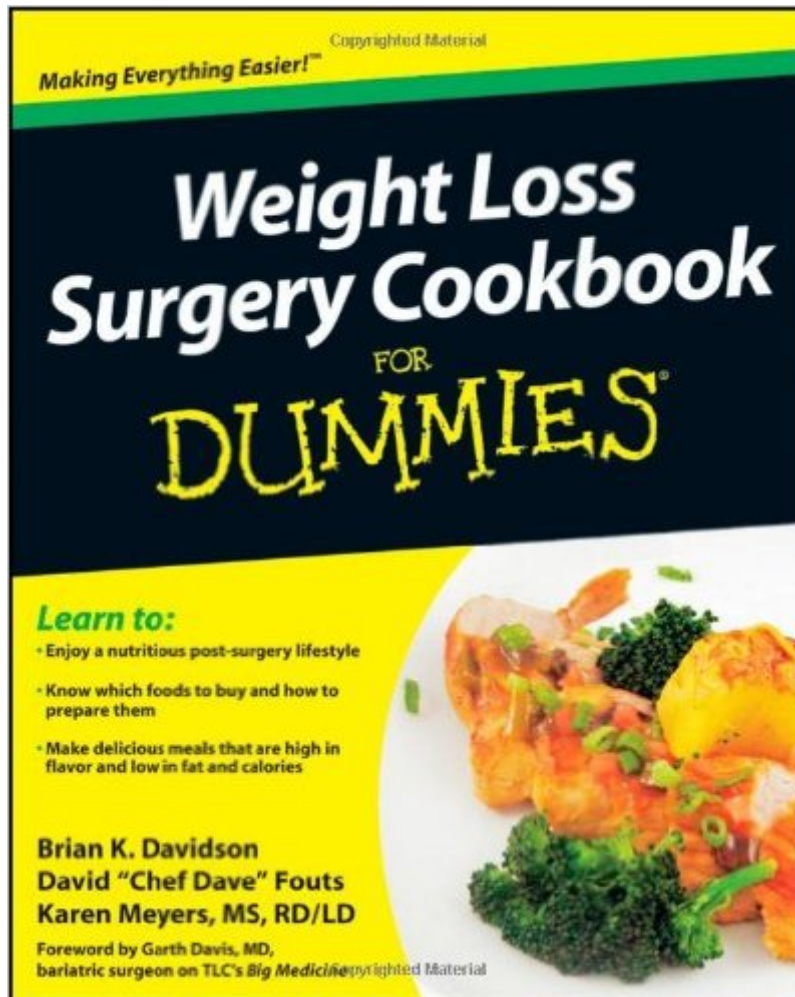


The book was found

Weight Loss Surgery Cookbook For Dummies



Synopsis

A practical, empowering guide to maintaining your weight after weight loss surgery **Weight Loss Surgery Cookbook For Dummies** is a book about food and maintenance: what foods to buy, how to prepare them, and how to enjoy a nutritious post-surgery diet. It helps you solidify new eating habits and enjoy some new recipes, as well as better understand nutrition and your food intake so that you can maintain your weight long after surgery. Features simple, delicious meals that conform to post-weight loss surgery requirements Offers easy-to-prepare recipes that are high in flavor and low in fat and calories, that you can eat immediately after your surgery and beyond **Weight Loss Surgery Cookbook For Dummies** makes it easy to shed the pounds and keep them off!

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (201 customer reviews)

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Customer Reviews

I had Gastric Bypass August 1st 2011. I wish that I would have known about this book before hand. I was lost on what to drink during the first few weeks post op. This book gives you the stages at what to eat in weeks. So if you are 2 weeks post op there is recipes for you and they are marked. It also gives you advice that you often forget after your appointments with the nutritionists. I have tried many recipes out of this book and have found alot that I use almost every day. I recommend getting this book before you have surgery though. It will save you alot of money on buying things that you really dont need!!!

The Dummies' books are always on point with information. This book is no different. I bought it for the recipes but found it to be loaded with so much useful information for post WLS. The simple

things like distinguishing how to measure portion sizes and cooking measurements have been a lifesaver! This book is a must have, its not a book to read and put down but more of a reference to be used over and over.

Not just a cookbook, only about half of the book is recipes. The first half of the book explains how your life will change once you have had weight loss surgery. I wish I would have bought this book prior to having my surgery. it also gives you guides to eating out, the stages of eating again, how to get enough nutrients in such small amounts of food, and how to keep from getting sick when you first start eating again.

I had 'the sleeve' a few weeks ago and purchased this book about a week before the surgery. While not specific to the type of surgery I had, the information provided in this book went a long way to helping answer a lot of questions I didn't remember to ask at the doctor's office. In addition to letting me know what to expect from my body after surgery, it showed me how to reorganize my kitchen to eat healthy and answered questions about cooking, measuring and stocking my kitchen I didn't even know I had. I've always hated anything relating to food preparation, but the information and recipes in this book made being in the kitchen not just bearable, but almost enjoyable! A friend (who did not have bariatric surgery) skimmed through the recipes and ended up buying the book herself. She said it's the most comprehensive collection of healthy recipes she's read and it works for everyone - not just those who've had bariatric surgery. If you're thinking about any type of bariatric surgery, get this book. If you want to learn how to make healthy, delicious meals for you and your family, get this book. If you hate being in the kitchen and make reservations more than dinner, get this book.

In planning for my life as a post-op gastric bypass person, I wanted to know what kind of foods I would be able to eat and in what form/fashion. In contemplating the future changes to my diet, I had often wondered exactly what I would be allowed/able to eat. After reading this book, with all its helpful information, I have a much clearer understanding of how broad my nutritional horizons will actually be after surgery and for the rest of my life. Thanks to the author(s) and publishers for this excellent tool! I also recommend the following link [Weight Loss Surgery For Dummies](#)

I recently had weight loss surgery and was looking for some recipes to help me through this process. This book is GREAT and has a lot of ideas. I showed it around my support group and

several of them are going to order it. A great tool to help you reach your goal.

Diabetes is serious and has to be addressed. This cookbook is much more than a cookbook. It is full of information from snacking, meal plans, eating out and has great recipes and tells you how to manage diabetes and substitutes when eating. Great tool. I use it on the regular.

Not JUST for weight loss surgery patients! I had a gastrectomy 3 years ago and had to wing it afterward because I was in a foreign country and there wasn't any real after care. What I would have done for a resource like this one! The thing is, it is still incredibly useful to me at this point, 3 years post surgery. I have many of the same issues post weight loss surgery patients do, and many of the recipes in this wonderful cookbook work for me. There are a few foods I can't tolerate at all, so I haven't made every recipe, but I have made several. I HIGHLY recommend this book to anyone who wants to make delicious, healthy food that won't make you feel like you are eating "diet food" or sacrificing flavor. Some of the recipes are more comfort food oriented and some even will work well for when you want to impress others at a gathering. I'm so pleased to have this book and find myself reaching for it often!

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