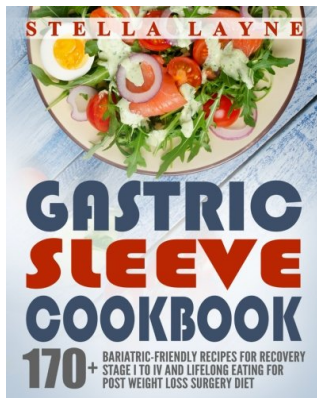


# **[PDF] Gastric Sleeve Cookbook: 3 Manuscripts - 170+ Unique Bariatric-Friendly Recipes For Fluid, Puree, Soft Food And Main Course Recipes For Recovery And Lifelong Eating Post Weight Loss Surgery Diet**

**Stella Layne - pdf download free book**



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## **Description:**

### **3 manuscripts - 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!**

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