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Awesome Hummus Recipe 2 cans garbanzo beans (chickpeas), drained cup tahini cup extra virgin olive oil juice of two lemons bunch cilantro cucumber, peeled and cubed 1 tsp. each salt and paprika Cilantro in hummus.

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Gastric Sleeve Diet Recipes

Here is another quick-to-prepare recipe. The Broccoli-Potato soup is fairly easy to do, tasty and, more importantly, nutritious. You can't go wrong with this soup.

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GASTRIC SLEEVE DIET MADE EASY Nutrition for weight loss surgery. Deciding to undergo weight loss surgery is a big deal. After you've made the decision to go ahead, found your surgeon and booked your surgery date, you now need to follow a very strict bariatric diet both before and after surgery.

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Home Page Bariatric Cookery Bariatric Cookery

Welcome to Bariatric Cookery. If you are thinking about, have had or are scheduled for bariatric (weight-loss) surgery Gastric Bypass, Lap Band, Gastric Sleeve or Revision, you've found the UK's number one website to support your new eating regime.

<http://ebookslibrary.club/Home-Page-Bariatric-Cookery---Bariatric-Cookery.pdf>

Meals For Gastric Sleeve Patients Recipes SparkRecipes

Top meals for gastric sleeve patients recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

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Gastric Sleeve Post Op Recipes and Cooking with Candy Vsg

This is a cooking post op gastric sleeve recipe. I will demonstrate the famous banana and egg pancake and do a quick demo on a throw together no fuss lunch idea.

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