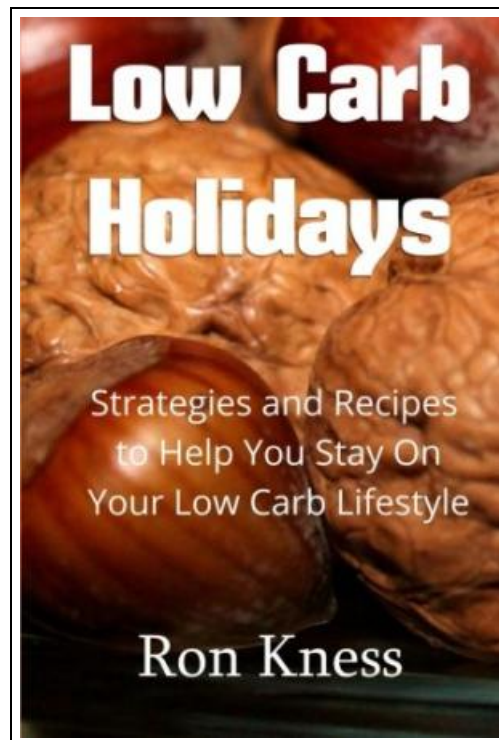


## Low Carb Holidays: Strategies and Recipes to Help You Stay on Your Low Carb Lifestyle Even During the Holidays



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## LOW CARB HOLIDAYS: STRATEGIES AND RECIPES TO HELP YOU STAY ON YOUR LOW CARB LIFESTYLE EVEN DURING THE HOLIDAYS

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You have been doing so well with your low-carb efforts. And you are starting to notice the rewards. You are losing weight and you feel great. Your friends and family members have noticed your upbeat attitude that has accompanied this healthy eating plan. So why do you feel weak when you think about the approaching holidays? Maybe you are concerned by the fact that most adults in the US gain 5 to 10 pounds between Thanksgiving and New Year's Day each year. (Similar weight gain is reported in other modern countries around the holidays as well.) Perhaps you can't imagine having the willpower to turn down the high-carb traditional holiday foods that will be tempting you at every turn. It could be you are just resigning yourself to gaining weight during the holidays. After all, how can you possibly avoid the carb-rich pies, cakes, gravies, sauces, sweets and treats associated with this time of year? Guess what? You can maintain control, maintain earlier weight loss and even lose weight during the holidays! There are techniques and strategies which allow you to enjoy the festive foods of the holidays, without ditching your low-carb lifestyle. Are you going to have to turn down certain foods and desserts? Yes, but you can enjoy low carb alternatives. As you know, the majority of food eaten in a modern day diet is packed full of unhealthy calories, too many bad carbs, addictive sugar, salt and additives. Around the holidays there are even more less-than-healthy, high-carb foods available. But you can still enjoy traditional holiday foods while sticking to a low-carb diet plan. You just have to know. Emotional traps triggered...

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