

The Bariatric Foodie Guide To Perfect Protein Shakes (Volume 1) By Ms Nikki L Massie

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Nikki Massie is the author of Bariatric Foodie, a cooking blog and online community that encourages weight-loss surgery post-ops (and others looking to lead healthy

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Bariatric Foodie Nikki Massie shares a yummy Coffee Toffee Frosty protein shake recipe from her book, Bariatric Foodie Guide to Perfect Protein Shakes!

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