

## Weight Management Cookbooks

### General Lifestyle Management Cookbook

*Volumetrics Eating Plan: Techniques & Recipes for Feeling Full on Fewer Calories* by Barbara Rolls. New York, NY: HarperCollins; 2007. <https://www.amazon.com/dp/0060737301/>

### Cookbooks for Patients Who Have Had Bariatric Surgery

*Before & After: Living and Eating Well After Weight-Loss Surgery*, 2nd revised edition, by Susan Maria Leach. New York, NY: HarperCollins; 2012. <https://www.amazon.com/dp/0062239996>

*The Complete Idiot's Guide to Eating Well After Weight Loss Surgery*, by Margaret Furtado and Joseph Ewing. New York, NY: Penguin Group; 2009.  
<https://www.amazon.com/dp/B00AR19H7Y/>

*Eating Well After Weight Loss Surgery*, by Patt Levine and Michele Bontempo-Saray. New York, NY: Marlow & Company; 2004. <https://www.amazon.com/dp/B001D1Z7UI/>

*Weight Loss Surgery Cookbook for Dummies*, 2nd edition, by Brain K. Davidson and Sarah Krieger. Hoboken, NJ: John Wiley & Sons, Inc.; 2016.  
<https://www.amazon.com/dp/B01N75TBUN/>

*Recipes for Life After Weight-Loss Surgery, Revised and Updated: Delicious Dishes for Nourishing the New You and the Latest Information on Lower-BMI Gastric Banding Procedures*, by Margaret M. Furtado, Lynette Shultz, and Joseph Ewing. Beverley, MA: Fair Winds Press; 2011.  
<https://www.amazon.com/dp/B006GO6F9O/>

