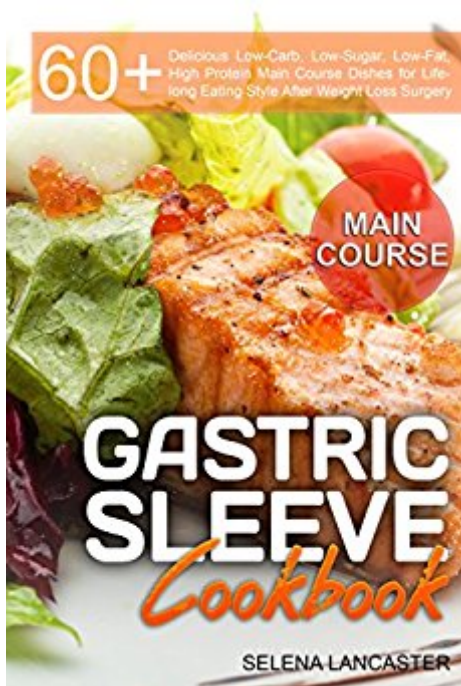


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Gastric Sleeve Cookbook: MAIN COURSE - 60 Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes For Lifelong Eating Style After Weight ... (Effortless Bariatric Cookbook Series 2)



Synopsis

Nourish your body with 60 nutritious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes for Lifelong Eating Style After Weight Loss Surgery – WHILE Keeping Your Taste Buds Happy! After a few weeks of fluid and soft food diet, it is time to introduce solid food back to your diet. This book is going to provide you with the essential information for your meal planning. This Gastric Sleeve Cookbook includes: An overview on the recovery stages after the soft food stage with dietary reminders and tips on food preparation. An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook. 60 nutrient-dense, mouth-watering low-carb, low-sugar, low-fat, high-protein recipes made from poultry, fish, beef, pork, lamb, seafood and vegetables. Examples included Chicken Caprese, Chipotle Turkey Meatloaf, Cajun Tilapia, Beef Madras Curry, Garlic Lime Marinated Pork Chops, Lamb Rogan Josh, Shrimp Jambalaya, Green Bean and Wisconsin Cheese Casserole and so much more. All recipes are under 15g carbs, 5g sugar, 5g fat and over 7g protein for vegetarian dishes and over 10g protein for meat dishes. All recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and nutritional content, so you will have all the necessary knowledge to follow the plans. BONUS! A complete set of at-a-glance A4-printable PDF infographic posters on the approved food lists and daily reminders exclusive to readers. Grab this new cookbook today and discover how you can still enjoy your food while your body is recovering. Don't take a pass on these wonderful recipes!

Book Information

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Customer Reviews

This is an excellent book for someone who has just had gastric sleeve surgery. After four weeks of surgery, when your stomach is on its way to recovery, you can start taking on solid food, as recommended by your surgeon or dietitian. This book contains a number of interesting recipes, for fish, poultry, beef, seafood and vegetarian recipes. There is also a lot of sound advice for the types of foods that are suitable post-surgery. There are also tips on food preparation and budgeting.

I was doing a little research on this internet and came across this, not expecting to find anything. I'm going through with this surgery in two weeks and am now MUCH better prepared. It clearly articulates what foods to scale up on, what to pull back on, what's acceptable and quite a bit more. Very pleased with my purchase.

I was amazed by this book! This book is for those who have undergone gastric sleeve surgery and if you are planning to undergo this type of surgery, you better get a copy. The author of this book did an excellent job and for each recipe I have found easy to follow cooking instructions, nutrition info, and many more things.

It was hard for me to eat because I just got home from a surgery and my doctor told me that for now, I will start focusing on gastric sleeve diet because my stomach is still sensitive to food that is why it is limited. This is good for weeks if you just follow each recipe and also contains a lot of vitamins and minerals so it is easier for your body to recover. The food that I prepared are also high in proteins and as an athlete like me, I should be needed it.

I had a various cookbook and now this cookbook. I want a recipe that has a low sugar diet, no preservatives that can cause me from getting sick. I found this book has many variety of recipes that I can choose to cook everyday. There is one thing that I don't like, how will I prepare for many people. So far a good dietary book.

The book is not writing on something very new to the everyday ingredients but the preparation and the recipes formation with the right mixture. the author took a lot time in the collection and the presentation of the information in such a precise manner.

My grand dad had undergone major surgery 3 weeks ago that is I why I grabbed this book,so that this will serve as our guide in preparing his meals.Good thing that the recipes are easy to follow as well as nutritious that can help him on recovering fast from surgery.Thankful that I found the right cookbook for him.

Lots of relevant information for preparation for surgery and afterwards. I learned a great deal from the book The recipes look delicious.

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