

# Recipes For Life After Weight-loss Surgery, Revised And Updated - , Lynette Schultz

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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. Author: Furtado, Margaret Author: Schultz, Lynette Publisher: Fair Winds Press Illustration: N Language: ENG Title: Recipes for Life After Weight-Loss Surgery, Revised and Updated Pages: 00320 (Encrypted EPUB) / 00320 (Encrypted PDF) On Sale: 2011-12-01 SKU-13/ISBN: 9781592334964 Category: Cooking : Health & Healing - Weight Control

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