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Weight Loss Surgery Cookbook: MORNING MEALS Bundle Ã¢â‚¬â€œ 2 Manuscripts In 1 Ã¢â‚¬â€œ 80+ Delicious Bariatric-friendly Breakfast, Brunch And Snack Recipes For Post Weight Loss Surgery Diet



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Synopsis

Weight Loss Surgery Cookbook: MORNING MEALS bundle - 2 manuscripts in 1!80+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Breakfast, Brunch and Snack Recipes for Post Weight Loss Surgery DietThis book includes1.) 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!Grab this new cookbook today and discover how you can still enjoy your food while your body is recovering. DonÃ¢â ¬â„¢t take a pass on these wonderful recipes!

Book Information

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Customer Reviews

This is the book for you if your whole family happens to be sleeved!Eight servings. Twelve servings. Sixteen servings!!Seriously?!

Wife had gastric bypass surgery and is using this book for cooking ideas

Great recipes!

Great Cookbooks

my sister-in-law is scheduled for her gastric sleeve surgery next week and i was asked to tend to her for the meantime. i was frantic at first as i have no previous experience nor knowledge about it. the web save me! stumbled upon many resource materials and the question now is did i choose the right book? i sure did! this will make the recovery of my sis-in-law easier and faster. the morning meals are worth preparing and yummy.

This cookbook is a must have for anyone who’s had gastric bypass surgery.The recipes are well written and provide inspiration and flavor to an otherwise boring, repetitive diet.A very simple and understandable guide in preparing meals intended for persons who undergone surgeries.The author seems to know what they are talking about when it comes to this diet.

Great book I enjoyed all the recipes and look forward to getting back my pre op body with the help of this book

A very nice cook book bundle. It was really more than what its worth. It has awesome breakfast

meals that will surely jumpstart you on your journey to a healthier life. I like the bunch and snack as well. It was really good and healthy.

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weight loss Book 1) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery 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 Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)

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