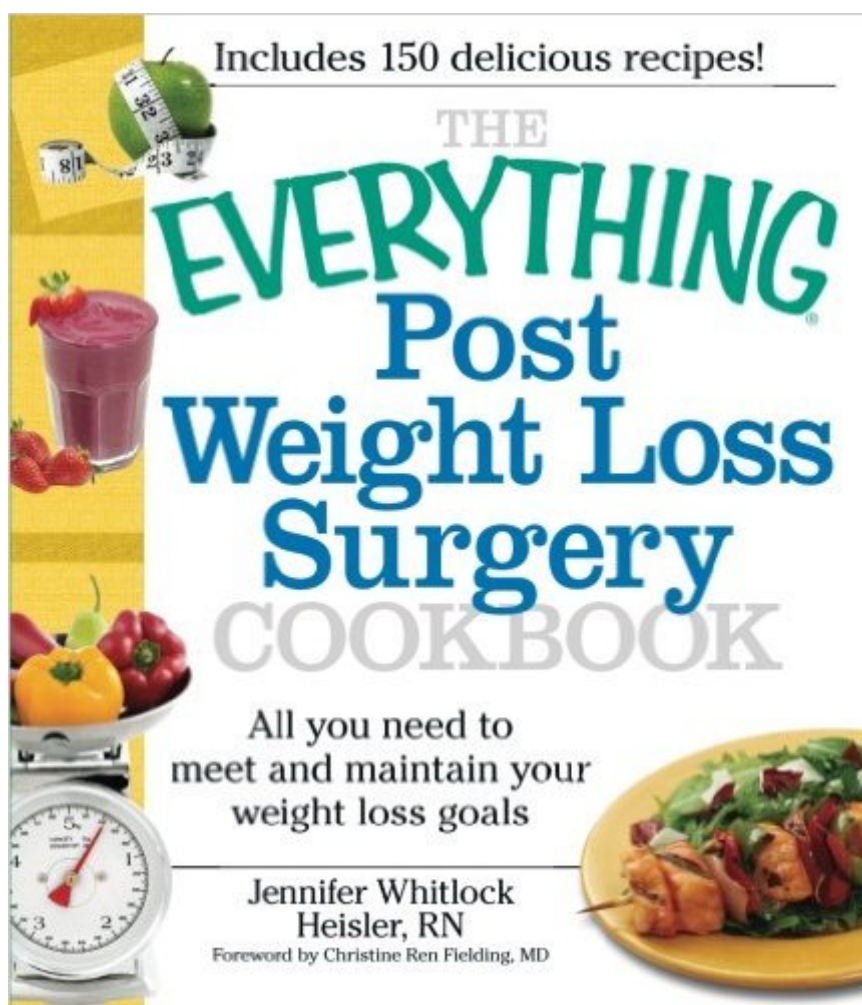


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# The Everything Post Weight Loss Surgery Cookbook: All You Need To Meet And Maintain Your Weight Loss Goals



## Synopsis

If you're contemplating weight loss surgery (WLS), then you probably already know that the truly hard work will begin after the operation. That is when you have to deal with the emotions that come after WLS, getting enough exercise to keep off the weight, and eating the correct portions of nutritious, low-fat foods. Luckily, *The Everything Post Weight Loss Surgery Cookbook* can guide you through it all--from watching for medical complications and changing your wardrobe to whipping up delicious meals. Inside you'll find 150 tempting recipes like: Very Berry Smoothie, BBQ Pulled Chicken, Tequila Lime London Broil, Creamy White Chicken Chili, Italian Cheesecake, Seared Scallops with Apricot Orzo Salad. In this helpful manual, surgical nurse Jennifer Whitlock Heisler presents you with all the facts you need to recover from WLS the healthy way. Whether you're questioning what comes next or dealing firsthand with complications, you'll find comfort and practical advice in this one-stop resource.

