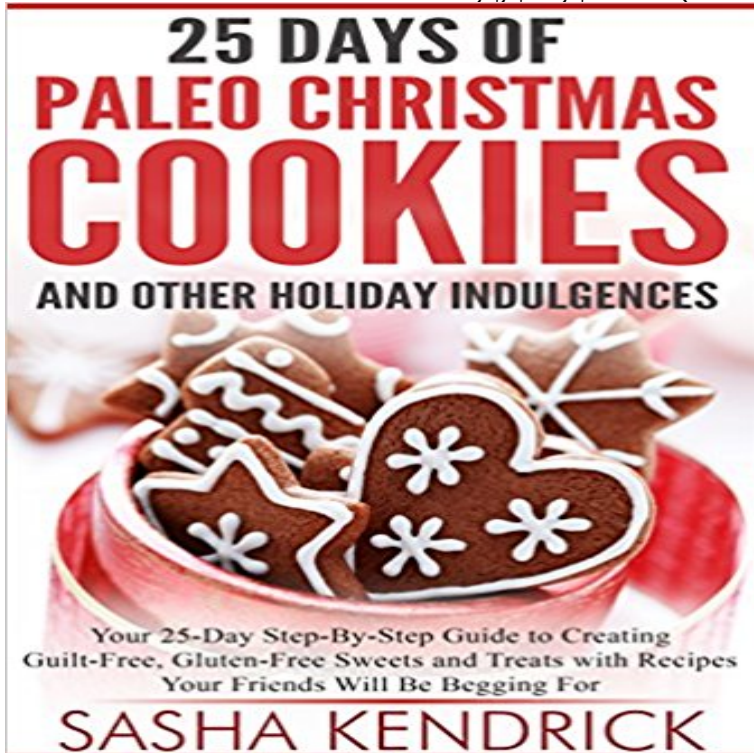


25 Days of Paleo Christmas Cookies and Other Holiday Indulgences: Your 25-Day Step-By-Step Guide to Creating Guilt-Free, Gluten-Free Sweets and Treats ... Begging For (Paleo Kitchen Series Book 8)



Do you suffer the shame of the holidays? The shame that accompanies the seemingly inevitable holiday weight gain that makes you groan every time you think of it? Are you wondering how to stick to your Paleo diet over the holidays while enjoying Christmas, indulging in a few treats yet remaining guilt-free? Well, this book is the answer to those questions! 25 Days of Paleo Christmas Cookies and Other Holiday Indulgences: Your 25-Day Step-By-Step Guide to Creating Guilt-Free, Gluten-Free Sweets and Treats with Recipes Your Friends Will Be Begging For will show you how you can: Maintain your gluten-free, dairy-free, healthy Paleo diet over the holidays. Enjoy yourself while avoiding weight gain. Prepare yummy cookies, desserts, appetizers and drinks, all with a holiday theme, that even your non-Paleo friends will love. Get it all done without complicated recipes or over-stressing yourself. Whether you're a Paleo beginner just starting out and not sure how to do the holidays Paleo-style or you're wanting to stick to a gluten-free, dairy-free diet but need some help in the idea department over Christmas, there is much in 25 Days of Paleo Christmas Cookies and Other Holiday Indulgences: Your 25-Day Step-By-Step Guide to Creating Guilt-Free, Gluten-Free Sweets and Treats with Recipes Your Friends Will Be Begging For for you. From Dark Chocolate Bark to Paleo Eggnog, this wonderful selection of recipes has options that are certain to delight anybody, Paleo or not. So enjoy making these delicious recipes in your low carb, Paleo kitchen; there are recipes such as Chocolate Eclairs, Cranberry Nutty Cookies, Spiced Nuts, Pumpkin Truffles, and many more. Buy this book now and find: Mouthwatering sweet treat recipes to tempt all those around you. Steaming drink recipes to keep you warm on a winter's day. Scrumptious appetizer recipes for those who prefer their

treats on the savory side Naughty but nice alcoholic drink recipes Information on the Paleo diet and what it includes Free bonus dessert recipes! All the recipes are gluten-free, dairy-free and Paleo-compliant. Each recipe contains: Simple, easy to find ingredients Serving sizes Time involved Equipment needed Clear directions Useful nutritional information Join the many people who are following the Paleo diet and benefit from: Lower cholesterol levels Lower blood pressure Improved neurological health Disease prevention Increased energy Stable blood sugar levels Mental clarity Weight loss without hunger Better digestive health Enhanced athletic performance Many diseases and health problems we experience today can be greatly reduced with changes to our diet. And this includes enjoying ourselves celebrating the holidays! Who says you cant have it all? Dont wait a day longer to regain your health and avoid the shame of the holidays with these simple but delicious Christmas and holiday recipes that wont leave you hungry for more. Grab Your Copy of 25 Days of Paleo Christmas Cookies and Other Holiday Indulgences: Your 25-Day Step-By-Step Guide to Creating Guilt-Free, Gluten-Free Sweets and Treats with Recipes Your Friends Will Be Begging For Right Away!

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