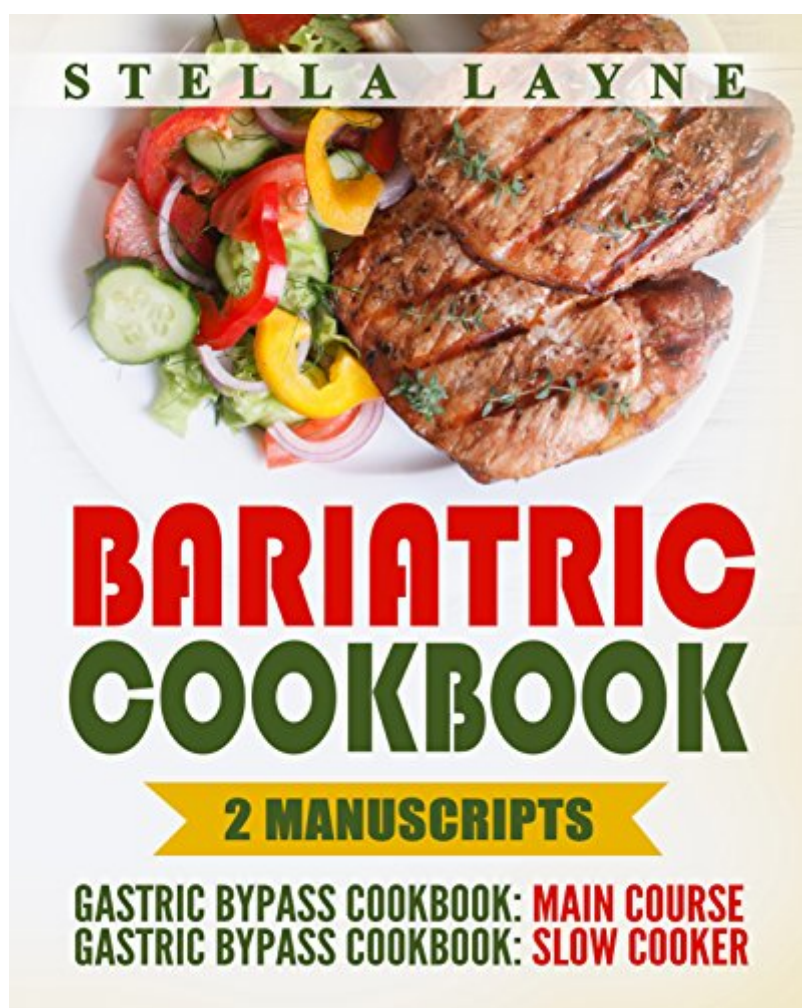


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Bariatric Cookbook: DINNER Bundle **— 2 Manuscripts In 1** **— A Total Of 120+ Unique** **Bariatric-Friendly Chicken, Beef,** **Fish, Pork, Fish, Salads And** **Vegetarian Stove Top And Slow** **Cooker**





Synopsis

DINNER BUNDLE – 2 manuscripts in 1 – A total of 120+ Unique Bariatric-Friendly Chicken, Beef, Fish, Pork, Fish, Salads and Vegetarian Stove Top and Slow Cooker Recipes for Life Long Eating for Post Weight Loss Surgery Diet! 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! In Gastric Bypass Cookbook – SLOW COOKER, you will find: 50+ Bariatric-Friendly Chicken, Beef, Pork and Vegetarian Slow Cooker 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 Cuban Shredded Beef, Traditional Texas Chili, Chicken Cacciatore, Jambalaya Chicken and Shrimps, Pad Thai with Zoodles, Teriyaki Pork Roast, Pork Carnitas, Zucchini Lasagna and much more! Pick up this book to enjoy these delicious and easy recipes today!

Book Information

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Customer Reviews

This bariatric cookbook has it all. Helpful identification of prep time, cook time, and total time, so you can choose the bariatric cookbook recipe that works best for your schedule. Some of the recipes are more comfort food oriented and some even will work well for when you want to impress others at a gathering. Very helpful and easy to follow.

This cook is one of the best cookbook out there. Recipes are well organised and understandable. This book has total 70+ MAIN COURSE recipe and 50+ SLOW COOKER recipe. This is a huge amount of recipes for dinner bundle. Recipes are bariatric-friendly chicken, beef, pork, fish, salads etc Recommended from me .

I must say I was pleased with the information in the book. I've tried a few of the recipes for myself and they were good. I think this is a great way to start a new. The book doesn't include pictures with the recipes if you like to see that but for me it worked because they were easy to make.

Very informative. This book provide lots of great recipes and food ideas that are very easy to follow recipes. It's full of amazing tips and an excellent information for those of us who have had bariatric surgery. There are so many great recipe to choose from and I can't wait to get started. Everyone who is looking to eat well and healthy this is a must read book.

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.

Great Book! Wonderful clean food menus that utilize things like contemporary herbs to flavor foods. This reference has smart recipes and post in conjunction with recipes for all times. I found the recipes during this book to be wonderful, straightforward and delicious. Thanks the author.

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