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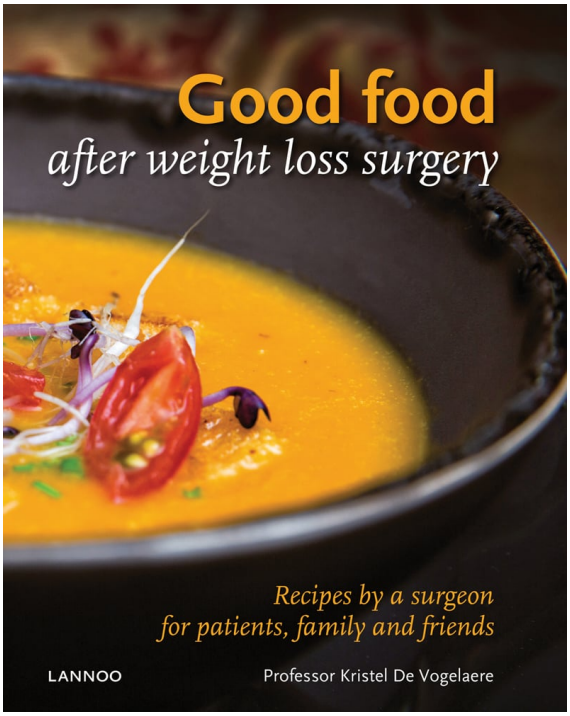


Good Food After Weight Loss Surgery

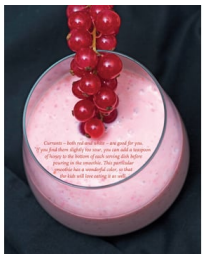
Recipes by a Surgeon for Patients, Family and Friends

Kristel de Vogelaere

ISBN	9789401428132
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	250 mm x 200 mm
Pages	144 Pages
Illustrations	90 color
Price	£16.50

- An inspirational and beautifully illustrated guide to good eating with delicious, classic recipes that are ideal for patients after weight loss surgery

A weight loss operation is not an end point. It is a starting point for a solution to obesity. And it is not just about losing weight. It is also about restoring the health of obese patients to a normal level. To achieve this, it is important that the patient works together with the medical team during the follow-up period after the surgery, constantly monitoring what he/she does, with the help and support of the people around them. It is for this reason that Professor Kristel De Vogelaere, a specialist in weight loss surgery, has now written this cookbook. It is not another boring diet book, but an inspirational and beautifully illustrated guide to good eating, in which she makes delicious, classic recipes that are ideal for patients after weight loss surgery. In fact, these simple, tasty and healthy dishes are good for everyone: your family and friends will love them as well!



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