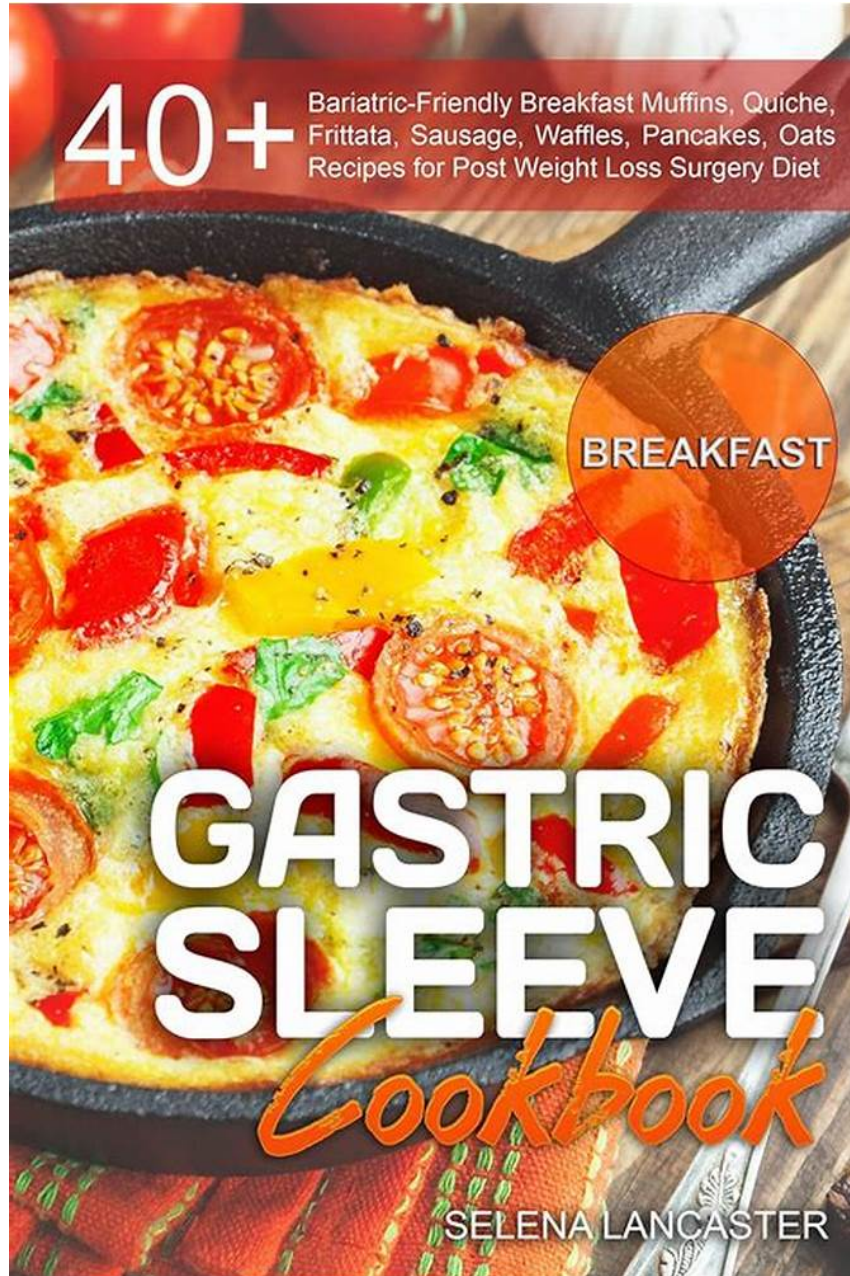


Breakfast 40 Easy And Skinny Bariatric Friendly Breakfast Muffins & Quiche



Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy and skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ...



Diet (Effortless Bariatric Cookbook Book 4)

by Selena Lancaster

★★★★☆ 4.1 out of 5

Language : English
File size : 4221 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 104 pages
Lending : Enabled



Breakfast is the most important meal of the day, but it can be hard to find healthy and satisfying options that are also bariatric friendly. That's where Breakfast 40 Easy And Skinny Bariatric Friendly Breakfast Muffins & Quiche comes in.

This cookbook is packed with 40 delicious and easy-to-make recipes that are perfect for anyone who has had bariatric surgery or is looking to lose weight.

All of the recipes in this cookbook are:

- High in protein
- Low in calories
- Low in fat
- Easy to make

With recipes like:

- Sausage and Egg Breakfast Muffins
- Bacon and Cheese Quiche
- Vegetable Frittata
- Spinach and Feta Breakfast Muffins
- Ham and Swiss Quiche

Breakfast 40 Easy And Skinny Bariatric Friendly Breakfast Muffins & Quiche is the perfect cookbook for anyone who wants to start their day off right with a healthy and satisfying breakfast.

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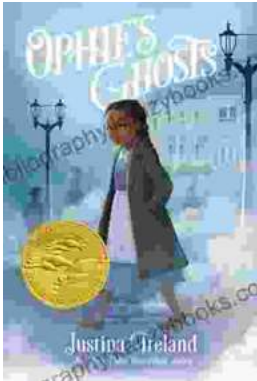
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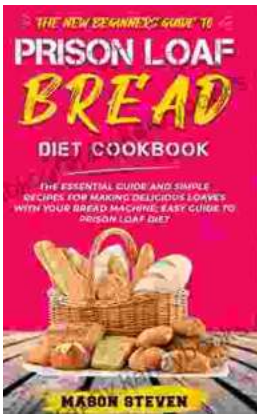
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