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Slow Carb Thanksgiving Recipes - A Finding My Fitness Holiday

Jason Jacobs

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Have you read The 4-Hour Body and decided to start following the plan in it? Do you want to follow as close to a slow-carb diet as you can this holiday season?

You can crush it during the holidays with these great recipes!

In the book:
- 7 pages on preparing the perfect poultry!
- 7 scrumptious sides!
- 6 decadent desserts!
- 3 delicious drinks!

All of the recipes are completely Paleo compliant, and many of them are totally Slow-Carb friendly (for my fellow 4-Hour Body followers)!

You know how it is. The turkey, stuffing, mashed potatoes, dessert - they all helped put you in a coma that kept you hibernating until the following Monday. They say it's the triptophan in the turkey, but I wonder if it was actually a hyperglycemic coma that would slowly work its way into type 2 diabetes if we let it.

But it doesn't have to be that way. In this guide, you'll find out how to make the perfect turkey, get recipes for a whole host of side dishes, and even get recipes for desserts.

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