



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

By Jennifer Heisler

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If you're contemplating weight loss surgery (WLS), then you probably already know that the truly hard work will begin after the operation. That is when you have to deal with the emotions that come after WLS, getting enough exercise to keep off the weight, and eating the correct portions of nutritious, low-fat foods. Luckily, *The Everything Post Weight Loss Surgery Cookbook* can guide you through it all--from watching for medical complications and changing your wardrobe to whipping up delicious meals. Inside you'll find 150 tempting recipes like:

- Very Berry Smoothie
- BBQ Pulled Chicken
- Tequila Lime London Broil
- Creamy White Chicken Chili
- Italian Cheesecake
- Seared Scallops with Apricot Orzo Salad

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

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Editorial Review

About the Author

Jennifer Whitlock Heisler, RN is a registered nurse who has cared extensively for weight loss surgery (WLS) patients in a number of capacities. As a surgical ICU nurse, she has cared for patients immediately after WLS and for patients who were having long-term issues post-WLS. In addition to presenting information to patients and their families in a clear, easy-to-understand way, she has also done significant amounts of research and written about WLS as the Guide to Surgery for About.com.

Users Review

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Luis Morales:

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