



Bariatric Cookbook: Fluid - 50 Unique Bariatric-Friendly Broth, Beverage, Popsicle and Mousse Recipes for Stage I and II Fluid Diets for Post Weight Loss Surgery Recovery (Paperback)

By Stella Layne

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 50+ Unique Bariatric-Friendly Broth, Beverage, Popsicle and Mousse recipes for Stage I and II Fluid Diets Post Weight Loss Surgery Recovery Are you struggling to find fluid recipes that are low in sugar/calories/carbohydrates/fat but packed with protein and nutrients? Congratulations! Stella Has The Perfect Solution For You! All the recipes are under 5g sugar, 5g fat and 10g carbohydrates. They are truly bariatric-friendly. Recipes suitable for fluid recovery stages are labelled accordingly. You will have plenty of options to put in your recovery diet plan. Serving Information are provided for all recipes. Proper de-fat procedures are provided in the broth recipes while full Nutritional Information are provided for the rest of the recipes. Check out some of the mouth-watering recipes below! Broth Recipes Simple Seaweed Soup Bean Sprout And Pork Sparerib Soup Classic Fish Stock Chicken And Bok Choy Soup Beef Shank Broth With Vegetables Fish Broth With Tomato And Tofu Beet And Vegetables Bone Broth Fuzzy Gourd And Pea Pork Bone Broth Lotus Root And Soy Bean Pork Bone Broth Papaya And Peanut Pork Bone Broth Turmeric And Ginger Chicken Broth Classic Fish Stock Lemon And Dill Chicken Soup Watercress And Carrot...



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