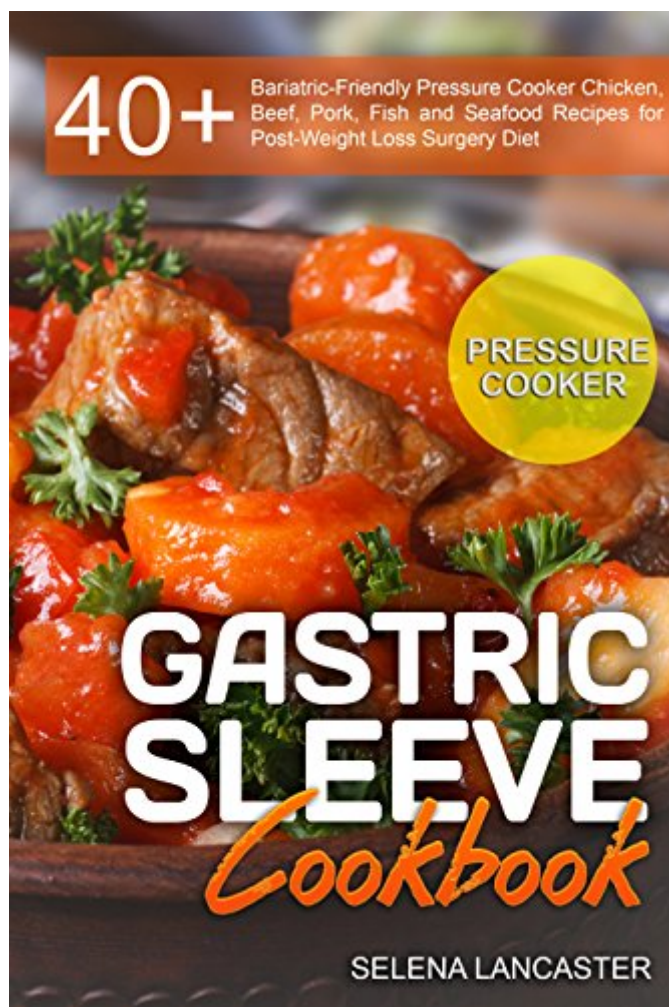


The book was found

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)





Synopsis

40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery Diet! The Gastric Sleeve Cookbook – a PRESSURE COOKER 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 Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes completed with serving information and nutritional information. 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.

Chicken Recipes
Southwest Taco Chicken Soup
Indian Chicken Tikka Masala
Chicken Mushroom Stew
Italian Braised Chicken
Nigerian Chicken and Tomato Stew
Creamy Buffalo Chicken Soup
Chicken, Bacon and Lentil Stew
Thai Green Curry with Chicken
Spicy Jamaican Chicken
Hearty Black Bean and Chicken Stew
Beef Recipes
Beef and Chorizo Chilli
Granny's Beef Stew
Creamy Cheeseburger Soup
Traditional Swiss Steak with Peppers
Beef Tenderloin with Madeira Sauce
Fall-apart Round Roast
Cola Beef Roast
French Beef Bourguignon with Red Wine
Mexican Beef Stew
French Onion Soup with Beef
Round Roast with Barbecue Sauce
Pork Recipes
Pork with Creamy Mushroom Sauce
Spicy and Sour Pork Vindaloo
Braised Pork with Red Wine
Creamy Dijon Pork Tenderloin
Skinny Barbecue Pork
Colorado Chilli Verde with Pork
Mexican Pork Carnitas
Taco Salsa
Pork Stew
Pork and Squash Stew
Seafood/Fish Recipes
Salmon Fillets in White Wine Sauce
Creamy Clam Chowder
Mussels with Chilli Tomato Sauce
Mussels with Brandy Sauce
Mediterranean Scallops
Seafood in Marinara Sauce
Beer Shrimp
Lemon Wine Steamed Clams
Tomato and Caper Cod
Lemon Rosemary Salmon
Mussels with Beer and Chorizo Sauce

Grab this new cookbook today and discover how you can still enjoy your diet after weight loss surgery. Don't take a pass on these wonderful recipes!

Book Information

File Size: 3733 KB

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Customer Reviews

I have read book about cooking and that it is good for our health a pressure cooker food than an oil fried food, This is book gives me interest in cooking at a pressure cooker. Different recipes to cook, where i have cooked one of the recipes. The beef recipes i will sure to cook, beef in our place is much cheaper than meat. Adding desserts recipes make this book complete. Good cookbook.

Lots of recipes that are healthy and delicious too! Glad I found this gastric sleeve cookbook by Selena Lancaster. I tried some dishes already and they are nothing but perfect! Easy to prepare and superb tasting too! 5 stars for this!

This book provides suggestions and recipes that will help you to follow a diet plan after bariatric surgery. Extremely useful and a good book to address many postoperative problems associated with proper nutrition, which leads the author of a particular formulation to restore your digestive tract, also targeted a natural way to maintain the desired weight. This book contains excellent recipes for the preparation of different soups and smoothies, as well as a variety of delicious soft food.

This cookbook is a user-friendly and made my cooking experience easy and interesting. There are 40+ recipes that we can make all are bariatric-friendly with under 15g carbs, 5g sugar, 5g fat and over 10g protein per serving. The recipes that I wanted to try first are spicy Jamaican chicken, Thai green curry with chicken and more.

I guess, what I'm really after is the recipes that I could get! There's a lot to try but of course, I will choose what I can. Good thing, this cookbook make things easy for me and most importantly, making everything tasty for my tummy!

i can't imagine myself going to this said surgery. i mean i'm not that desperate yet. But I must admit that I was convinced with it. Not sure when this might come in handy, so I got it anyway. 40 meals to enjoy even after having the weight loss surgery. the suggested meals are highly-nutritious and cooking them is hassle-free using a pressure-cooker.

Took it to my nutritionist and she said it is an excellent book! My husband even likes the recipes I've tried, and that is a big plus! It really helps to keep with goals!

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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) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation (Gastric Sleeve Diet, Gastric Sleeve Recipes Book 1) Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3) 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 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 Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Type 2 Diabetes Cookbook : SLOW COOKER and PRESSURE COOKER - 90+ Diabetic-Friendly Low Carb, Low-Fat, High Protein Chicken, Beef, Pork and Vegetarian Slow Cooker and Pressure Cooker 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 Sleeve Cookbook: QUICK and EASY - 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6) Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy and skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ... Diet (Effortless Bariatric Cookbook Series) Type 2 Diabetes Cookbook: SLOW COOKER and PRESSURE COOKER - 90+ Diabetic-Friendly Low Carb, Low-sugar, Low-Fat, High Protein Chicken, Beef, Pork and ... Pressure Cooker Recipes for Life Long Eating Gastric Sleeve Cookbook: DESSERT - 40+ Easy and skinny low-carb, low-sugar, low-fat bariatric-friendly Fudge, Truffles, Cakes, Mousse, Popsicles, Crumbles ... (Effortless Bariatric Cookbook Series 3) 50 Dry Rubs for Pork Roasts: BBQ Pork Roast, Pork Roast Seasoning, Crock Pot Pork Roast, Slow Cooker Pork Roast 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 250 Recipes for Pork: Barbecue sauces and rubs for ribs, pork chops, pork shoulder, and pork roast. Easy seasoning recipes for the oven, smoker, slow-cooker, or BBQ grill.

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