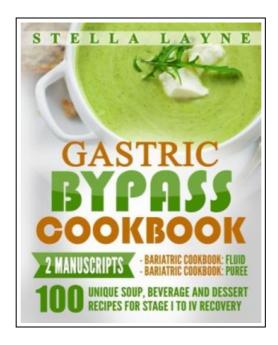
# Gastric Bypass Cookbook: Fluid and Puree - 2 Manuscripts - 100 Unique Soup, Beverage, Smoothies and Puree Recipes for Fluid, Puree and Soft Food Diet for Post Weight Loss Surgery Diet (Paperback)



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# GASTRIC BYPASS COOKBOOK: FLUID AND PUREE - 2 MANUSCRIPTS - 100 UNIQUE SOUP, BEVERAGE, SMOOTHIES AND PUREE RECIPES FOR FLUID, PUREE AND SOFT FOOD DIET FOR POST WEIGHT LOSS SURGERY DIET (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.Gastric Bypass Cookbook: FLUID and PUREE - 2 manuscripts in 1! 100 Unique Bariatric-Friendly Broth, Beverage, Protein Shakes, Popsicle, Mousse, Soup, Puree, Smoothie and Dessert recipes for Stage I to IV Fluid, Puree and Soft Food Diets for Post Weight Loss Surgery Recovery In Bariatric Cookbook - 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 - 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!Pick up this book to enjoy these delicious and easy recipes today!

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