



Holiday on the Autoimmune Protocol: They won't know it's paleo: A Full-Color Holiday Menu

Breanna D Emmitt

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If you are on the paleo autoimmune protocol and are worried about enjoying your holiday gatherings, worry no more! This full-color-photo, magazine-sized mini-cookbook holds everything you need to have a successful meal: From Honey Roasted Ham, Turkey and Gravy, and Prime Rib to the perfect Dressing, Mashed Fauxtatoes, and Side Casseroles. And no, we didn't leave out the Baklava, Bread Pudding, Pumpkin Pie, and other desserts, either. These recipes were created for the picky eaters in mind, so feel free to make these dishes for your loved ones. They won't know it's paleo.

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