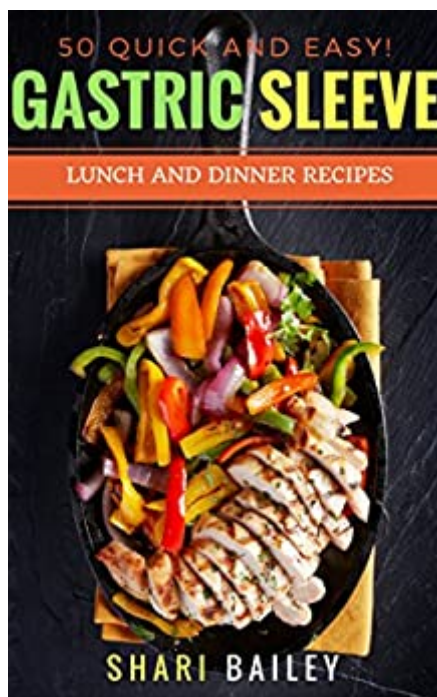


The book was found

50 Quick And Easy Gastric Sleeve Lunch And Dinner Recipes: Easy And Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch And Dinner Recipes For Post Weight Loss Surgery



Synopsis

BOOK DESCRIPTION Are you frustrated with eating out? Not able to order what you really want? Tired of the same old thing day after day? Not really sure what your other options are? Well, you don't have to struggle any longer. You've found the perfect book! I will show you over 50 recipes that are easy to prepare, easy on your stomach, and high on the nutrients you need as you move along on your journey. In this book, you will find recipes such as: Stir It Up Chicken Stew with Sweet Potato, Fresh Outta The Pot Cheese Steak and Peppers, Tempting Turkey Burritos, Tantalizing Chicken Tacos, AND MANY MORE! With These New Recipes in Hand You will be well equipped to prepare a variety of quality meals that actually taste great. Easily and quickly prepare meals without a bunch of complicated ingredients. Enjoy your weight loss journey without the added frustration of trying to figure out what you can eat. Let's get started! Buy 50 Quick and Easy Gastric Sleeve Recipes Today and Add Some Spice To Your Menu!

Book Information

File Size: 2687 KB

Print Length: 122 pages

Publication Date: May 2, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B072L7TQ8M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #344,148 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

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Customer Reviews

Good information

These recipes all sound great, and I would really like to try them out. As a Sleeved person however, I won't be able to do so for two reasons: first there are no nutritionals and second, there is no information regarding number of portions each recipe makes.. Given that, I can't address either of the two things that are most important to me and all people that have had Gastric Sleeves or other Bariatric procedures, portion size or volume of food intake, and protein and carbohydrate content.

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