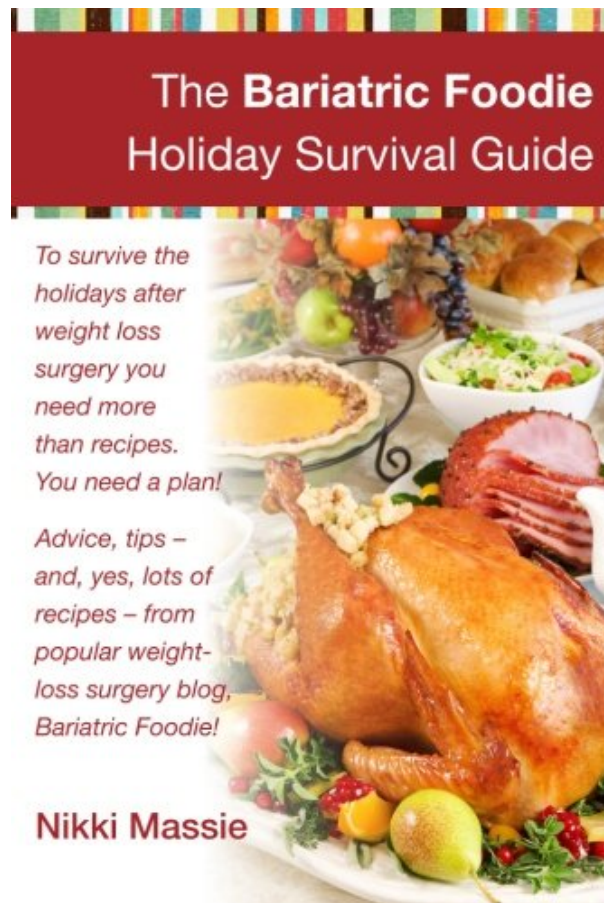


# THE BARIATRIC FOODIE HOLIDAY SURVIVAL GUIDE BY NIKKI MASSIE



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# The Bariatric Foodie Holiday Survival Guide

*To survive the holidays after weight loss surgery you need more than recipes. You need a plan!*

*Advice, tips – and, yes, lots of recipes – from popular weight-loss surgery blog, Bariatric Foodie!*

**Nikki Massie**



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## **About the Author**

Nikki Massie is the author of *Bariatric Foodie* ([www.bariatricfoodie.com](http://www.bariatricfoodie.com)), a popular cooking blog that helps weight loss surgery patients learn to "play with their food!" Ms. Massie is also the author of "*The Bariatric Foodie Guide to Perfect Protein Shakes*." She is a professional writer who lives and works in Baltimore, Md.

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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 Holiday Survival Guide contains sage advice, tips - and, yes, plenty of recipes to help make your holiday season stress (and murder) free! This book contains recipes for such holiday favorites like baked mac 'n cheese, a protein-enhanced, sugar-free version of pumpkin roll cake, pies and even no-flour Christmas cookies. Plus there are coping tips on how to survive junk-laden holiday parties, dealing with family and honestly and tactfully answering questions like, "How come you couldn't lose the weight on your own?" Like all Bariatric Foodie resources, this survival guide is meant not only to inspire you to "play with your food" but to take control of your holiday experience and boldly celebrate your holiday your way while still losing weight and feeling great!

- Sales Rank: #49483 in Books
- Published on: 2013-10-17
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .28" w x 6.00" l,
- Binding: Paperback
- 124 pages

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7 of 7 people found the following review helpful.

Great tips, tricks, and recipes!

By Shannon L. Steele

A lot of the information in this book, I was already aware of; mostly because Nikki has been so free in sharing information on her blog. The tips on how to deal with family/friends during the holidays when it comes to how you are eating and their comments on your weight/lack of eating are very useful. I am about 9 months post sleeve surgery and everyone that will be around for the holidays all know about my surgery and are very supportive. I know one day these tips will come in handy when I visit extended family that I haven't seen in a few years. My two favorite parts of the book are, "The Bariatric Foodie Secret to Marinating Meat" and "How to Make a Hot Protein Drink". I have put these into practice many times. I have tried a few recipes so far and have plenty more planned in the near future. Some of these recipes are healthy versions of some old favorites. Honestly, some I was not very impressed with, but most of the recipes in this book are great. Everyone's taste buds are different so a recipe I did not like may be a blessing to someone else.

5 of 5 people found the following review helpful.

Bariatric Foodie Is The Best

By Amy Crookes

Just received my book yesterday and it is awesome. If you are pre or post op bariatric surgery this is a must have. And of course you need to get the The Bariatric Foodie Guide To Perfect Protein Shakes. This book will make you love those dreaded protein shakes. I promise you will love these books.

4 of 4 people found the following review helpful.

The Bariatric Foodie Holiday Survival Guide Review

By cris martin

I LOVE this book!!! After having weight loss surgery years ago I have changed (for the better) what I eat. This book has helped me in preparing healthy foods to survive the holidays with my waist line intact. Ms. Massie talks me through the holiday madness by showing if you plan that is the key. She shares the art of covert cooking, recipe tips, measure conversions & many very good recipes. Ms. Massie also shares where to buy the different ingredients that are in her recipes & their websites so it makes it easy for me to purchase what I need. I would definitely recommend this book to all of my friends & family.

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