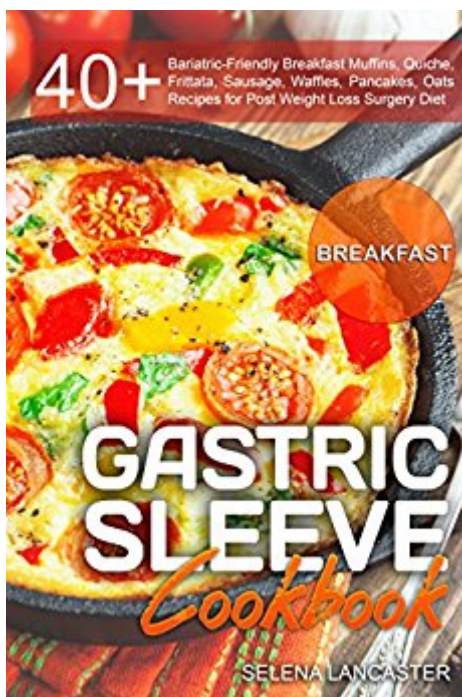


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# **Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy And Skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ... Diet (Effortless Bariatric Cookbook Series)**



## Synopsis

Tired of plain yogurt and eggs for breakfast? Lacking low-carb/sugar/fat but high protein breakfast ideas? Congratulations! You find the right book! In this book, Selena will show you how to start your day with a nutritious yet delicious breakfast packed with protein and nutrients to boost your energy. This book 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 bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes and Oats Recipes. All recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar and 5g fat per serving. Variety is key. Look at the list of recipes provided in this book below and see it for yourself.

Muffins/Cups  
Ham-wrapped Veggie and Egg Muffins  
Salsa Turkey Veggie Cups  
Chicken and Egg Muffins  
Quiche/Frittata/Casserole  
Italian Chicken and Broccoli Frittata  
Garlic Shrimp and Veggie Frittata  
Cheesy Salmon and Tomato Frittata  
Cajun Crab and pepper Frittata  
Mediterranean Zucchini and Spinach Frittata  
Mexican Black Bean Frittata  
Cheesy Spinach Casserole  
Bacon, egg and oats Casserole  
Tofu Spinach Quiche  
Creamy Seafood Quiche  
Butternut Squash and Kale Casserole  
Wraps / Rolls  
Easy Ham and Dill Roll  
Ups  
Yogurt Tuna Lettuce Wraps  
Rice-free Sushi Rolls  
Taco Turkey Wraps  
Dijon Beef Lettuce Wrap  
Vietnamese Fresh Spring Rolls  
Italian Avocado Chicken Wraps  
Thai-style Turkey Lettuce Wraps  
Sausage/Patties  
Maryland Crab Cakes  
Classic Turkey Sausage Patties  
Salmon and Spinach Fish Cakes  
Mini Buffalo Breakfast Burgers  
Waffle/Pancakes  
10-Minute Protein Waffle  
Cheesy Ham and Spinach Waffle  
Apple Cinnamon Flax Pancakes  
Pumpkin Pie Pancakes  
Carrot Cake Pancakes  
Cinnamon Roll Pancakes  
Gingerbread Pancakes  
Double Chocolate Pancakes  
Blueberry Cinnamon Pancakes  
Zucchini and Yogurt Pancakes  
Oatmeal Chocolate Overnight Oats  
Berries Overnight Oats  
Peanut Butter Banana Overnight Oats  
Pumpkin Spice Overnight Oats  
Snickerdoodle Overnight Oats  
BONUS – Smoothies/Shakes from my Fluid and Puree Book  
Chocolate Berry Smoothie  
Strawberry Delights  
Pumpkin Pie Smoothie  
Chocolate Peanut Butter Shake  
Apple Pie smoothie  
Carrot Cake Smoothie  
Coconut Dream Shake

All recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your sweet treats after weight loss surgery. Don't take a pass on these wonderful recipes!

## Book Information

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## Customer Reviews

Who doesn't love learning new recipes!

A lot of great recipes. Wish it had pictures.

This book is for you if you want a variety of recipes and helpful tips for surviving the post-surgery phase. This was a very interesting and informative book. The author did a lot of research on the subject and the book is well written. I have found easy to follow cooking instructions, nutrition info, and many more things. Tells about the weight loss surgery, diet change plan etc.

The book "GASTRIC SLEEVE COOKBOOK" is an awesome book. It is really interesting and useful book. This is simply super I love this book. This book has many delicious recipes. I learn lots of delicious recipes from this book. I would like to thank the author SELENA LANCASTER for given this book thanks. This book is highly recommended.

There are a lot of different delicious recipes in here. If you're looking for inspiration at the dinner table I highly recommend trying out the recipes in here

It is a big improvement in my health that I follow this gastric sleeve cookbook for breakfast. I have a garden in my backyard that contains a lot of fruits and veggies to add in my diet. Since sugar is out of my diet, gastric sleeve cookbook provided me a low sugar diet that cannot cause me into harm since my stomach is still sensitive in some preservatives. Food will give you strength in all day long and this breakfast gave me more energy!

I was presently surprised by this cookbook! What an amazing cookbook and its really helpful. Everything in this cookbook is useful, informational, entertaining, and delicious! Those recipes can be easily prepared. Fantastic book!

I read this book and felt that all recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content

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Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ...  
(Effortless Bariatric Cookbook Series 6) The Sausage Cookbook Vol.1: Sausage Making Recipes  
[50 Fresh Sausage Recipes and 18 Cured Sausage Recipes] 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)  
Pancake Cookbook: Top 50 Pancake Recipes (pancakes, waffles, syrup, book, breakfast)  
(pancakes, protein, abs, waffle, syrup, book, mix, breakfast)) (Volume 1) 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 Gastric Bypass Cookbook:  
100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet,  
Gastric Bypass 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  
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Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric  
Bypass Diet Book 1) Southern Breakfast Baking: Muffins, Coffee Cakes, Quick Breads, Fritters,  
Biscuits, Pancakes & Waffles (Southern Cooking Recipes Book 4)

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