healthier weight

Weight Loss Surgery Cook Book

8 Recipes For Success

Introduction

Welcome to Healthier Weight, and thank you for downloading this recipe book.

We have worked in the Weight Loss Sector for years, and worked with thousands, upon thousands of people, of all ages, struggling to maintain any significant weight loss.

One of the barriers to successful weight loss, with or without surgery, is completely changing your diet - not only quantity but also the types of food people eat. We have worked with Dieticians and Nutritionists for years and come up with a number of easy, inexpensive, and most of all, tasty meals people can snack on or eat as a main, throughout the day, and if in a rush.

Surgery is a fantastic tool for weight loss, as we have seen through our patients experiences, but it does mean a complete change in diet is required. Here are a number of recipes which will hopefully work for you, regardless of procedure. If you are a budding chef and have your own recipes, why not follow our **Facebook** and submit your own, or give us feedback on these ones.

We hope you enjoy them
The Healthier Weight Team

Quick Breakfast Pizza Roll

Ingredients

Fry Light

1 deli flat 7-grain thin sandwich roll

4 slices turkey pepperoni (0.25 ounce total), quartered

2 tablespoons diced green sweet pepper

2 tablespoons pre-sliced mushrooms

2 egg whites

1 tablespoon milk

2 teaspoons pizza sauce

1 slice mozzarella cheese, cut diagonally into quarters

4 slices Roma tomato (optional)

Method

Coat a small non-stick saucepan with fry light; heat over a medium heat.

Sprinkle pepperoni, pepper, and mushrooms into saucepan; cook for 2 minutes.

In a small bowl, whisk together egg whites and milk; pour over pepperoni mixture in saucepan. Cook until egg white mixture begins to set. Using a spatula, fold the partially cooked egg white mixture over; cook about 2 minutes more or until it is cooked through.

Meanwhile, toast the deli flat halves. Place cut sides down. While still warm, spread each half with 1 teaspoon of the pizza sauce; place two of the cheese quarters on each half.

Spoon half of the egg mixture over each of the prepared deli flat halves. If desired, top with tomato.

Bean and Avocado Salad

Ingredients

¼ Avocado

Salad leaves

Cheery Tomatoe's

Red Onion

1 red pepper

Pinch of salt/pepper

1 tbsp Sunflower and pumpkin seeds

1 tbsp Walnuts

1 tbsp Chia seeds

Method

Pre Heat oven to 200 degrees, gas mark 6.

Remove the centre of the red pepper and slice the pepper into strips. Place on a baking tray and spray with fry light and season with salt and pepper. Place tray on the top shelf and roast for 15-20 minutes until the peppers are dark.

Dice ¼ an avocado and 1 red onion.

Lightly toast the 1 tbsp of walnuts in a none stick pan, with no oil.

Once the red peppers are well roasted, toss them with the other ingredients in a mixing bowl, including the diced onion, walnuts and avocado.

Homemade Hummus

Ingredients

Chick peas

Lemon

Chilli

Salt and Pepper

garlic

Method

Add 1 can of chickpeas to a blender with 1 finely chopped garlic.

Add water in small increments until you reach the desired consistency.

Squeeze ½ a lemon into the mixture.

Blitz 1 more time to reduce any unwanted lumps and season with chilli flakes, salt and pepper.

Couscous Salad

Ingredients

Mixed Salad leaves

1/2 Red onion

Handful of Cherry tomatoes

1 ½ cups Couscous

450 ml Veg stock

Method

Add 1 ½ cups of couscous
to a heat proof bowl.
Dice the onion mix with the desired
amount of salad leaves.

Bring the vegetable stock to the
boil and pour over the couscous
ensuring it is well covered.
Cover the bowl with cling film until
all the stock has been absorbed.

When all the stock has been absorbed,
fluff the couscous with a fork.

Toss the couscous with remaining
salad and serve in a bowl.

Spicy Roasted Chickpeas

Ingredients

1 can, chickpeas

Ground Cumin

Paprika

Cayenne pepper

Fry light

Method

Pre-heat an oven to 200 degrees gas mark 6.

Empty 1 can of chickpeas into a mixing bowl, spray with fry light, add 1 tbsp of ground cumin, paprika and cayenne pepper, mix until covered.

spread the seasoned chickpeas over a baking try and heat for 45 minutes in the middle of the oven.

Banana Mocha Bars

Ingredients

2 x medium ripe bananas

2 tbsp of cocoa powder (no-added sugar)

1 tbsp of coffee powder

2 tbsp of peanut butter (no added sugar)

200g of oats

175 ml of skimmed milk.

Method

Pre heat the oven to 180 degrees gas mark 5
Peal bananas and mash with a fork.

Add mushed bananas to a mixing bowl, with all other ingredients.
Mix all ingredients thoroughly.

Line a backing tin with grease proof paper and spread the mixture evenly.

Bake the mixture for 20-25 minutes until golden.

Banana Pancakes

Ingredients

150g plain flour

1/2 teaspoon salt

1 tbsp baking powder

1 tsp caster sugar

220ml milk

1 egg

1 knob of butter, melted

Fry light

1/2 Banana (sliced)

Cinammon Powder

Method

Sift together the flour, salt, sugar and baking powder.

Make a well in the centre of the mixture. Pour in the milk and then add the egg and melted butter. Stire well till the pancake batter is smooth.

Heat a pan on a medium heat and spray with Frylight, when hot.

Ladle the pancake batter into the pan.

Cook each pancake till the edges have gone slightly dry. Flip each pancake and cook for a minute or two on the reverse side, till golden.

Serve with half a sliced banana and a sprinkle of cinammon.

Chocolate Chip Banana Muffins

Ingredients

3 1/2 cups spelt flour

2 tsp baking soda

1 tsp baking powder

1 egg

3 cups mashed ripe bananas

2/3 cup Truvia Nectar (honey blend)

1/2 tsp Vanilla extract

1/4 cup canola or coconut oil

1 cup finely chopped pecans or

walnuts

1/2 cup mini chocolate chips

Method

Preheat oven to 200 degrees. Line muffin tin with paper liners.

In a large bowl mix together dry ingredients: flour, baking soda, and baking powder.

In another bowl, beat egg. Add bananas, honey, vanilla, oil, nuts and chocolate chips. Mix well.

Fold wet mixture into flour mixture and combine well.

Spoon batter into tins and bake for about 20 mins. Makes 24 muffins.

BONUS! Light Salad Dressing

Ingredients

1 tbsp grated ginger

1 tbsp of miso

½ a lemon

½ tsp turmeric

Method

In a medium sized bowl, mix together all the ingredients.

Squeeze 1/2 a lemon into the mixture and stire until smooth.

Dressing can be made 3 days in advance and left in the fridge.

Weight loss surgery is not just a Gastric Band - while this is the best known procedure, it is not the most popular - your own personal circumstances will really determine which procedure will serve you best but the balloon, sleeve or bypass can all have amazing results.

To find out more about these procedures, and read some amazing, transformational stories of weight loss and the inspirational goals achieved, download our next book in this series, its called 6 Weight Loss Stories You won't Believe, and you can download it below.

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