

TODAY Holiday Guide

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Grant a Wish

Got a long list? Bulk gift ideas for skinny budgets

Kathleen Daelemans shares her comprehensive guide to getting great gifts

TODAY

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It's the season to show your loved ones just how much they mean to you. Chef Kathleen Daelemans, author of "Cooking Thin and Loving Food: 200 Easy Recipes for Healthy Weight Loss," shares her comprehensive guide to getting great gifts without damaging your credit card:

For the men in your life

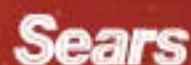
Six-pack from Bell's Brewery

Cross off the men on your list with this over-the-top (but inexpensive) six-pack to go from Bell's Brewery, the oldest craft-brewer east of Boulder, Colorado. The brewery makes nearly 20 different beers, ales, porters and stouts. Known for their unique style and flavor, Bell's has built a nationwide reputation as a creative and talented brewery.

Go for the Two-Hearted Ale: An India Pale Ale-style well-suited for Hemingway-esque trips to the Upper Peninsula, American malts and enormous hop additions give this beer a crisp finish and incredible floral hop aroma. Or opt for the Winter White Ale: This is a wheat ale brewed with American wheat and a proprietary blend of hefe and classic Belgian-style yeasts — a refreshing winter alternative created from the subtle fusion of two classic flavors. \$8 for 6 beers, www.BellsBeer.com

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Dec. 4: Whether you're shopping for a chocolate lover or a movie addict, Kathleen Daelemans shows TODAY's AI Roker holiday presents you can get in packs.

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