

Weight Loss Surgery Cookbook For Dummies

By Brian K. Davidson, David Fouts, Karen Meyers

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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!

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Weight Loss Surgery Cookbook For Dummies By Brian K. Davidson, David Fouts, Karen Meyers Bibliography

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Editorial Review

From the Back Cover
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

About the Author
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.

Users Review

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