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Low Carb Christmas!

By Jan McCracken

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343 words

LOW CARB CHRISTMAS!

Who says that Low Carbers can't participate in all the joys of Christmas Cookin'? Set yourself up for a Merry Low Carb Christmas this year!

We all have treasured memories stored up in our hearts of our own past Christmas times and much of that is around FOOD and specially prepared Christmas treats.

I would spend days cooking for holiday parties, for drop-in guests, for gifts and just for nibbling through the season. So, you see, it isn't just about the food! There are a whole lot of emotions intertwined in "Christmas Cooking"!

Living the Low Carb Lifestyle we may feel "deprived" and think that we can't participate in the ritual of Christmas cooking and making special memory treats.

WRONG! You can build Christmas goodies to your hearts content this year. The secret in filling your low carb heart with the spirit of Christmas is NOT TO FILL your tummy with Low Carb Christmas treats!

Low Carb Christmas!

Did you know that research shows that the "first bite" tastes the same as the "tenth bite"? `Nuf said?

I invite you to my website that is all about Low Carb Christmas Cookin' and you will see that we have great, old-fashioned recipes "mouth-watering" ready for you and they are "real food style"!

Let the spirit of Christmas fill your Low Carb Heart! And, Merry, Merry Low Carb Christmas!

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About the author: Jan McCracken is author & self-publisher of 35 gift books & cookbooks. Laugh & cook with this fun-loving, old-fashioned cook who insists that food

taste like "the real stuff" without the carbs... no one will ever know it's Low Carb!

<http://www.lowcarbcookin.com>
Low Carb Christmas Cookin'
An Old-Fashioned Low Carb Christmas!
224 pages of recipes all about Christmas!

Jan McCracken is author and self-publisher of over 35 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is!). Jan has been living the low carb lifestyle for almost eight years.

Santa Goes Low Carb!

By Jan McCracken

North Pole- The word is out! Due to an "unpublished dilemma" last Christmas Eve Santa has gone Low Carb!

Sources reveal that Santa was stuck in a chimney somewhere in California for over an hour last Christmas Eve – how embarrassing! The incident certainly wreaked havoc with his jolly schedule for the most important night of the year. In the aftermath, it caused Santa to really stop and think.

After careful consideration – Santa and Mrs. Claus decided they could not risk a repeat of the incident, but more importantly the risk factors associated with Santa's health – oh my! Right after the holidays, Santa visited his primary care physician for a complete physical. A "new lifestyle" was decided upon – It's the "Low Carb Lifestyle" for Santa!

Santa has Changed His Mind – Changed His Heart – and is Losing Weight for Life! Will this make Santa "less jolly"? Absolutely not! Fat is not what makes Santa jolly! His weight goals are not to be a skinny "Twiggy Santa" but rather a "healthy weight Santa" with less inches (for some VERY obvious reasons). The keyword here though for Santa is: HEALTH!

Low Carb Christmas!

Our sources tell us that Santa has more energy than ever, his creativity and staying power seem to be at an all time high! He has hired more elves this season just to keep up with him! The jolly fellow is even less stressed this season.

The absence of stress seems to be relative to the fact that his chances of losing his jolly lifestyle to diabetes, heart disease and obesity have been considerably reduced by his new choice of a healthy eating lifestyle! Santa has serious work to do and HEALTH has become his priority!

In fact, our elf resource reported that we are going to see a big shift in "stocking stuffers" this Christmas. Huge orders are being received and warehoused at the North Pole for "sugar free" candies and low carb treats! Santa's sleigh is going to look like a "sugar free zone" this year!

With Christmas quickly approaching, as Santa's inches have dropped away, the "sewing elves" are working round the clock in altering Santa's RED wardrobe!

So this Christmas watch for an even "more jolly" Santa and just a "little less" of him but a much healthier and happier Santa 'cause he's gone Low Carb!

And..."Laying his finger aside of his nose and giving a nod, up the chimney he [easily] rose!

He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,"HAPPY [LOW CARB] CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!"

Home site of Low Carb Christmas Cookin'
The FIRST Low Carb Christmas Cookbook!
Low Carb Christmas Cookin'- with an Old-Fashioned Cook!
224 fun-filled, sometimes hysterical pages!

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Jan has been living the low carb lifestyle for almost eight years. Her long-term goal is helping people understand that food is truly the great medicine, prevention and healer of disease.

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Low-Carb Dieting During Pregnancy May Benefit Your Baby!
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