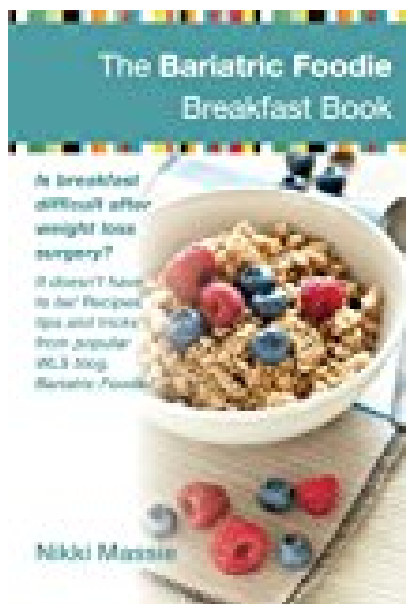


# The Bariatric Foodie Breakfast Book

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## BOOK DETAILS

- Author : Ms. Nikki L Massie
- Pages : 158 Pages
- Publisher : Bariatric Foodie
- Language : English
- ISBN : 0991077024

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## BOOK SYNOPSIS

Are you a serial breakfast skipper? After weight-loss surgery, breakfast can be challenging. Food goes from undesirable to downright impossible! But, no worries. Bariatric Foodie has you covered with easy, delicious breakfast ideas. Whether you need recipes for breakfast-on-the-go, make-ahead or weekend brunch, this book will inspire you to reinvent breakfast for your new, healthy lifestyle!

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