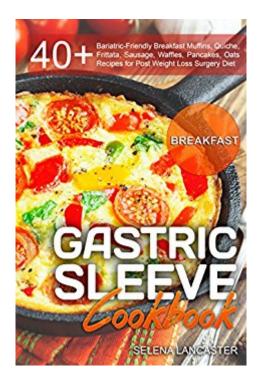


# The book was found

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 RecipesAll 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/CupsHam-wrapped Veggie and Egg MuffinsSalsa Turkey Veggie CupsChicken and Egg MuffinsQuiche/Frittata/CasseroleItalian Chicken and Broccoli FrittataGarlic Shrimp and Veggie FrittataCheesy Salmon and Tomato FrittataCajun Crab and pepper FrittataMediterranean Zucchini and Spinach FrittataMexican Black Bean FrittataCheesy Spinach Casserole Bacon, egg and oats CasseroleTofu Spinach QuicheCreamy Seafood QuicheButternut Squash and Kale CasseroleWraps / RollsEasy Ham and Dill Roll UpsYogurt Tuna Lettuce WrapsRice-free Sushi RollsTaco Turkey WrapsDijon Beef Lettuce WrapVietnamese Fresh Spring RollsItalian Avocado Chicken WrapsThai-style Turkey Lettuce WrapsSausage/PattiesMaryland Crab CakesClassic Turkey Sausage PattiesSalmon and Spinach Fish CakesMini Buffalo Breakfast BurgersWaffle/Pancakes10-Minute Protein WaffleCheesy Ham and Spinach WaffleApple Cinnamon Flax PancakesPumpkin Pie PancakesCarrot Cake PancakesCinnamon Roll PancakesGingerbread PancakesDouble Chocolate PancakesBlueberry Cinnamon PancakesZucchini and Yogurt PancakesOatmealChocolate Overnight OatsBerries Overnight OatsPeanut Butter Banana Overnight OatsPumpkin Spice Overnight OatsSnickerdoodle Overnight OatsBONUS a " Smoothies/Shakes from my Fluid and Puree BookChocolate Berry SmoothieStrawberry DelightsPumpkin Pie SmoothieChocolate Peanut Butter ShakeApple Pie smoothieCarrot Cake SmoothieCoconut Dream ShakeAll 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. Donâ <sup>™</sup>t take a pass on these wonderful recipes!

## **Book Information**

File Size: 4221 KB Print Length: 108 pages Simultaneous Device Usage: Unlimited Publication Date: March 19, 2017 Sold by:Â Digital Services LLC Language: English ASIN: B06XQX7X2Z Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #99,323 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #46 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #63 in Books > 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 intetesting 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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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 â " 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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