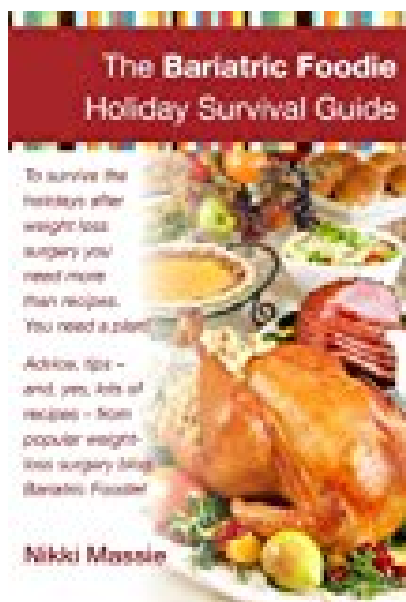


The Bariatric Foodie Holiday Survival Guide



BOOK DETAILS

- Author : Nikki Massie
- Pages : 124 Pages
- Publisher : Bariatric Foodie
- Language : English
- ISBN : 0991077008



BOOK SYNOPSIS

The holidays are a battlefield. After weight loss surgery you need more than recipes - you need a plan. Tips, tricks - and, yes, recipes! - to survive the holidays stress (and murder) free!

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