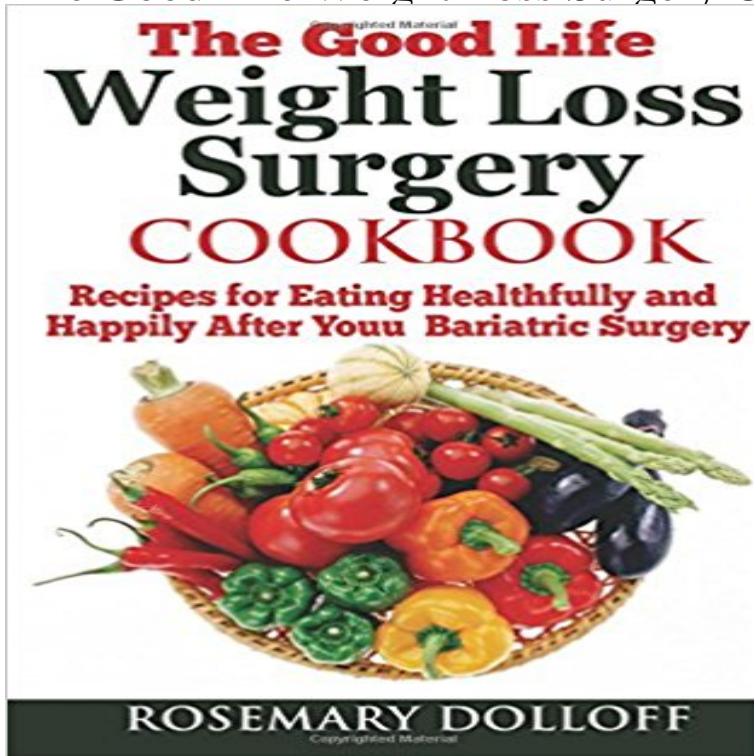


The Good Life Weight Loss Surgery Cookbook



Cooking is one of many challenges after weight loss surgery. This simple, clearly written recipe book helps you stay focused on your diet and health with 32 tasty, easy-to-prepare meals that your whole family can enjoy. The recipes are classified under breakfast, lunch, dinner, and snacks to match standard post-surgery diets. Servings are calculated to total 1 to 1-1/2 cup, making it easy to stay within the limits of the eating plan recommended by your physician. Measurements can be multiplied to feed a companion or the entire family. Each recipe includes a nutritional breakdown listing calories, fat, carbohydrates, and protein. The meals feature high protein while keeping fat, carbohydrates, and sugar low. Most of the meals are suited for the solid foods stage of the diet but can be adapted for the soft foods stage. The healthy, delicious recipes include: Ham and Cheese Crustless Quiche Pan-Fried Scallops and Summer Squash Chicken Tortellini Salad Lamb Burgers with Feta Cheese Stuffed Portobello Mushrooms In the Snacks section, the author decodes the sugar and carbohydrate content of name brand protein shakes and energy bars and recommends the ones that taste the best and fill you up without sabotaging your diet. The recipes feature fresh ingredients easily found in your local supermarket, with easy cleanup afterward. Treat yourself to the great food in this book and enjoy your new, healthy lifestyle!

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