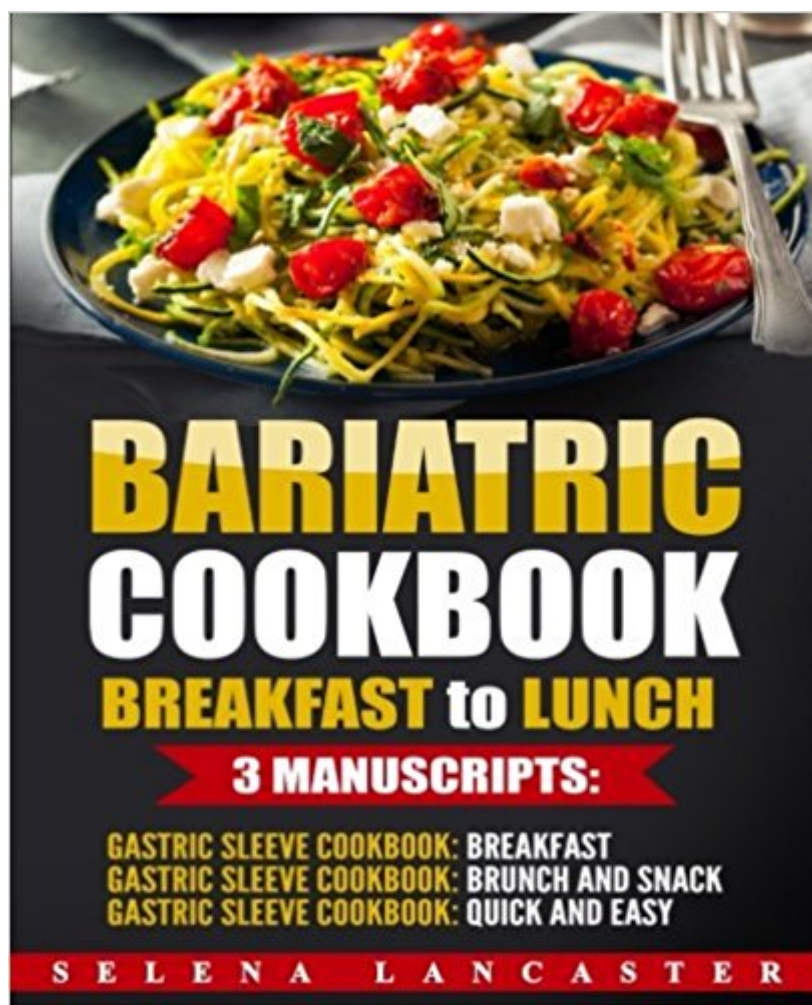


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# **Bariatric Cookbook: BREAKFAST To LUNCH Bundle 3 Manuscripts In 1 120+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein ... Recipes For Post Weight Loss Surgery Diet**





## 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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Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles:  
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Carb Cookbook, Low Carb Diet Book 1) 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 Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet  
for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list)  
Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness  
(Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Low Carb:  
Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet,  
Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Calorie  
Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy  
Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb  
Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein,  
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Beginner ~ 1 Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy  
Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb

Cookbook) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: 90 Delicious Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)

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