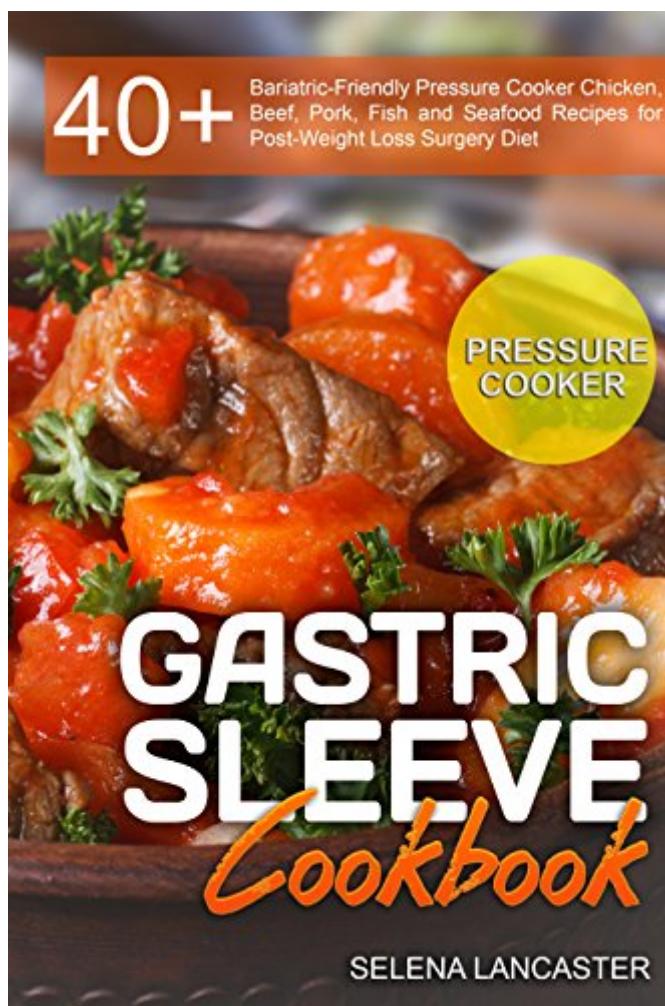


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# **Gastric Sleeve Cookbook: PRESSURE COOKER** 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish And Seafood Recipes For Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7)





## Synopsis

40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery Diet!The Gastric Sleeve Cookbook ï»¿ 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

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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 alreadya dn 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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