



Anti-Inflammatory Holiday Cookbook

24 Delicious Holiday Recipes

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Thanksgiving Day Meal Plan
& 5-Day Preparation Countdown

Gluten Free – Dairy Free – Soy Free –
Low Sugar & Carb – Mostly Grain Free –
- Whole, Clean Food -

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Introduction

October marks the beginning of my favorite time of the year – Fall and the holiday season! The crisp, cool air and family gatherings galore always kick me right into holiday cooking and baking mode. Several years ago this also meant loads of sugar, gluten and dairy and probably an extra 5 pounds by the end of the December. But when you have chronic lyme disease like I do, or any other inflammation driven illness, a little bit of compromising in your diet can lead to A LOT of pain and discomfort in your body. This doesn't mean I give up my passion for cooking and eating holiday fare, instead I approach it with my “anti-inflammatory nutrition and chef hat” on. Clean foods that nourish, balance, and heal are always at the heart of every recipe I write and share.

This book offers my best holiday anti-inflammatory recipes including: simple breakfasts with a seasonal flare, nutrient packed, seasonal side dishes, mouth-watering main dishes everyone at your table will love, and delectable treats that will certainly meet and maybe even exceed your sweet cravings. All the recipes are gluten free, dairy free, and soy free as well as low in sugar and carbs and mostly grain free. I guarantee that you can still have an amazing holiday season with all the tastes and flavors you love without feeling deprived.

I'm also giving you a 5-day countdown plan to rock your Thanksgiving holiday – it walks you through the recommended dishes you can make ahead of time as well as my personal “Thanksgiving Day Game Plan” to reduce stress, embrace the clean cooking queen or king you are, and create a delicious holiday feast!

My intention as a health coach is to share my inspirations and favorite things with my clients. And that is why I could not be happier and more honored to be able share these recipes and inspire you to have an anti-inflammatory holiday season! Many thanks to my dear friend and business partner, Jen Brown, for her edits and contributions to this ebook and our nutritional counseling business – I love sharing this journey with you!

Happy Holidays! With love and light,

Billie

Billie Shellist

Integrative Nutrition Health Coach

Co-Founder, Meal Plans For Health



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