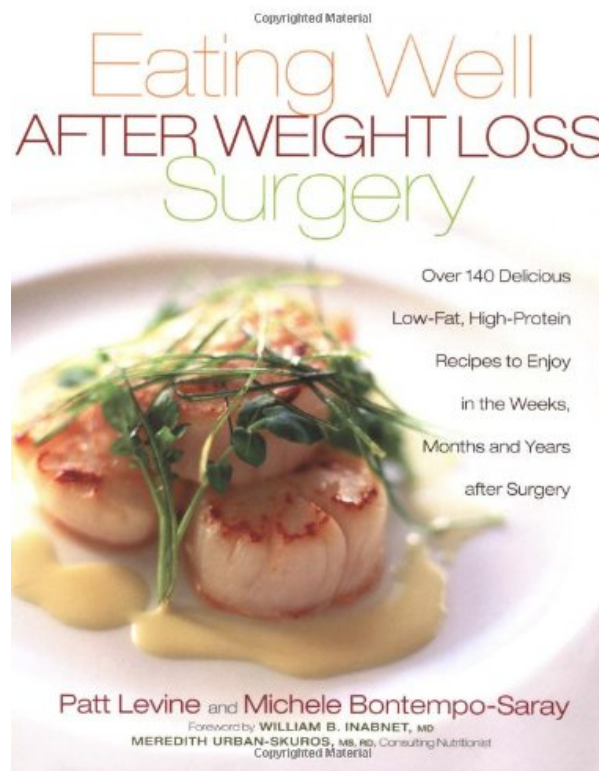


# EATING WELL AFTER WEIGHT LOSS SURGERY: OVER 140 DELICIOUS LOW-FAT HIGH-PROTEIN RECIPES TO ENJOY IN THE WEEKS, MONTHS AND YEARS AFTER SURGERY

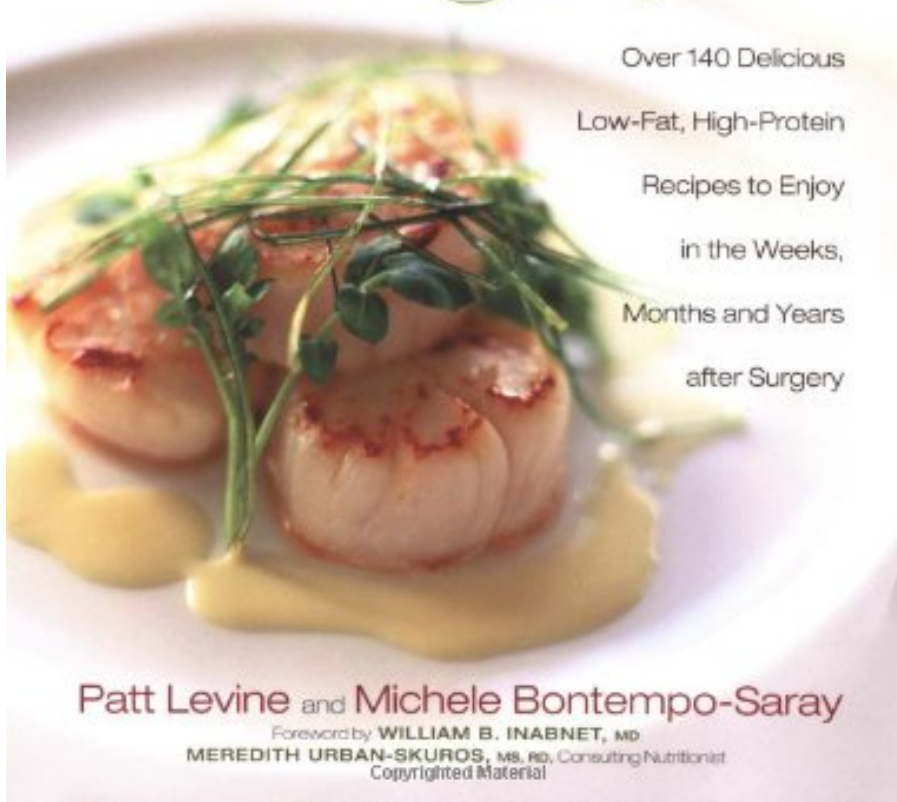


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# Eating Well AFTER WEIGHT LOSS Surgery



