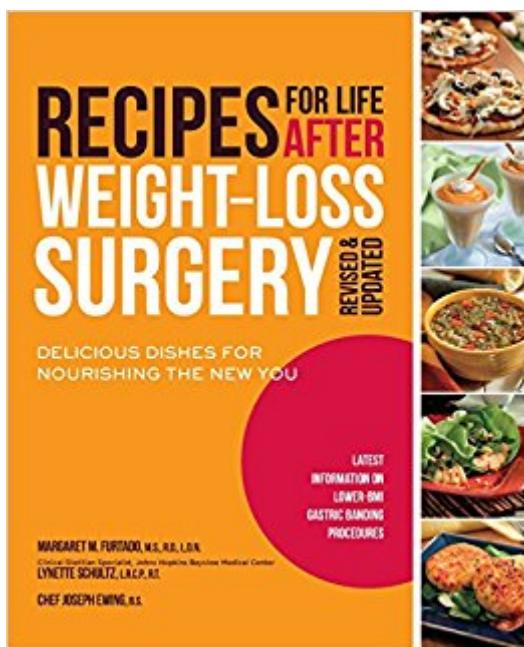


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# Recipes For Life After Weight-Loss Surgery, Revised And Updated: Delicious Dishes For Nourishing The New You And The Latest Information On Lower-BMI Gastric Banding Procedures



## Synopsis

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: à ” Zucchini Frittata with Capers and Olives à ” Lavender-Blueberry Muffins à ” Sesame-Glazed Salmon à ” 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.

## Book Information

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## Customer Reviews

Margaret Furtado, M.S., R.D., L.D.N., a registered and licensed dietitian-nutritionist with almost 20 years' clinical experience, is currently part of the multidisciplinary team at the Massachusetts General Hospital-MGH Weight Center, where she counsels patients on both medical and surgical weight loss (including gastric bypass and gastric banding procedures). Prior to working at MGH, Ms. Furtado spent 4 years working at Tufts New England Medical Center's (NEMC) Obesity Consult Center, providing both individual and group consultations for gastric bypass, gastric banding and BPD surgery patients. It was while at NEMC that she wrote *Recipes for Life After Weight-Loss Surgery*. Margaret earned her Master's degree in Nutrition and Dietetics at Florida International

University in Miami, FL., and her B.S. degree in Nutrition and Dietetics from the University of Rhode Island. Ms. Furtado lectures across the country on issues pertaining to weight loss surgery. Margaret Furtado, M.S., R.D., L.D.N., is a registered dietitian specializing in weight loss surgery at such renowned hospitals as Tufts Medical Center, Massachusetts General Hospital, and Johns Hopkins Bayview Medical Center. She is a member of the Allied Health Committee of the American Society of Metabolic and Bariatric Surgery (ASMBS), and gives talks related to bariatric surgery and nutrition throughout the United States. Margaret is also a blogger on Yahoo! Health, covering various topics related to nutrition and weight loss. She received her undergraduate degree in nutrition from the University of Rhode Island, and her M.S. degree in nutrition and dietetics from Florida International University, where she also completed her RD training. Chef Joseph Ewing, B.S., is a graduate of Johnson and Wales University, with a bachelor's degree in culinary nutrition and an associate of science degree in culinary arts. Joseph is currently doing his dietetic internship at the University of Maryland Eastern Shore.

Pan-Seared Steak Tips with Mushroom Gravy

**JOEâ™S TIP:** Try serving this delicious dish with rice or pasta and a side of sauteed vegetables.

**TEXTURE:** Regular

**INGREDIENTS:** "Cooking spray" 1 pound (455 g) sirloin steak, cut into 1/2-inch (1.25-cm) pieces 1 tablespoon (15 ml) extra-virgin olive oil 2 tablespoons (20 g) finely minced shallots 1 package (8 ounces, or 227 g) baby portabella mushrooms, sliced 1 teaspoon garlic, minced 1 tablespoon (15 ml) low-sodium soy sauce 3 tablespoons (23 g) whole-wheat flour 1 1/2 cups (355 ml) low-fat, low-sodium beef broth 1/2 teaspoon black pepper 1/4 teaspoon kosher salt 1/4 teaspoon dried thyme

**DIRECTIONS:** Heat a large skillet over medium-high heat. Coat the skillet with the cooking spray and brown the steak on all sides. Remove from the pan, and cover. Heat the olive oil in the pan and then add the shallots and mushrooms; sautÃ© for approximately 4 minutes, or until the mushrooms and shallots are cooked through. Next, add the garlic and sautÃ© for another 30 seconds. Stir in the soy sauce. Sprinkle the flour over the mushroom mixture, and cook for approximately 1 minute, stirring constantly. Gradually stir in the beef broth. Add the pepper, salt, and thyme, and bring to a simmer. Cook for approximately 4 to 5 minutes, or until the mixture is thickened. Add the beef back to the pan and cook for another minute.

**YIELD:** Makes 6 (about 3â•„4-cup) servings.

**NUTRITIONAL ANALYSIS:** Each with: Calories: 213.38 Protein: 24.31 g Carbs: 5.52 g Total Fat: 9.94 g Sat Fat: 3.20 g Cholesterol: 46.44 mg Sodium: 324.34 mg Sugars: 1.67 g Fiber: 0.95 g

I Love these recipes. They are healthy and tasty. I never thought that food was going to be good again after my surgery. My teenage son loves the dishes I make, so that should tell you something.

This book is a must have resource after weight loss surgery. Simple ingredients and easy to follow recipes that taste great. I love this book!

Margaret Furtado is spot on with this comprehensive book for people who are intent on giving themselves the proper nutrition after weight loss surgery. The recipes taste great, are easy to make and healthy. Margaret Furtado is truly a leading expert in this relatively new field of post weight loss surgery nutrition. Her background in working with the nation's leading weight loss programs gives her a great edge when providing instruction and creative ideas. Her suggestions are practical - anyone who has had weight loss surgery should have this important reference handy.

Excellent information on every Weight Loss Surgical treatment for before, during, and after. I got better information from this book than from the surgeon! Plus the recipes I have already began creating and enjoying yet 3 months still out from surgical date. Best book full of get information to make informed decisions about surgery, aftercare, and eating right for the rest of our lives!

This is great as it has some colored pictures and the recipes say pureed, soft, regular for the different eating stages after surgery. There is also good information in the beginning of the book.

as described, shipped fast

I had been full of questions & this book explains answers so many. I can live with the menus and foods listed for easy to make - allowed foods. I am anxious for it to be over now because I feel confident I can live with this - meals and food and smoothies!

This cookbook has not only excellent recipes and ideas, it has a wealth of information about weight loss surgery. I refer to this book all the time

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