Make This Holiday Season The Healthiest Yet Webinar

The following resources were used to assemble this class for you or were referenced to assist you:

Get Your Free WICO - Fitness Score - Remember to take it without interruption so you do not lose your responses while you are filling it out. www.TakeWico.com Access Code: ACW (All Caps)

Next Month's webinar link to register: https://acw.synduit.com/PSEW0001

Here are a handful of resources that I found while researching healthy holiday recipes. I have not prepared all of them, so if you end up using any of these, please let us know what you think!

10 Paleo Recipes: https://www.livestrong.com/slideshow/1008856-paleo-holiday-recipes/

10 Plant Based Recipes: https://myvega.com/blog/best-plant-based-holiday-recipes/

Healthy Thanksgiving: http://www.eatingwell.com/recipes/17959/holidays-occasions/

Healthy Christmas: http://www.eatingwell.com/recipes/17938/holidays-occasions/christmas/

Lower Calorie Options: https://www.fitnessmagazine.com/recipes/dinner/seasons-eatings-healthy-holiday-recipes/