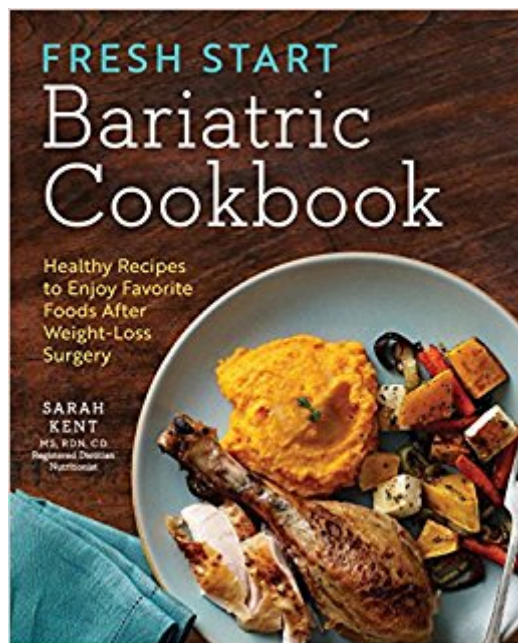




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# Fresh Start Bariatric Cookbook: Healthy Recipes To Enjoy Favorite Foods After Weight-Loss Surgery



## Synopsis

Your bariatric surgery is behind you. But this is only the beginning. Your new body needs a new nutrition planâ•starting now. The decision to have bariatric surgery is a life-changing one. Though not an all-in-one solution, for many people it marks a profound moment in their journey towards renewed health. According to the American Society for Metabolic and Bariatric Surgery (ASMBS), factors such as rethinking nutrition and modifying what you eat will play a vital role in determining your long-term weight loss success. But where do you begin? Bariatric dietician Sarah Kent helps bariatric patients by providing a range of pre- and post-operative nutritional services. Sarah knows how important it isâ•and how challenging it can seemâ•to rethink the way you eat. She also knows itâ™s totally possible, as do the hundreds of bariatric surgery patients whoâ™ve benefitted from her support groups at Froedtert Hospitalâ™s accredited Center of Excellence for bariatric surgery. With that in mind, Sarah sought out to create a bariatric cookbook that was easy to use, so you can get started right away. In *Fresh Start Bariatric Cookbook*, Sarah offers healthy, delicious takes on your favorite foods, so you can eat what you love without the fear of undoing the results of your surgery. With *Fresh Start Bariatric Cookbook*, youâ™ll discover:

- More than 100 recipes that address the dietary necessities after a variety of weight loss surgeries, including: vertical sleeve gastrectomy, laparoscopic adjustable gastric band placement, and more
- Accurate serving size guidance, nutritional information, and labeling specific to your current post-op stage: from full liquids to purees, soft foods to general diet
- this bariatric cookbook has it all
- Helpful identification of prep time, cook time, and total time so you can choose the bariatric cookbook recipe that works best for your schedule
- Simple, easy-to-follow bariatric cookbook recipes account for the importance of adequate post-op protein intake with the inclusion of useful tips for how you can increase the amount of protein in each meal

*Fresh Start Bariatric Cookbook* has everything you need to continue along your post-bariatric surgery journey and discover the healthy life you deserve.

## Book Information

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## Customer Reviews

SARAH KENT, MS, RDN, CD, is a Senior Dietitian and Certified Health and Wellness Coach at Froedtert Health. Previously, she served as Lead Dietitian for the bariatric surgery program at Froedtert & the Medical College of Wisconsin, a nationally certified Center of Excellence for bariatric surgery. In addition to providing a range of pre- and post-operative nutritional services, Sarah helped facilitate support groups for bariatric patients.

I want to start off by saying I am non-medical professional. This means that I am writing this review based on my personal opinions. I love that the author refers to the team in this book, (the team meaning doctors, nurses, dietitians and you). If you are planning to have this surgery or have had it, all those people are a part of your team and want you to be healthy and successful. She even suggests taking her book to them, (more than once as you progress through the first months of surgery), so they can help you decide what is best for you. She talks a lot about bariatric surgery and what you can expect. Not everyone has the same experience so some things may or may not apply to you. It is good to know about them though. I like that she also talks about supporters and critics. You will most likely have both in your life. I think there is a lot of good information in the first chapter. If you are in the thinking stage, you may want to read this chapter at the library. The recipes in the book are easy to make. I love the icon system. The author uses icons to note which recipes are best for what stage in your recovery you are in. I think that feature is extremely helpful. There is a list of foods to avoid the first month or so after surgery that I think is very good to know beforehand. The recipes start off with a small chapter dedicated to early post-op eating. If you are in the thinking stage look this over too. It can help you decide if you are ready for this life changing surgery. The rest of the recipe chapters are divided the traditional way of food types and includes a chapter on vegetarian dinners. Tips for eating out come after the recipes and the author includes some resources that you may find handy. The recipes are easy enough to follow and consist of fairly easy to find ingredients. You probably already have most of them. I liked her homemade alternative to protein shakes. Protein shakes can eat up your food budget. Having an inexpensive alternative is awesome. The recipes are tasty enough to be enjoyed by the whole family. The table of contents is

very user friendly. Tap on the chapter and it will show you the recipe titles so you can easily find the one you want. Tap on it and your there.A sample of recipe titles that made me go, "YES!", are: Dreamsicle Protein Shake, Mini Egg Muffins with Turkey Bacon, Slow Cooker Boston Baked Beans, Sweet Potato and Black Bean Soup, Szechuan Shrimp Zoodle Bowl, Baked Chimichangas with Chicken and Fresh Salsa, Naked Pulled Pork, (with creamy coleslaw) and Healthier Fudge Brownies.I'm not going to tell you whether or not you should get this surgery. I'm reviewing a cookbook not debating pros and cons. Your decision should be yours with help from your medical team and the people in your life who you think should be a part of it. I do think this book can help you with information and a look at the kind of food you will be able to enjoy. I think the recipes are good for most people to enjoy. If you decide against the surgery, you can still use the recipes.

Good book.

Excellent recipes for anyone!

I've just had surgery and I expect to use this a lot!!

Great cookbook for post-op. A lot of variety and easy to cook.

Love it

Wonderful resource that comes just in time. Life after liquids! Wish the recipes were for smaller quantities however

Lots of great recipes

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