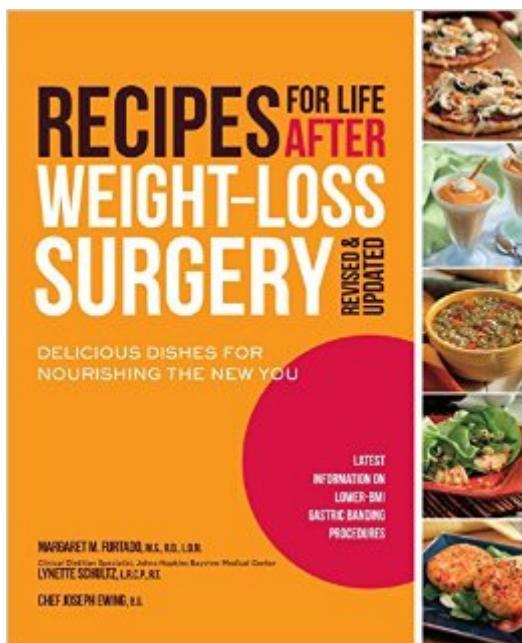


The book was found

# 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

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## 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.

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