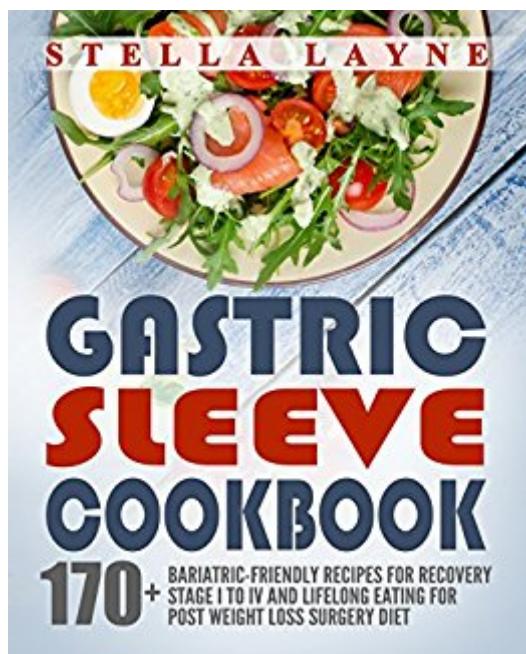


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# **Gastric Sleeve Cookbook: 3 Manuscripts — 170+ Recipes For Fluid, Puree, Soft Food And Main Course Recipes For Recovery And Lifelong Eating Post Weight Loss Surgery Diet**



## Synopsis

3 manuscripts in one! 170+ Unique Bariatric-Friendly Recipes for Fluid, Puree, Soft Food and Main Course Recipes for Recovery and Lifelong Eating Post Weight Loss Surgery Diet! In Bariatric Cookbook "FLUID", you will find: 50 Bariatric-Friendly Broth, Beverage, Popsicle and Mousse recipes for Stage I and II Fluid Diet. All the recipes are under 5g sugar, 5g fat and 15g carbohydrates. The recipes suitable for each recovery stages are labelled accordingly. You will have plenty of options to put in your recovery diet plan. Proper de-fat procedures are provided in the broth recipes while full Nutritional Information and serving information are provided for the rest of the recipes. Examples include Beef Shank Broth with Vegetables, Fish Broth with Tomato and Tofu, Golden Turmeric and Ginger Chicken Broth, Combo Herb Water, Lemon Cheesecake Smoothies, Decaf Green Tea Latte Shake, Peppermint and Cream Popsicle, Ginger Milk Curd, Skinny Eggnog Mousse and much more! In Bariatric Cookbook "PUREE", you will find: 50 Unique Bariatric-Friendly Soup, Puree, Smoothie and Dessert recipes for Stage III and IV Puree and Soft Food Diets. All the recipes are under 5g sugar, 5g fat, 15g carbohydrates. Serving Information and full Nutritional Information are provided for all recipes. Examples include Kelp and Tofu Miso Soup, Creamy Pesto Chicken Soup, Buffalo Chicken soup, Creamy Crab Bisque, Creamy Worcestershire Chicken Puree, Indian Butter Chicken Puree, Salmon Rillettes, Maryland Crab Puree, Beef Casserole Puree, Coconut Chai Latte Smoothie, French Toast Smoothie, Golden Turmeric Yogurt Smoothie, Purple Yam Mousse, Creamy Red Bean Popsicle and much more! In Gastric Bypass Cookbook "MAIN COURSE", you will find: 70+ Bariatric-Friendly Chicken, Beef, Fish, Pork, Fish, Salads and Vegetarian Recipes For Life Long Eating For Post Weight Loss Surgery Diet. All the recipes are under 5g sugar, 5g fat, 15g carbohydrates. Serving Information and full Nutritional Information are provided for all recipes. Cooking Information Summary Table and Nutrition Summary Table are provided. Examples Sichuan Spicy Beef Stew, Mongolian Beef Skewer, White Bean and Chicken Chili, Yakitori Chicken, Portobello Tuna Melt, Spicy Peanut Salmon Burger, Vinegar Mustard Glazed Ham Loaf, Low country Shrimps, Crab Imperial, Sloppy Joe Lettuce Wrap, Taco Salad, Seared Tandoori Tofu and much more! Pick up this book to enjoy these delicious and easy recipes today!

## Book Information

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## **Customer Reviews**

Has some good basic recipes

Exactly what I needed.

Very nice cookbook.

Good recipes for sleeve patients!

This is an excellent book for someone who has just had gastric sleeve. This book contains a number of interesting recipes, for fish, poultry, beef, seafood and vegetarian recipes. There is also a lot of sound advice for the types of foods that are suitable post. There are also tips on food preparations and budgeting.

This is a very helpful book which will help you to be safe from many diseases. In this book you will find the recipes suitable for each recovery stages are labelled accordingly. You will have plenty of options to put in your recovery diet plan, serving Information and full Nutritional Information are provided for all recipes and much more. I hope you find this book helpful.

This is a really amazing cookbook I love this book. This book really awesome book. This book already includes 170 plus good recipe guidelines.

This book is really amazing and useful book i juz love this book. It's really super highly recommended. Boost to buy it

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Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Gastric Bypass Cookbook: 100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet, Gastric Bypass Recipes) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet Book 1) Gastric Bypass Diet : Step By Step Guide to Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Recipes) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation 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

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