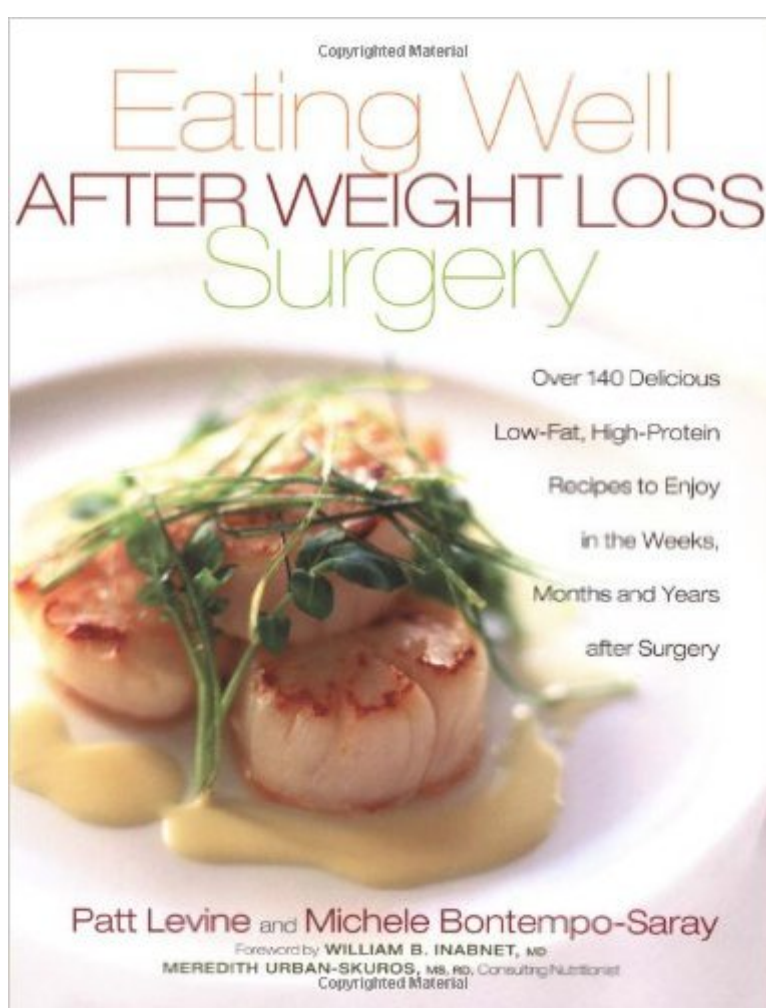


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# Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes To Enjoy In The Weeks, Months And Years After Surgery



## Synopsis

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&#151;breakfast and brunch, soups, vegetables, main courses, and sweet indulgences.

## Book Information

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## Customer Reviews

You know, one of the reasons I underwent a gastric bypass surgery in December was to escape the hordes of diet religionists--those odd folks who have found the solution to their dietary woes and will proselytize until the cows come home!Enough, says I, of no-carb, low-carb, non-fat, low-fat, this, that and the next! Surgery so altered my body that many of the choices I once made are invalid--out

of my hands! I can't eat the crap that made me fat anymore because now it makes me sick. And yet, imagine my dismay when, recovering from surgery, I found even more no-carb religionists among my surgically altered compatriots. One woman's intolerance of my ideas was such that I had to filter her e-mail directly into the trash! Even though I had now an anatomy that wouldn't tolerate certain foods, she insisted that I had to further subjugate myself to her odd notions of nutrition. No carbs ever again! And so it was with a sigh of relief that I opened this book to read my new mantra: all in moderation. After all, surgery means that you can eat what you love. You can have good food and love it. What you can't do is binge. What you can't do is make a meal of fat and sugar. And this book points the way. Salads, entrees, desserts, it's all here. And more: suggestions on how to change the contents of your refrigerator and pantry to make eating easier. After all, life after surgery need not be deprivation. Most of us got fat on deprivation and our inevitable gut-busting reaction to that, so a book that tells me how to enjoy what I now eat is a wonder to behold. Thank you, Ms Levine! And thanks to my friend Laureen who recommended it!

My husband had bariatric surgery in June. When we arrived at the solid food stage, I was in a panic as to what to cook. Moist low fat and tasty food was quite an order. I have made several recipes from this book and they have been really delicious and satisfying, not just a concession to the bariatric diet. They are not too fussy to prepare and a joy to serve and eat. When I first made the scallops in garlic and wine sauce my husband could not get over how delicious they were. This is a great cookbook whether you have had bariatric surgery or not and I highly recommend it to anyone. Low fat delicious food is for everyone.

Potential buyers should know that this book's usefulness is not limited to those who have undergone weight loss surgery. It is also of tremendous value to people recovering from dental work or jaw surgery, where soft or liquid diets are of necessity for a length of time. As someone who has experienced this type of surgery, I can attest to the desire for flavorful meals, beyond what can be found in typical shakes, soups and purees. This book is the answer. The recipes are varied, well-written, and most importantly, produce delicious results. Patt Levine has done an amazing job of creating a valuable resource for people who have gone through a trying physical ordeal, and now long to resume a sense of normalcy. Since so much of our lives revolves around what we eat, this book is a must-have!

I'm so pleased with this book. Now I'm one month out of surgery, and make one of the recipes

weekly(which lasts for four days, i.e., four servings per recipe, and the other meals in my day normally consist of protein shakes). The meals are yummy, easy to make, for the most part, and are healthy. Some ingredients are harder to find, but go online to get them, it's worth it.

I LOVE this book! It has the kind of recipes I loved to prepare prior to WLS, only in a new (for me) low-fat, high-protein way.I've prepared about 15 recipes from the cookbook and each and every one has been positively delicious - even in the early days when I had to puree them!I made the Beef Stroganoff the other night and it was so delicious (and smelled so good) that I couldn't wait to warm up the leftovers the next night.My family eats what I eat/prepare and they have really liked: Chicken Breasts with Creamy Tomato Sauce, No-noodle Zucchini Lasagna, Asian Marinated Scallops, Shrimp Italiano, Moussaka, Shrimp with Coconut-Curry Tomato Sauce, Tofu and Veggie Curry and several of the egg dishes.The other thing I absolutely love is that each recipe has it's own nutritional information - seeing how much protein and calories each dish has, along with other nutrients, is so important! The authors also include information about how to prepare each item during each stage of the post-surgery process (less than 4 weeks, 4-8 weeks, etc.)The less-than-positives (which shouldn't stop you from buying this book NOW) is one recipe that I needed to "doctor" (Orange-ginger Tofu - easily rescued with more orange juice and zest) and the fact that I never looked at slicing veggies like eggplant and zucchini horizontally &/or vertically, as is written in the book (shouldn't it be lengthwise &/or crosswise??) - this created some discussion amongst my family members!Yes, some of the recipes take a little bit of time - cook on the weekend and portion out for your other meals. And some use ingredients that are a little more expensive - buy on sale or consider what you are saving by not buying Haagen Daz and chips and avoiding fast food a couple times a week!Trust this Italian foodie - this is good, real food!

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