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GASTRIC SLEEVE COOKBOOK: QUICK AND EASY - 40+ BARIATRIC-FRIENDLY SALAD, SOUP, STEW, VEGETABLE NOODLES, GRILLING, STIR-FRY AND BRAISING RECIPES YOU CAN MAKE IN 30 MINUTES OR LESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ***** 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can Make In 30 Minutes Or Less! In this book, Selena will show you how to delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners. This book includes: 1.) An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook 2.)...

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- Authored by Selena Lancaster
- Released at 2017



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Reviews

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