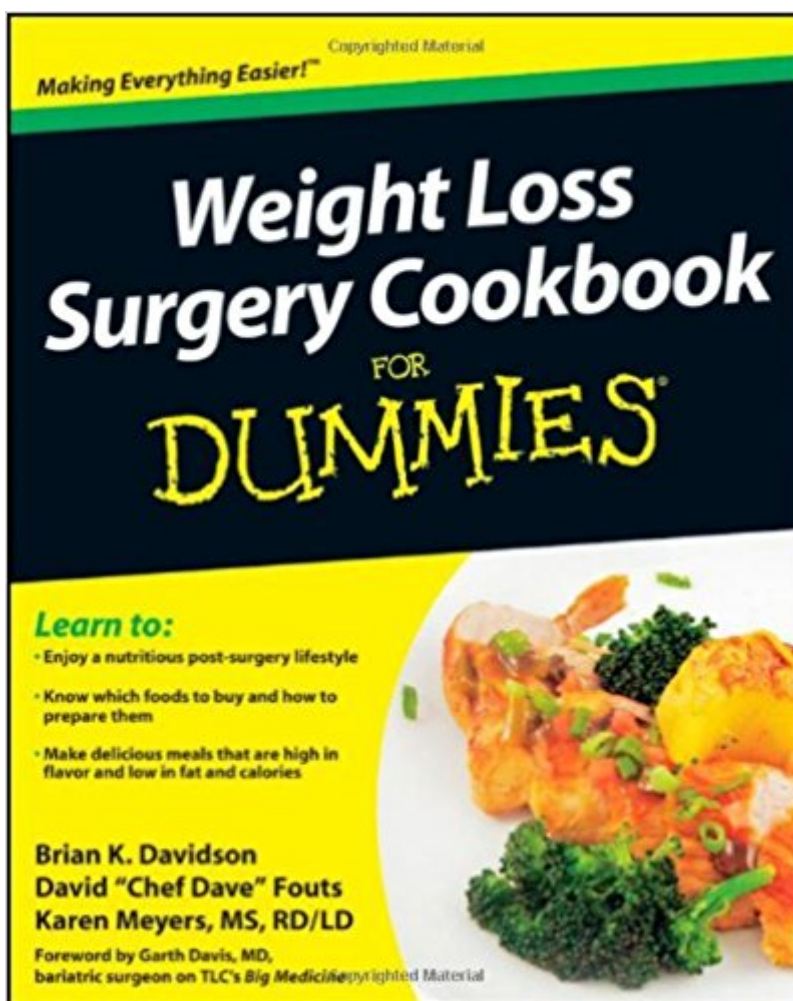


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# Weight Loss Surgery Cookbook For Dummies



## 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

Paperback: 368 pages

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Average Customer Review: 4.4 out of 5 stars 225 customer reviews

Best Sellers Rank: #101,715 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #120 in [Books > Medical Books > Medicine > Surgery > General Surgery](#) #312 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

Get empowered to lose weight and keep it off after surgery This friendly, hands-on guide is all about 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 loss long after surgery. Get to know the new you

- discover dietary guidelines from day one after the surgery, and on through the four stages that lead up to eating regular foods (clear liquids, full liquids, smooth foods, and soft foods)
- Stay on course
- find out how healthy eating plans, portion sizes, nutrition, food diaries, and wise food choices can help you keep the weight off after surgery Start cookin', good lookin'
- start making healthy, hearty, and delicious dishes for meals from breakfast through dinner,

organized by type of food for quick reference Enjoy snacks, salads, and more • get simple and scrumptious recipes to enjoy anytime, from smoothies and appetizers to soups and sides  
Open the book and find: Dietary guidelines and menus for clear liquids, full liquids, smooth foods, soft foods, and regular foods Tips on meal-planning, setting up your kitchen, and stocking your pantry Coverage of common cooking methods Proper portion sizes for you to stay on track  
Easy-to-find ingredients and nearly 150 easy-to-prepare recipes Nutrition information included with each recipe Ten tips for long-term success

Brian K. Davidson is the coauthor of *Weight Loss Surgery For Dummies*. David "Chef Dave" Fouts is the exclusive chef for *WLS Lifestyles* magazine. Karen Meyers, MS, RD/LD, is a registered, licensed dietitian and certified personal trainer.

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.

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!

Had the sleeve done in April, 2015 and wish I had this book during the six month pre-op prep. Very helpful and easy to follow.

This didn't have quite what I expected. I thought it would be less texty (yes I know, it's a book). But

maybe some more photos of the recipes would have been nice.

I have read most of this book pre-surgery, I feel better but still daunted by what lays ahead! The recipes look wonderful and very helpful to know what I can eat at every stage and beyond. I think this is a must read prior to your surgery no matter which WLS you will be having or considering before even deciding if this is for you. I am a big fan of the For Dummies books and have at least 3 and have borrowed them on a number of subjects, always informative and the cartoons are always amusing.

It was \*OKAY\* BUT is geared toward ONE surgery - the gastric bypass. Since I have a vertical sleeve, the majority of the information didn't apply to me. The recipes are good though and are relevant to anyone, surgery or not.

The white loss after surgery cookbook for Demis was very informative and easy to understand. The recipes are good and I have enjoyed using them. There are more recipes I want to try and I am very excited about that.

I would recommend this book for anyone having bariatric surgery and their families who want to help them stay on track and to eat right. It is easy to understand and laid out in a great step by step organized plan for recovery and maintenance. Some very good recipes, too.

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