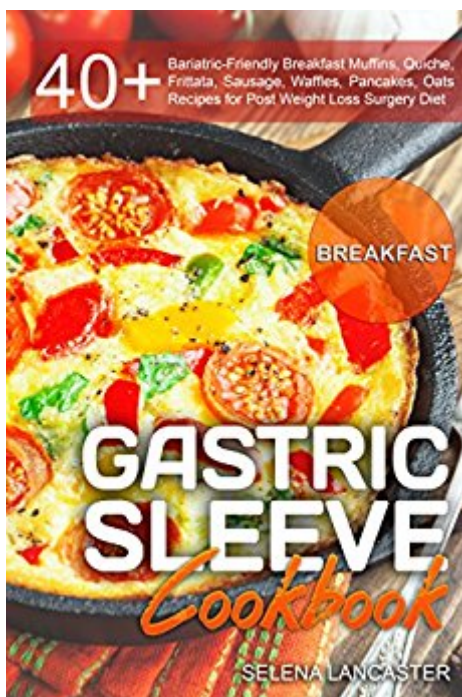


The book was found

Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy And Skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ... Diet (Effortless Bariatric Cookbook Series)



Synopsis

Tired of plain yogurt and eggs for breakfast? Lacking low-carb/sugar/fat but high protein breakfast ideas? Congratulations! You find the right book! 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. This book includes: 1.) An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook. 2.) 40+ low-carb, low-sugar, low-fat bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes and Oats Recipes. All recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar and 5g fat per serving. Variety is key. Look at the list of recipes provided in this book below and see it for yourself.

Muffins/Cups
Ham-wrapped Veggie and Egg Muffins
Salsa Turkey Veggie Cups
Chicken and Egg Muffins
Quiche/Frittata/Casserole
Italian Chicken and Broccoli Frittata
Garlic Shrimp and Veggie Frittata
Cheesy Salmon and Tomato Frittata
Cajun Crab and pepper Frittata
Mediterranean Zucchini and Spinach Frittata
Mexican Black Bean Frittata
Cheesy Spinach Casserole
Bacon, egg and oats Casserole
Tofu Spinach Quiche
Creamy Seafood Quiche
Butternut Squash and Kale Casserole
Wraps / Rolls
Easy Ham and Dill Roll
Ups
Yogurt Tuna Lettuce Wraps
Rice-free Sushi Rolls
Taco Turkey Wraps
Dijon Beef Lettuce Wrap
Vietnamese Fresh Spring Rolls
Italian Avocado Chicken Wraps
Thai-style Turkey Lettuce Wraps
Sausage/Patties
Maryland Crab Cakes
Classic Turkey Sausage Patties
Salmon and Spinach Fish Cakes
Mini Buffalo Breakfast Burgers
Waffle/Pancakes
10-Minute Protein Waffle
Cheesy Ham and Spinach Waffle
Apple Cinnamon Flax Pancakes
Pumpkin Pie Pancakes
Carrot Cake Pancakes
Cinnamon Roll Pancakes
Gingerbread Pancakes
Double Chocolate Pancakes
Blueberry Cinnamon Pancakes
Zucchini and Yogurt Pancakes
Oatmeal Chocolate Overnight Oats
Berries Overnight Oats
Peanut Butter Banana Overnight Oats
Pumpkin Spice Overnight Oats
Snickerdoodle Overnight Oats

BONUS – Smoothies/Shakes from my Fluid and Puree Book
Chocolate Berry Smoothie
Strawberry Delights
Pumpkin Pie Smoothie
Chocolate Peanut Butter Shake
Apple Pie smoothie
Carrot Cake Smoothie
Coconut Dream Shake

All recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your sweet treats after weight loss surgery. Don't take a pass on these wonderful recipes!

Book Information

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Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones

Customer Reviews

Who doesn't love learning new recipes!

A lot of great recipes. Wish it had pictures.

This book is for you if you want a variety of recipes and helpful tips for surviving the post-surgery phase. This was a very interesting and informative book. The author did a lot of research on the subject and the book is well written. I have found easy to follow cooking instructions, nutrition info, and many more things. Tells about the weight loss surgery, diet change plan etc.

The book "GASTRIC SLEEVE COOKBOOK" is an awesome book. It is really interesting and useful book. This is simply super I love this book. This book has many delicious recipes. I learn lots of delicious recipes from this book. I would like to thank the author SELENA LANCASTER for given this book thanks. This book is highly recommended.

There are a lot of different delicious recipes in here. If you're looking for inspiration at the dinner table I highly recommend trying out the recipes in here

It is a big improvement in my health that I follow this gastric sleeve cookbook for breakfast. I have a garden in my backyard that contains a lot of fruits and veggies to add in my diet. Since sugar is out of my diet, gastric sleeve cookbook provided me a low sugar diet that cannot cause me into harm since my stomach is still sensitive in some preservatives. Food will give you strength in all day long and this breakfast gave me more energy!

I was presently surprised by this cookbook! What an amazing cookbook and its really helpful. Everything in this cookbook is useful, informational, entertaining, and delicious! Those recipes can be easily prepared. Fantastic book!

I read this book and felt that all recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content

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Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ...
(Effortless Bariatric Cookbook Series 6) The Sausage Cookbook Vol.1: Sausage Making Recipes
[50 Fresh Sausage Recipes and 18 Cured Sausage Recipes] Gastric Sleeve Cookbook:
PRESSURE COOKER – 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish
and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7)
Pancake Cookbook: Top 50 Pancake Recipes (pancakes, waffles, syrup, book, breakfast)
(pancakes, protein, abs, waffle, syrup, book, mix, breakfast)) (Volume 1) Gastric Bypass Cookbook
with Photos and Complete Nutrition Information: Weight Loss Surgery Recipes and Meal Plan For
Gastric Bypass, Gastric Sleeve, Lap Band, and Other Bariatric Surgery Gastric Bypass Cookbook:
100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet,
Gastric Bypass Recipes) Gastric Sleeve Cookbook: FLUID and PUREE - 30+ Shakes, Drinks, Broth
and Puree recipes for early stages of post-weight loss surgery diet (Effortless Bariatric Cookbook
Series 1) 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) Southern Breakfast Baking: Muffins, Coffee Cakes, Quick Breads, Fritters,
Biscuits, Pancakes & Waffles (Southern Cooking Recipes Book 4)

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