



Eat Smarter! Holidays

Carrie Brown

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Think you have to give up Pecan Pie, Pumpkin Pie, Ice Cream, Crackers, Chocolate Truffles, Hot Chocolate, Green Bean Casserole, Dips, and all your other Holiday favorites? Not any more! This cookbook is packed with uber-healthy KETO / LCHF / LowCarb versions of all those and many more.

Gorgeous full color picture for every recipe.

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with 53 scrumptious, fat-burning, health-boosting, ways to enjoy the Holidays with family friends without compromising. Healthy food more delicious than you thought possible.

Developed for people loving the KETO / LCHF / LowCarb lifestyle, but also suitable for people who are following any of the following ways of eating: SANE, Paleo, Wheat Belly, Primal, Wild Diet, Bulletproof, weight-loss, gluten-free, grain-free, sugar-free, soy-free, diabetic, dairy-free (with slight modification), and many other dietary lifestyles.

All recipes are free of sugar, grains, gluten, and soy. Many are free of dairy - and / or eggs or can be easily modified to accommodate. Safe for Diabetics.

Recipes are simple, quick and easy.

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