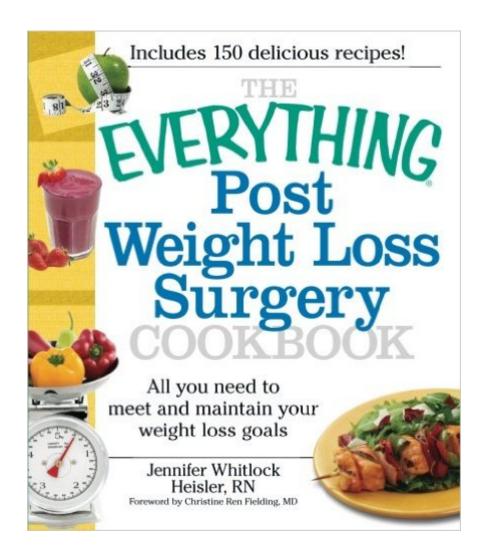
## The book was found

# 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 SmoothieBBQ Pulled ChickenTequila Lime London BroilCreamy White Chicken Chililtalian CheesecakeSeared 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**

Series: Everythingà ®

Paperback: 304 pages

Publisher: Adams Media; 1 edition (August 18, 2010)

Language: English

ISBN-10: 1440503869

ISBN-13: 978-1440503863

Product Dimensions: 8 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews (64 customer reviews)

Best Sellers Rank: #36,415 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #155 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #408 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight

Loss

#### **Customer Reviews**

I recieved this book after waiting several weeks for it's release. I am extremly 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 condsidering 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 Surgery2. Recovering From Your Surgery3. Types of Weight Loss Surgery and Special Needs After Surgery4. Establishing and Meeting Your Goals5. The First Six Months6. Emotional Issues After Weight Loss Surgery7. Exercise After Weight Loss Surgery8 Wardrobe Issues9. How to Eat and Drink After Weight Loss Surgery10. Grocery Shopping After Weight Loss Surgery11. How To Cook After Weight Loss Surgery12. Breaking Through a Weight Loss Plateau13. Long Term Success14. Liquid and Soft Food Recipes15. Marinades, Dressings and Rubs16. Poultry17. Pork and Beef18. Fish and Seafood19. Guilt Free Comfort Food20. Side Dishes21. Soups22. 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 receipes because after surgery that is what we need and I could not believe how many carbs are in the receipes. 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.

#### Download to continue reading...

The Everything Post Weight Loss Surgery Cookbook: All you need to meet and maintain your weight loss goals Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss

Surgery (The BIG Books on Weight Loss Surgery 4) The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) The BIG Book on the Lap-Band: Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG Books on Weight Loss Surgery 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Picking and Sticking with New Year's Resolutions beyond January (Inspiration, quick read): On the road to your goals (New Year's Resolution, goals, organization) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything (Parenting)) Florida Gardener's Handbook: All You Need to Know to Plan, Plant & Maintain a Florida Garden

Dmca