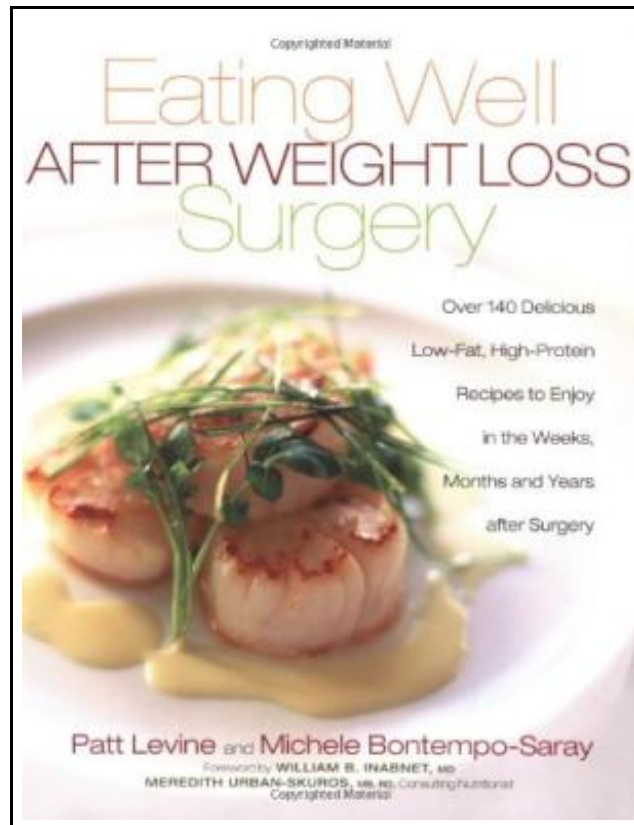# Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery

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Reviews

Basically no terms to clarify. It can be writter in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.
(Dr. Hazel Ziemann IV)

EATING WELL AFTER WEIGHT LOSS SURGERY: OVER 140 DELICIOUS LOW-FAT HIGH-PROTEIN RECIPES TO ENJOY IN THE WEEKS, MONTHS AND YEARS AFTER SURGERY

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Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery, Patt Levine, Michele Bontmpo-Saray, William B. Inabnet, Meredith Urban, 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.

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