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Introduction

Over the last five years, the number of people in the United States who have undergone the sleeve gastrectomy has more than tripled. The sleeve, sleeve gastrectomy, or vertical sleeve gastrectomy (VSG) has grown to become the most popular type of bariatric surgery, overtaking the Roux-en-Y gastric bypass and adjustable gastric band by a landslide. Bariatric surgery is the most effective procedure in achieving and maintaining significant weight loss when all others have failed. Bariatric surgery can serve as a tool for people who have suffered a lifetime of obesity, people who have uncontrolled health conditions related to obesity that limit their ability to live their lives to the fullest, and people who need to achieve a significant amount of weight loss in a reasonably short amount of time. Whether it's a sleeve gastrectomy or any other type of bariatric surgery, this tool can be life changing.

The big key to post-op success is a lifelong commitment to follow specific nutritional guidelines. These strategies will help you achieve success both physically and mentally—and most important, get you healthier and not just thinner.

When you type “bariatric surgery diet” into Google, you get more than 350,000 hits. With this kind of information overload, it’s no wonder a person might feel confused about what to eat after weight-loss surgery. I wrote my first cookbook, *Fresh Start Bariatric Cookbook: Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery*, to give people simple guidelines for what to eat and what to avoid after weight-loss surgery. Since it was published, I recognized that people who have been sleeved or are planning to have the sleeve gastrectomy procedure are especially eager for nutritional info that’s specific to their needs. Thus this new cookbook, which also includes meal plans for the first few weeks after surgery.

If you’ve had the VSG, this cookbook will make sure you never have to wonder what to eat, when to eat, or how much to eat. This book is meant to be more than just a resource for recipes. It’s a guide for eating after surgery from day 1 until day 10,001. I understand that eating is much more than the food we use to fuel our bodies. There is a relevant emotional component that often accompanies eating, and this book approaches nutrition with both the emotional and nutritional aspects in mind to help people achieve initial and long-term success.

Finally, I want to offer official *congratulations*. You’ve done it! You’ve decided to walk away from the latest fad diet, the most recent eating trend, the current weight-loss craze, and you’ve decided to achieve a healthier lifestyle once and for all. You have taken your need to lose weight seriously and asked for help. You know you can do this, but you also know that you need to pull out the best tool in the toolbox to build your new life. You’re tired of yo-yo dieting and you’re ready to achieve weight loss permanently. And the best part is, you deserve it. You deserve to feel more energized, to feel lighter, and to go about even the most simple activities in your life with more ease. Most important, you deserve to be healthier. Whether it’s breathing easier, leaving some medications behind, or achieving improved test results from your doctor’s office—you deserve to experience the perks of a healthier body and mind. Now, let’s get to it! Simple guidelines for eating after VSG come first, followed by a book packed with delicious recipes that will satisfy your taste buds and fuel your body. *Bon appétit!*