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Cooking After Weight Loss Surgery: Recipes for Every Stage of Weight Loss After Surgery

Amy T Solen

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With 250 recipes you are sure to find something you will love during your weight loss journey. But this book isn’t just for those who are on a diet or bariatric patients, there are great recipes that can be used for the whole family to enjoy. This book is organized into sections to make it easier to find foods for each phase of post-op, by listing recipes by liquid, mushy and solid groupings. There are even 49 bonus recipes that weren’t supposed to be in the original book bringing the total count to 250. The index at the back of the book lists all the recipes and their page numbers to make it easier to find your favorite recipes time and time again

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