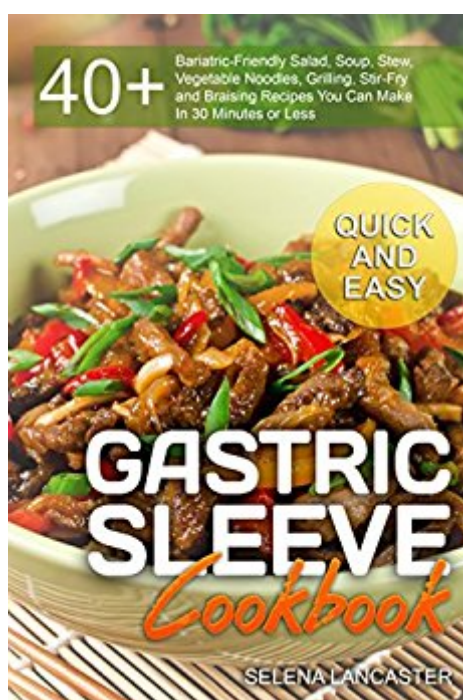


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# Gastric Sleeve Cookbook: QUICK And EASY 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry And Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6)



## 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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## 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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