

# THE BARIATRIC FOODIE HOLIDAY SURVIVAL GUIDE

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Editorial Reviews. About the Author. Nikki Massie is the author of Bariatric Foodie The Bariatric Foodie Holiday Survival Guide - Kindle edition by Nikki Massie. Download it once and read it on your Kindle device, PC, phones or tablets.

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The holidays are a battlefield when you're trying to eat healthy. After weight loss surgery you need more than recipes - you need a plan! The Bariatric Foodie.

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