



The Everything Post Weight Loss Surgery Cookbook: All you need to meet and maintain your weight loss goals (Everything®)

Jennifer Heisler

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For weight-loss surgery (WLS) patients, the hard work has only just begun when they return from the operation. That is when they deal with potential complications from surgery, the emotions that come after WLS, getting enough exercise to keep off the weight, and eating the correct portions of nutritious, low-fat foods. The Everything Guide to Post-Weight Loss Surgery guides them through it all. Included are 150 delicious recipes like:

- Very Berry Smoothie
- Seared Tuna and White Bean Salad
- Chicken and Roasted Vegetable Quesadillas
- Pork Tenderloin with Cherry Sauce
- Berry Cheese Blintzes

In this helpful manual, surgical nurse Jennifer Heisler presents patients with all the facts they need to recover from WLS the healthy way. Whether questioning what comes next or dealing firsthand with complications, patients find comfort and practical advice in this one-stop resource.



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Laurel Ramer:

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