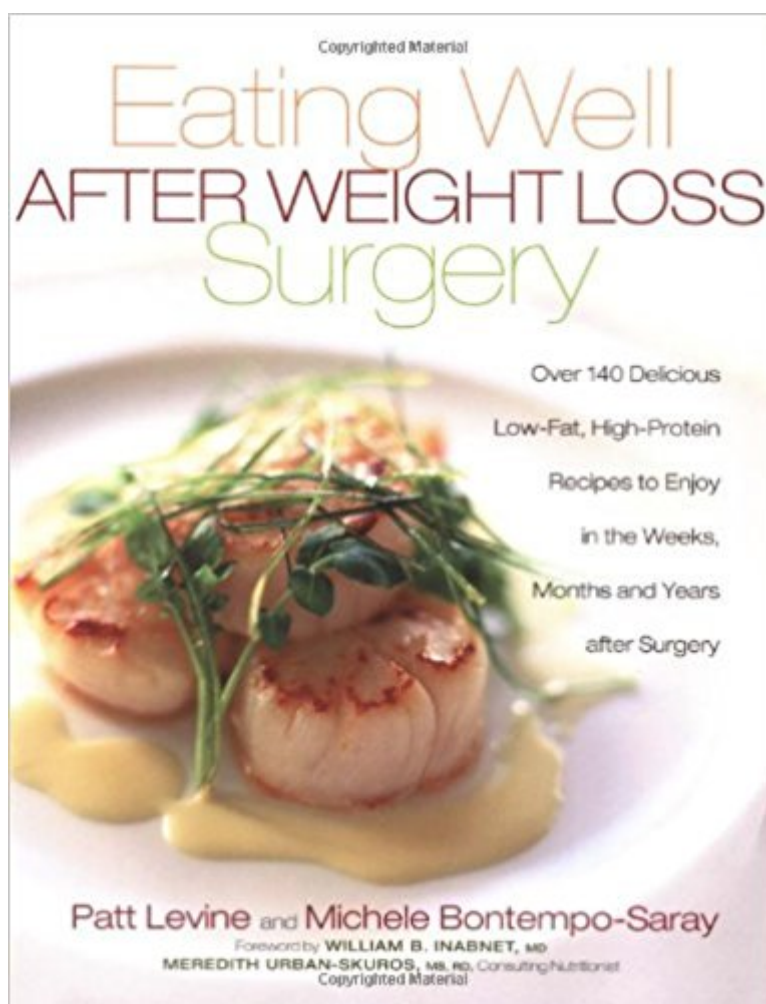


The book was found

Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes To Enjoy In The Weeks, Months And Years After Surgery





Synopsis

In April 2003 Patt Levine underwent "Lap-Band" gastric surgery, one of the primary bariatric surgeries being widely practiced today. As a lifelong foodie, she was expecting the worst when her surgeon's nutritionist handed her dietary guidelines to follow post-surgery, and she was right. With her decades of cooking skills, she immediately set out to devise low-fat dishes that would be just as delicious pureed and chopped as they would be served whole. As an added problem, she wanted to cook for her husband at the same time. This first-ever cookbook for the hundreds of thousands who are lining up for bariatric bypass surgery is proof that it can be done. With collaborator Michele Bontempo-Saray, the author has created 125 recipes that contain no added sugar, are very low in fat, and get their carbohydrates almost exclusively from fruits and vegetables. Each recipe includes specific guidelines for preparation of the dish for every stage of the eating programs for Lap-Band, gastric bypass, and Biliopancreatic Diversion Duodenal Switch (BPD-DS) patients, as well as suggestions for sharing meals with those who have not gone through gastric surgery. Creative recipes cover every meal and food—breakfast and brunch, soups, vegetables, main courses, and sweet indulgences.

Book Information

Paperback: 193 pages

Publisher: Da Capo Press; 1 edition (July 2, 2004)

Language: English

ISBN-10: 1569244537

ISBN-13: 978-1569244531

Product Dimensions: 7 x 0.5 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 378 customer reviews

Best Sellers Rank: #17,325 in Books (See Top 100 in Books) #24 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #87 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #180 inÃ Â Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

Features special guidelines to help you prepare each dish for every stage of the Lap-Band, gastric bypass, and Biliopancreatic Diversion/DS (BPD/DS) post-op eating programs, as well as for family and friends who have not had weight loss surgery.

PATT LEVINE, a professional writer who has been a serious cook for many years, had has several recipes published in Gourmet magazine. She developed this post-surgery eating plan after her own weight loss surgery in early 2003. MICHELE BONTEMPO-SARAY is an art director and graphic designer who has worked in both the fashion and home furnishing fields. They both live with their husbands in New York City.

Hoping to get plenty of tips! Still reading it but so far so good. Very helpful.

This book has become a post-op go-to after my VSG. The serving and portion info bracketed along each recipe is extremely helpful. If living with and cooking for others who have not undergone surgery these recipes really hit the mark. I have made the no-noodle zucchini lasagna several times for people with rave reviews.

I am not happy. The pictures of the recipes do not show up on y Kindle. I want my money back.

I wanted to start changing my eating habits now, before I have even started my WLS journey. (I go to seminar/ schedule consult 7/24) Since this is all new to me I wanted to find a book that not only gave me ideas on what I can eat, also provided recipes. Pictures would have been a nice addition, but I think the idea is not to entice people to be hungry. (Which who doesn't get hungry looking at a cookbook full of yummy looking food?) What I like most about this book is the fact the food can service you throughout the whole journey, once you pass the liquid stage. If I find something I really like and tastes great, I can have it pureed or mushy or as it is when I cook it. That is a huge plus I believe for someone who is struggling to find appropriate foods post surgery.

I have been worried about how I could make healthy, nutritious meals that my family can also enjoy after weight loss surgery. This cookbook has some fantastic and delicious recipes that meet my nutritional needs as well as my families. I also love that there is surgery-specific information so that, no matter what post-surgical stage you are at or which procedure you had done, you can still use this cook book. Well done!

I am looking into a by pass and this has given me great info.

Lots of ideas in this book. Good for anyone that has had WLS.

One of my favorite recipe books for bariatric patients!

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

Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Bariatric Cookbook: Lunch and Dinner bundle Æ Æ 3 Manuscripts in 1 Æ Æ 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Bariatric Cookbook: BREAKFAST to LUNCH bundle Æ Æ 3 Manuscripts in 1 Æ Æ 120+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein ... Recipes for Post Weight Loss Surgery Diet Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Gastric Sleeve Cookbook: MAIN COURSE - 60 Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes for Lifelong Eating Style After Weight ... (Effortless Bariatric Cookbook

Series 2) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)