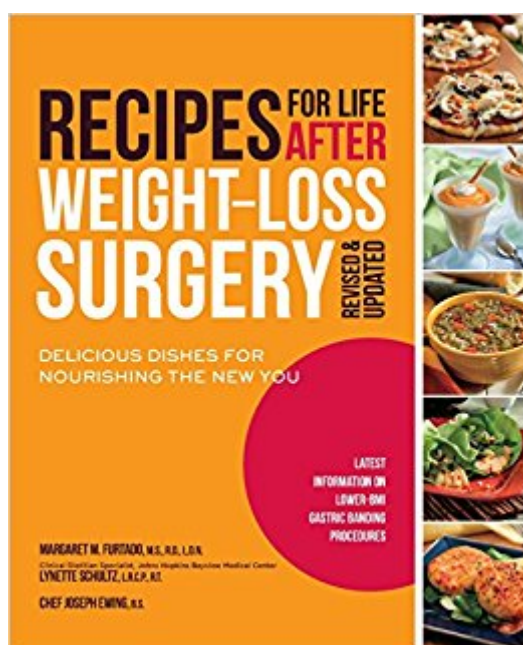


The book was found

# Recipes For Life After Weight-Loss Surgery, Revised And Updated: Delicious Dishes For Nourishing The New You And The Latest Information On Lower-BMI Gastric Banding Procedures



## Synopsis

Weight loss surgery is only the first step to maintaining a healthy weight. Post-surgery is when it is most important to maintain proper eating habits with the right balance of nutrients. *Recipes for Life After Weight-Loss Surgery, Revised and Updated* provides you with a variety of tasty meals that are tailored for each stage of your post-operative eating plan. Included are meal plans, pantry lists, and 200 recipes that are delicious and specifically tailored to weight-loss surgery requirements: " Zucchini Frittata with Capers and Olives " Lavender-Blueberry Muffins " Sesame-Glazed Salmon " Fall Harvest Pumpkin Soup This revised and expanded edition includes 50 new recipes with nutritional analysis, meal plans for each post-op stage, and the latest information on weight loss surgery and procedures.

## Book Information

Paperback: 320 pages

Publisher: Fair Winds Press; 1 Rev Upd edition (December 1, 2011)

Language: English

ISBN-10: 1592334962

ISBN-13: 978-1592334964

Product Dimensions: 7.5 x 1 x 9.4 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars " See all reviews " (65 customer reviews)

Best Sellers Rank: #22,110 in Books (See Top 100 in Books) #32 in " Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #100 in " Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #253 in " Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I am very disappointed in this cookbook. The "look inside this book" was very misleading and many of the bad reviews ring very true, after all. I will preface this with I am a big fan of low carb, Primal Blueprint, and Paleo/Whole30 ways of eating and, after surgery, I know this is the recommendation and what I'm looking forward to sticking with, just in much smaller and lower-in-fat portions. Well, although uber-low-fat, almost all of the recipes are useless to me and the information that I can use is in need of carb/process foods tweaks and/or pretty much 'no-brainer'-- except using cottage cheese as a base in salad dressing recipes, because that was one and only tip I did pick up, reading this book. But, if you were hoping to follow a low-carb or whole foods lifestyle after surgery,

this is not your book. This was one of the two books recommended to me by my bariatric surgery center. The first book, eating well after weight loss surgery, was packed with creative recipes-- not one had potatoes, white bread, and sugar needlessly crammed into nearly every recipe. The other books I've bought for WLS cooking, although not as good as that book, in my opinion, also contain very good choice whole food ingredients. In this book, however, even the tomato soup has potatoes as one of the main ingredients (why would you do that?), and even some egg recipes have bread. There is an entire breakfast chapter devoted to omelets with basic ingredients and fancy names, a couple with bread, a cream of wheat recipe where you simply add protein powder, and I don't need to pay for a book to know that tip, French toast, using bread and basically your average French toast, which again, you don't need a recipe book for, and then pages upon pages of muffins using flour and other ingredients we're told to avoid.

[Download to continue reading...](#)

Recipes for Life After Weight-Loss Surgery, Revised and Updated: Delicious Dishes for Nourishing the New You and the Latest Information on Lower-BMI Gastric Banding Procedures Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) The BIG Book on the Lap-Band: Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG Books on Weight Loss Surgery 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Weight Watchers: The Best Proven Tips, Tricks &

Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Life After Weight Loss Surgery: Achieving and Maintaining Massive Weight Loss Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

[Dmca](#)