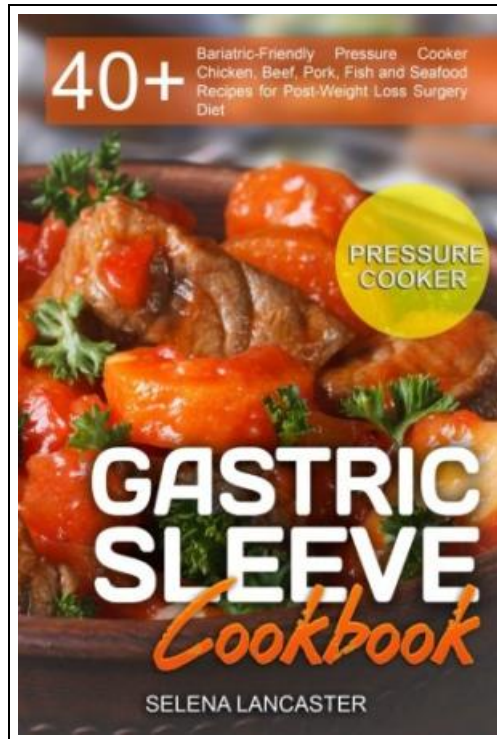


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss 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 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!.

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