



The Complete Idiot's Guide to Eating Well After Weight Loss Surgery (Idiot's Guides)

Margaret Furtado MS RD, Joseph Ewing

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Essential info for the quarter million people a year adjusting to life after weight loss surgery...

With an increasing array of weight-loss procedures to choose from, more and more are opting for it. But once patients return home, they need guidance for keeping the weight off, while nourishing themselves. Included here are the challenges they face, how to overcome them, meal plans, and 150 recipes tailored for them.

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