## Book Information

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## Customer Reviews

I received this book after waiting several weeks for its release. I am extremely disappointed! The title is "The Everything Post Weight Loss Surgery Cookbook" but over 75% of the book is about everything PRE-surgery! And to call it a cookbook, what a joke. Out of 22 chapters only 9 are dedicated to recipes. When I read the word cookbook I assume it means that it is full of recipes and kitchen tips and tricks. This book is a complete waste of time and money for anyone who is already

"Post" surgery. Those considering surgery may get some use out of it but there are several other books that I read before my surgery that I found to be more informational.

I am almost 2 years post op (RnY) and I have lost 180lbs. I am ALWAYS on the lookout for ideas and recipes that are good for me and my non-op husband that taste great. I picked this book up at the library and should have thumbed through it there because it was not worth my bringing home. The first recipe I flipped to was Kiwi Mango Smoothie (p. 179) 3 grams of protein and 200 grams of carbohydrates!!! 200g carbs - that is a weeks worth of carbs for what might as well be NO protein. Other recipes include ingredients like BROWN SUGAR -- not substitute!! Be very wary of this book and the recipes in it. While it might give you some ideas to modify with better choices -- you are better off saving your money and just visit WLS cooking blogs.

There are 150 recipes in The Everything Post Weight Loss Surgery Cookbook. Among the recipes is an entire chapter of comfort foods made healthfully. The chapters of the book are as follows: 1. Introduction to Weight Loss Surgery 2. Recovering From Your Surgery 3. Types of Weight Loss Surgery and Special Needs After Surgery 4. Establishing and Meeting Your Goals 5. The First Six Months 6. Emotional Issues After Weight Loss Surgery 7. Exercise After Weight Loss Surgery 8. Wardrobe Issues 9. How to Eat and Drink After Weight Loss Surgery 10. Grocery Shopping After Weight Loss Surgery 11. How To Cook After Weight Loss Surgery 12. Breaking Through a Weight Loss Plateau 13. Long Term Success 14. Liquid and Soft Food Recipes 15. Marinades, Dressings and Rubs 16. Poultry 17. Pork and Beef 18. Fish and Seafood 19. Guilt Free Comfort Food 20. Side Dishes 21. Soups 22. Desserts and Snacks

I bought this book thinking that I would find even more information than I already had. Not so. Advice wise there was nothing new. For anyone who is even thinking about Gastric Bypass Surgery you can't beat "Weight Loss Surgery for Dummies". Having said that, some of the recipes were pretty tasty.

This is a very disappointing book! I only was able to use 1 recipe out of this book and I am in my 5 week post-op! There are several other great books that list recipes better and tell you how to use the recipes for the different stages.

This truly is a book about the "whole deal" rather than just recipes. The advice is great and has

been SO valuable in preparation for weight loss surgery. Simply written, easy & fast to read, and tons of good reminders, tips, and practical advice that is easy to miss when preparing for a big life change (like shopping and getting prescriptions filled before surgery so you are OK to just focus on healing when you return home...simple and something that is intuitive...but is also easy to miss when you've got a lot going-on in life.) These kinds of tips are thrown-in to larger explorations of the process, what to expect, myths about surgery, and recipes that are fantastic for anyone!

I ordered this book because of the title and thought I was getting some good LO CARB recipes because after surgery that is what we need and I could not believe how many carbs are in the recipes. It is awful and if I hadn't wrote in it , I would send it back.

I'm preparing for my gastric bypass next month. While I already knew some of the information in there, I am always thankful for reminders. I particularly liked the section on what to expect in the weeks and months following the surgery. It may be too basic for some readers who are post-op, but very informative for those of us in the waiting game for our surgery. I only received the book two days ago, so I haven't tried the recipes. They look like recipes the average person can make without too much difficulty. Because chicken is considered a more easily digestible protein than other meats, there are several recipes with it. I have perused the marinade section alone and can have chicken with a different marinade for many nights before any one recipe gets old. Overall, I think this is an excellent book especially for those of us who don't want to live on protein shakes and bars forever after surgery. This book is for you if you want a variety of recipes and helpful tips for surviving the post-surgery phase.

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