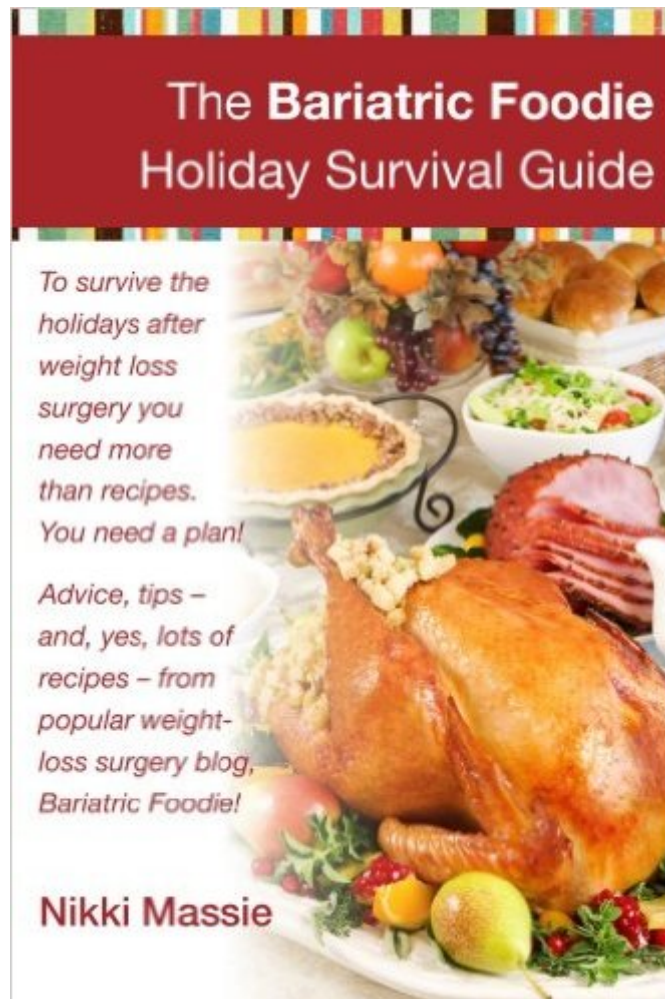


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# The Bariatric Foodie Holiday Survival Guide



## Synopsis

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!

## Book Information

Paperback: 124 pages

Publisher: Bariatric Foodie (October 17, 2013)

Language: English

ISBN-10: 0991077008

ISBN-13: 978-0991077007

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (65 customer reviews)

Best Sellers Rank: #77,332 in Books (See Top 100 in Books) #97 in [Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal](#)

## Customer Reviews

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.

UPDATE 4 Dec 13: After struggling a lot over Thanksgiving (with leftovers...sigh) I picked up this book again and read thru it more completely. It was a big help! And there ARE some new recipes and updated ones too, I hadn't realized. So, I AM recommending the book! LOVE Nikki's blog, but this book is not worth it. IF you really have no idea how to face the holidays after bariatric surgery then it would be helpful. But if, like me, your doc has a fantastic support group that prepares us all, and we turn to each other as well, then it's a waste of money. All the recipes are already on her blog.

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.

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.

I started following Nikki and her website and facebook page before I had weight loss surgery in December 2013. I have to say I would NOT of gotten threw the pureed stage if it hadn't been for her recipes. My first Holiday was just 3 weeks after surgery and the struggle was real. The recipes are amaing. She cares about her readers. All of her books are a must have in every WLS household.

Concise and informative regarding handling ourselves around friends and family's during the holidays. Loved the recipe suggestions, substitutions, and substitute sugar conversions. The info regarding where to purchase retain items I was not familiar with was invaluable. Only wish they could have included what a portion size is, although we probably already know what that is. I just

find it helpful to keep on track to know exactly what a portion size is for gastric bypass.. Will be recommending this in my Support group.

This book may seem simple, but it has great advice and insight. Good reminders heading into the Holiday foodfest season. I have to say some of the recipes look incredible, and very doable, I can't wait to try them.

I'm a 2001 weight loss surgery post-op. I'm always looking for healthy recipes that are delicious and satisfying. I also value good, solid information and motivation. Nikki of Bariatric Foodie provides all of this on her blog and in this book. I've already tried multiple recipes in this book and each one is fantastic. I have a very picky son as to what he likes. To me, the true test is that he has liked every single one that I've made! Whether you've had weight loss surgery or looking for healthy, fabulous recipes, buy this book! You'll be glad you have it!

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