



**Recipes for Life After Weight-Loss Surgery,
Revised and Updated: Delicious Dishes for
Nourishing the New You and the Latest
Information on Lower-BMI Gastric Banding
Procedures**

Margaret Furtado, Lynette Schultz, Joseph Ewing

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Weight loss surgery is only the first step to maintaining a healthy weight. Post-surgery is when it is most important to maintain proper eating habits with the right balance of nutrients. *Recipes for Life After Weight-Loss Surgery, Revised and Updated* provides you with a variety of tasty meals that are tailored for each stage of your post-operative eating plan. Included are meal plans, pantry lists, and 200 recipes that are delicious and specifically tailored to weight-loss surgery requirements:

- Zucchini Frittata with Capers and Olives
- Lavender-Blueberry Muffins
- Sesame-Glazed Salmon
- Fall Harvest Pumpkin Soup

This revised and expanded edition includes 50 new recipes with nutritional analysis, meal plans for each post-op stage, and the latest information on weight loss surgery and procedures.

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