



## Gastric Sleeve Cookbook: Quick and Easy - 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can Make in 30 Minutes or Less (Paperback)

By Selena Lancaster

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can Make In 30 Minutes Or Less! In this book, Selena will show you how to delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners. 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, high-protein bariatric-friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes All recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar, 5g fat and over 10g protein per serving. Look at the list of recipes provided in this book below and see it for yourself. Salad Yogurt Chicken SaladLight Ranch Chicken SaladThai-style Beef SaladVietnamese Shrimp Salad Cheesy Chicken SaladCrunchy Peanut Chicken SaladCajun Chicken SaladGarlicky Lime Chicken Salad Soup/Stew Mediterranean Aljotta Fish SoupEasy Chicken SoupHearty White Bean and Chicken SoupPesto Chicken Soup Vegetable Noodles Alfredo Zucchini Noodles with ChickenHawaiian Tuna Poke Summer Squash NoodlesOriental Spicy Pork Cucumber NoodlesZoodle Puttanesca with ShrimpsChicken Pomodoro Butternut Squash NoodlesBasque Chicken ZoodlesAsian Peanut Chicken ZoodlesVietnamese Chicken Zoodles Soup Grilling/Broiling...



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