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Gastric Sleeve Cookbook: Breakfast - 40+ Easy and Skinny Low-Carb, Low-Sugar, Low-Fat, High-Protein Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes for Post Weight Loss Surgery Diet (Paperback)

By Selena Lancaster

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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 MuffinsSalsa Turkey Veggie CupsChicken and Egg Muffins Quiche/Frittata/Casserole Italian Chicken and Broccoli FrittataGarlic Shrimp and Veggie FrittataCheesy Salmon and Tomato FrittataCajun Crab and pepper FrittataMediterranean Zucchini and Spinach FrittataMexican Black Bean FrittataCheesy Spinach Casserole Bacon, egg and oats CasseroleTofu Spinach QuicheCreamy Seafood QuicheButternut Squash and Kale Casserole Wraps / Rolls Easy Ham and Dill Roll UpsYogurt...



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Reviews

A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).

-- **Matilda Hoeger V**

Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.

-- **Prof. Lela Steuber**

Relevant PDFs



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



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The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

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