



BEST FORK FORWARD: Everyday Dinners After Weight Loss Surgery

Steph Wagner

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If you have had weight loss surgery, you can rest assured every recipe in this book is appropriate for you, after your initial weeks of healing. While every program has a different approach, the recipes in this book will provide protein focused meals, with low starch vegetables, in a way that keeps it fun, flavorful, and fast. In my opinion, the key to successful weight control is to plan ahead and keep variety in your diet. This cookbook is the tool to help you do just that. "Steph Wagner is a superb dietitian who is passionate about helping people achieve healthy eating. Her recipes are practical, easy to prepare, and delicious. This book is a must read for anyone who wants to lose weight and eat right-and enjoy the process." -Hamilton S. Le, MD, FACS, Medical Director, Bariatric Surgeon, INTEGRIS Weight Loss Center

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