



## 25 Days of Paleo Christmas Cookies and Other Holiday Indulgences: Your 25-Day Step-By-Step Guide to Creating Delicious, Guilt-Free Sweets and Treats with Recipes Your Friends Will Be Begging for

By Sasha Kendrick

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you the 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...



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