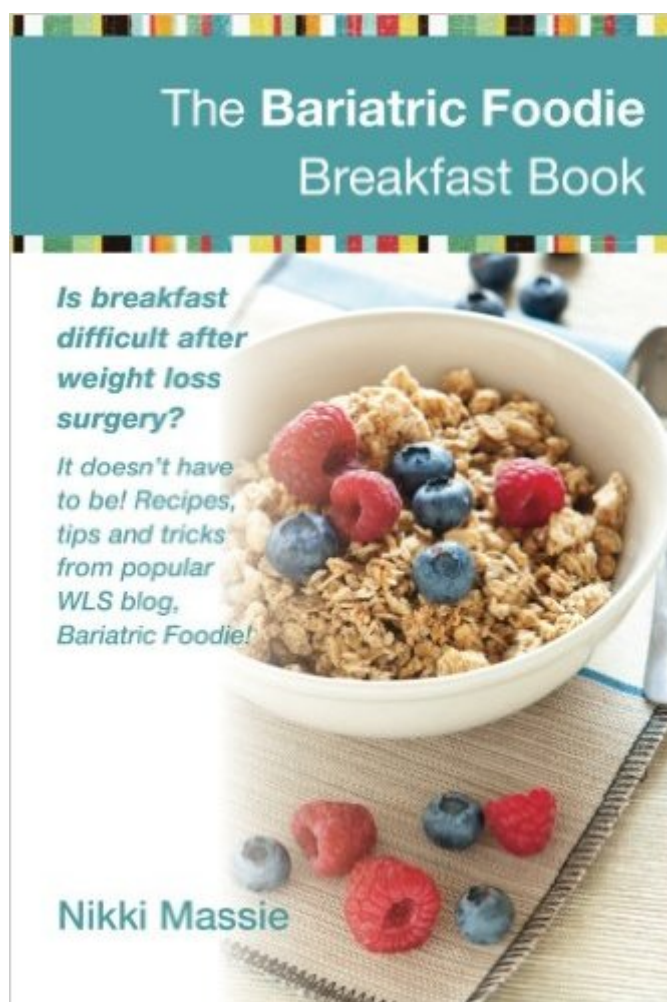


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# The Bariatric Foodie Breakfast Book



## 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!

## Book Information

Paperback: 158 pages

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (63 customer reviews)

Best Sellers Rank: #132,425 in Books (See Top 100 in Books) #53 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #160 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I have never been much of a breakfast person, even before my weight loss surgery. Since my Gastric Bypass I have come to find, like many other post-ops Early morning food is not well tolerated....Learning when I can eat solid food, my life has become a lot easier, and with this book, my morning meal ideas have just skyrocketed. Some of the really simple delicious recipes for a fast breakfast are invaluable to someone like me with busy mornings. I have thoroughly enjoyed reading and trying these recipes. I am currently "Playing with my food" and making up new recipes for protein pancakes! I particularly love Nikki's voice in this book...makes me feel like she is sitting right next to me talking about breakfast. With the addition of a fill in the blank stats chart for each page...you can easily fill in your own stats on your recipes to make it that much easier to track your intake! Another really awesome feature of this book is the smaller and larger portion recipes for some recipes. Every Post-op is different and can tolerate a different amount of food. Early out you may not know just how much is too much, and having the opportunity to make a small and big portion is great. Its also a really nice feature for those of us who like to make things in advance and

portion them out for a few days ahead of time! Thanks Nikki for another great weight loss surgery reference!

This is another must have from Nikkie! We have all been taught that breakfast is the most important meal of the day, but for those of us who have had WLS, trying to have variety in our lives can sometimes be a pain in the "arse". I so appreciate that Nikkie is encouraging us to not only follow her suggestions but also make our own substitutions and truly play with our food. I HIGHLY recommend all of the Bariatric Foodie books!

Love this book. Nikki brings it again, for new post ops, older post ops, or heck, even if you are just trying to watch what you eat. Breakfast is the most important meal, and she has many offerings, as well as variations on the old classics. And honestly, these are also great enough that well for those I want breakfast for dinner types of meals. Filling and good for you.

I really love the breakfast books. There are recipes for every breakfast craving you may have. I also love that you are encouraged to make the recipes your own by adjusting the recipes to your own taste. If you want healthy, tasty breakfast options, this book is a must.

Nik did it again. As in her two previous books, she has created an easy to follow group of recipes that anyone can follow. Easy, yummy and not only WLS friendly but for anyone who wants to lose weight. Nik presents it as if she is your best friend in your kitchen showing you her favorite recipes. Buy it, you won't be disappointed!!

I have shelves of cookbooks I never use because they use unusual ingredients that I have to hunt to find (or cost way too much) or are so complicated I run out of steam reading the recipe. These are real recipes I would make using things that I commonly buy (or should be buying). Just like Nik's previous shake book, I know I'll refer to it over and over. But would love it in a spiral binder. I tend to be cooking challenged and need the page open to the recipe the whole process the first few times. lol

This is an amazing resource for anyone who wants healthy and doable recipes. I had the honor of meeting the author last year too! Get this book and her other books as well. They are a staple in my kitchen.

Nikki Massie is awesome I have been following her website since before I had bariatric surgery in 2013. She takes her work and recipes to heart. Making something for everyone and in every surgery food stage. Every Post-op is different and can tolerate a different amount of food. Early out you may not know just how much is too much, and having the opportunity to make a small and big portion is great. Easy, yummy and not only WLS friendly but for anyone who wants to lose weight. I HIGHLY recommend all of the Bariatric Foodie books they are GREAT..

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