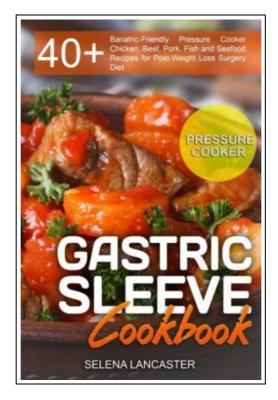
Gastric Sleeve Cookbook: Pressure Cooker - 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery Diet (Paperback)



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Reviews

The best pdf i possibly go through. it was writtern quite properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Miss Sienna Fay Jr.)

GASTRIC SLEEVE COOKBOOK: PRESSURE COOKER - 40+ BARIATRIC-FRIENDLY PRESSURE COOKER CHICKEN, BEEF, PORK, FISH AND SEAFOOD RECIPES FOR POST-WEIGHT LOSS SURGERY DIET (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery Diet! The Gastric Sleeve Cookbook - 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 SoupIndian Chicken Tikka MasalaChicken Mushroom Stew Italian Braised ChickenNigerian Chicken and Tomato StewCreamy Buffalo Chicken SoupChicken, Bacon and Lentil StewThai Green Curry with ChickenSpicy Jamaican ChickenHearty Black Bean and Chicken Stew Beef Recipes Beef and Chorizo ChilliGranny s Beef StewCreamy Cheeseburger SoupTraditional Swiss Steak with PeppersBeef Tenderloin with Madeira SauceFall-apart Round RoastCola Beef RoastFrench Beef Bourguignon with Red WineMexican Beef StewFrench Onion Soup with BeefRound Roast with Barbecue Sauce Pork Recipes Pork with Creamy Mushroom SauceSpicy and Sour Pork VindalooBraised Pork with Red WineCreamy Dijon Pork TenderloinSkinny Barbecue PorkColorado Chilli Verde with PorkMexican Pork CarnitasTaco Salsa Pork StewPork and Squash Stew Seafood/Fish Recipes Salmon Fillets in White Wine SauceCreamy Clam ChowderMussels with Chilli Tomato SauceMussels with Brandy SauceMediterranean ScallopsSeafood in Marinara SauceBeer ShrimpLemon Wine Steamed ClamsTomato and Caper CodLemon Rosemary SalmonMussels with Beer and Chorizo SauceGrab 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!.

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