Over 140 Delicious  
Low-Fat, High-Protein  
Recipes to Enjoy  
in the Weeks,  
Months and Years  
after Surgery

Patt Levine and Michele Bontempo-Saray

Foreword by WILLIAM B. INABNET, MD  
MEREDITH URBAN-SKUROS, MS, RD, Consulting Nutritionist  
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## From the Publisher

Features special guidelines to help you prepare each dish for every stage of the Lap-Band, gastric bypass, and Biliopancreatic Diversion/DS (BPD/DS) post-op eating programs, as well as for family and friends who have not had weight loss surgery.

## About the Author

PATT LEVINE, a professional writer who has been a serious cook for many years, had has several recipes published in Gourmet magazine. She developed this post-surgery eating plan after her own weight loss surgery in early 2003. MICHELE BONTEMPO-SARAY is an art director and graphic designer who has worked in both the fashion and home furnishing fields. They both live with their husbands in New York City.

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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.

- Sales Rank: #9672 in Books
- Brand: Brand: Da Capo Press
- Published on: 2004-07-02
- Original language: English
- Number of items: 1
- Dimensions: 9.12" h x .50" w x 7.00" l, .90 pounds
- Binding: Paperback
- 193 pages

## Features

- Over 140 Delicious Low-Fat, High-Protein Recipes
- Recipes for the Weeks, Months and Years After Surgery
- Foreword by William B. Inabnet, MD
- Meredith Urban-Skuro, MD, RD, Consulting Nutritionist

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worked in both the fashion and home furnishing fields. They both live with their husbands in New York City.

Most helpful customer reviews

5 of 5 people found the following review helpful.

Tasty recipes so far but...

By Dawn Kyle

I've tried a few recipes and they were tasty.

The different serving size for each type of surgery and post op progress is very detailed with nutritional information.

The difficulty I have is the names of the recipes. Have to read in detail each recipe to figure out what it is. Many of the ingredients are hard to find unfortunately. But I'm in a medium sized Canadian city.

You must purchase a very wide variety of ingredients as each recipe does not have much ingredient overlap.

The instructions are very detailed. There is a lot of recipes.

I will be experimenting with completely new ingredients as the recipes seem "fancy". I am glad I bought a few cookbooks at the same time as this is not my go-to cookbook for everyday cooking for my children and hubby. I prefer a different "fresh start" for my go-to cookbook for my post surgical life style change.

11 of 12 people found the following review helpful.

Yummy little cookbook!

By Ashton.

I lost about 70lbs in about 6mo or so and since then have hit a large plateau. I did so with keto, over exercising and many other unhealthy habits. Trying them now after a tolerance has given me a roadblock. I got this and am proud to say I've broken my plateau! With this and a few other cookbooks, I've used the meals, portion control, cutting down on salt, sugars and sodas, upping water intake and exercising like I get paid to do it (which I already do working at Amazon) I'm on my way to being as healthy as I look. I really recommend giving this a read if you're looking for simple, yummy meals to help give you energy and make you feel satisfied on your journey without the nagging cravings and grumbly tummies.

10 of 11 people found the following review helpful.

a good one for any healthy eater

By Kerry

This book has a lot of really good ideas for trying to wrap your mind about a new cooking style. I had VSG and wouldn't have thought of a lot of these dishes as options, but the ingredients are healthy and they sound delicious! There have been comments about this not covering VSG options, but I think it was probably written before VSG was a popular option for surgery, and really, there is not a difference in the food prep from other surgeries. Once you're past the first few weeks of special diets it doesn't matter anyway.

I'd recommend this cookbook because it has a lot of interesting recipes (lots of seafood!) and easy to follow directions.

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