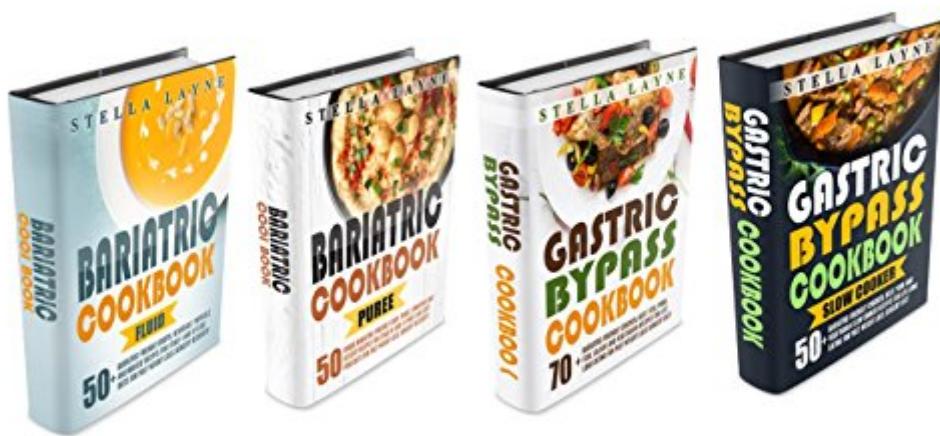


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# **Bariatric Cookbook: MEGA BUNDLE â€“ 4 Manuscripts In 1 â€“ A Total Of 220+ Unique Bariatric-Friendly Recipes For Fluid, Puree, Soft Food And Main Course Recipes For Recovery And Lifelong Eating**



## Synopsis

A total of 220+ Unique Bariatric-Friendly Recipes for Fluid, Puree, Soft Food and Main Course Recipes for Recovery and Lifelong Eating Post Weight Loss Surgery Diet! In Bariatric Cookbook â “ FLUID, you will find: 50 Bariatric-Friendly Broth, Beverage, Popsicle and Mousse recipes for Stage I and II Fluid Diet. All the recipes are under 5g sugar, 5g fat and 15g carbohydrates. The recipes suitable for each recovery stages are labelled accordingly. You will have plenty of options to put in your recovery diet plan. Proper de-fat procedures are provided in the broth recipes while full Nutritional Information and serving information are provided for the rest of the recipes. Examples include Beef Shank Broth with Vegetables, Fish Broth with Tomato and Tofu, Golden Turmeric and Ginger Chicken Broth, Combo Herb Water, Lemon Cheesecake Smoothies, Decaf Green Tea Latte Shake, Peppermint and Cream Popsicle, Ginger Milk Curd, Skinny Eggnog Mousse and much more! In Bariatric Cookbook â “ PUREE, you will find: 50 Unique Bariatric-Friendly Soup, Puree, Smoothie and Dessert recipes for Stage III and IV Puree and Soft Food Diets. All the recipes are under 5g sugar, 5g fat, 15g carbohydrates. Serving Information and full Nutritional Information are provided for all recipes. Examples include Kelp and Tofu Miso Soup, Creamy Pesto Chicken Soup, Buffalo Chicken soup, Creamy Crab Bisque, Creamy Worcestershire Chicken Puree, Indian Butter Chicken Puree, Salmon Rillettes, Maryland Crab Puree, Beef Casserole Puree, Coconut Chai Latte Smoothie, French Toast Smoothie, Golden Turmeric Yogurt Smoothie, Purple Yam Mousse, Creamy Red Bean Popsicle and much more! In Gastric Bypass Cookbook â “ MAIN COURSE, you will find: 70+ Bariatric-Friendly Chicken, Beef, Fish, Pork, Fish, Salads and Vegetarian Recipes for Life Long Eating For Post Weight Loss Surgery Diet. All the recipes are under 5g sugar, 5g fat, 15g carbohydrates. Serving Information and full Nutritional Information are provided for all recipes. Cooking Information Summary Table and Nutrition Summary Table are provided. Examples Sichuan Spicy Beef Stew, Mongolian Beef Skewer, White Bean and Chicken Chili, Yakitori Chicken, Portobello Tuna Melt, Spicy Peanut Salmon Burger, Vinegar Mustard Glazed Ham Loaf, Low country Shrimps, Crab Imperial, Sloppy Joe Lettuce Wrap, Taco Salad, Seared Tandoori Tofu and much more! In Gastric Bypass Cookbook â “ SLOW COOKER, you will find: 50+ Bariatric-Friendly Chicken, Beef, Pork and Vegetarian Slow Cooker Recipes for Life Long Eating for Post Weight Loss Surgery Diet. All the recipes are under 5g sugar, 5g fat, 15g carbohydrates. Serving Information and full Nutritional Information are provided for all recipes. Cooking Information Summary Table and Nutrition Summary Table are provided. Examples Cuban Shredded Beef, Traditional Texas Chili, Chicken Cacciatore, Jambalaya Chicken and Shrimps, Pad Thai with Zoodles, Teriyaki Pork Roast, Pork Carnitas, Zucchini Lasagna and much more! Pick up this book to enjoy these delicious and

easy recipes today!

## Book Information

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## Customer Reviews

Absolutely amazing cookbook! It's up-to-date and has recipes that are easy for anyone to make. These are really helpful recipes. Something new to try out! One of my favorite recipe book and I'm loving every dishes. Thanks for doing such a great job! Overall, I love it.

I was amazed with a total of 220+ Unique Bariatric Friendly Recipes for Fluid, Puree, Soft Food and Main Course Recipes for all the Recovery and Lifelong Eating with the Post Weight Loss and the Surgery Diet as patient need to know.

Quick read! I appreciated the simple straight forward approach of this book. I would say to the author to proof read again as I came across some minor things. You'll know it when you see it. However, I think this book is excellent and am glad to have purchased it!

I'm so glad I found this book while on discount, 4 books in one, all the same collection, while working

on my diet plan. I love their simplicity and how much they helped me put my weekly plan to use.

These are a great book, once you have your surgery. They give you exact recipes for everything you will need to make things work for you.

Great book. Great recipes. Glad I added it to my collection. :)

Definitely has some helpful information.

Just beginning this new journey and have found lots of information in this book. The more informed you are going into the process the better prepared you will be. The book allows me to ask informed questions of my own Bariatric team!

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