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Fast Metabolism XMAS



FMD Christmas
Survival Handbook
Includes recipes for all phases



COOKING WITH A CAT

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Introduction

Christmas, no doubt, is my favorite holiday. It always has been. It's not just decorations and gifts, it's an event that celebrates traditions and gives us the opportunity to spend some quality time with the people who matter most. This season inspires the best kind of feelings and has the best kind of sweets!

When I think of Christmas the first things that come to my mind are my grandmother stuffing a chicken, my mother distributing sweets all over the house, my father opening nuts and my aunt preparing hot chocolate. My cousins and I would be under under the Christmas tree eating cookies we had stolen from the kitchen.

It is precisely because of all these memories I have that it became necessary for me to find ways to eat healthily at Christmas without having to give up creating new memories with my family. The truth is that every time I've tried to keep a diet at Christmas it has not only been unbearable, but in the end, I skipped the diet. It's a difficult aim to stick to a diet during celebration days: there are many temptations and Christmas menus are often highly charged and full of foods that hardly fit with a diet.

I remember one year when I had this bad idea to prepare a different menu than my family in order to follow the diet. My family all began to tease and pressure me not to stick to my Christmas diet. I ended up throwing my food away and feeling guilty.

This book is much more than a simple cookbook: it's a survival manual for the holidays. In it you'll find an efficient way - tested on my family and friends - to enjoy a great Christmas without giving up eating healthily. All this without getting fat!

The book is divided into 6 chapters. The first chapter contains practical tips and useful ideas for planning your Christmas menu; it also includes three possible menus, one for each phase¹. In the other 5 chapters there are more recipes. They are sorted by type and include cooking tips. In total the book contains a collection of 23 Christmas recipes; healthy and suitable for all phases of the Fast Metabolism Diet.

The recipes are incredibly varied. They are inspired by the traditions of different countries and are therefore innovative and creative. Vegetarians, vegans and people wanting to eat gluten-free are catered for. These recipes mean that anyone and everyone can enjoy the holiday in the healthiest way possible.

I hope you enjoy the book, but even more, a perfect Fast Metabolism Christmas!

¹ Refers to the phases of the *Fast Metabolism Diet* by Haylie Pomroy.