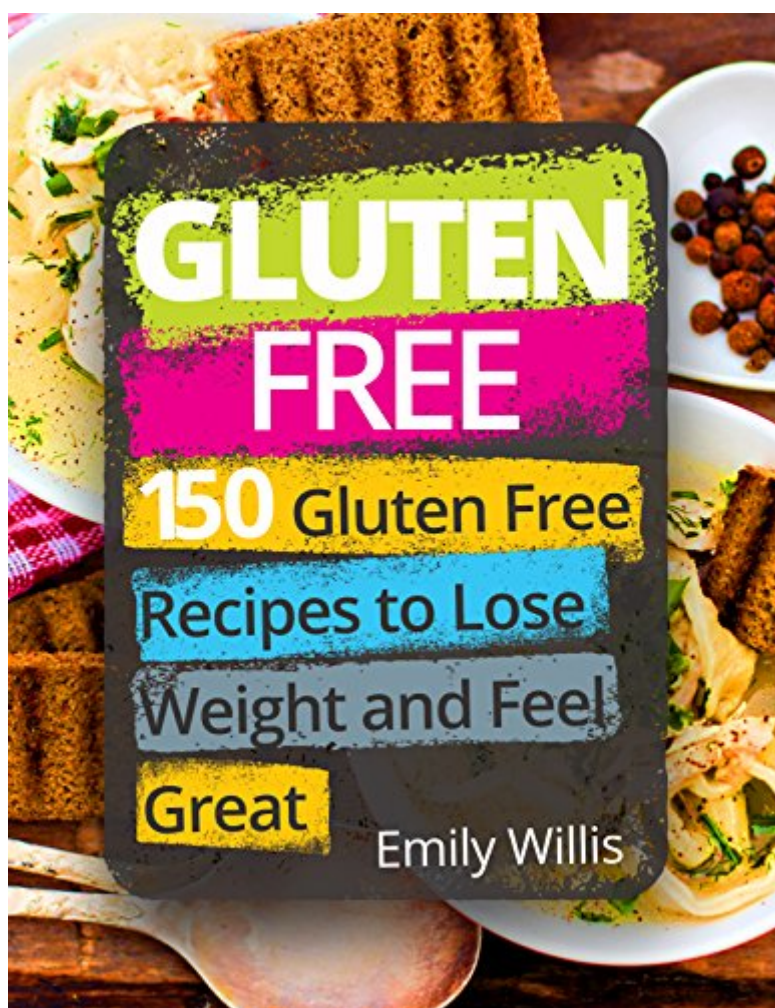


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# Gluten Free Cookbook: 150 Gluten Free Recipes To Lose Weight And Feel Great



## Synopsis

Eating gluten free foods is not a complex task! Itâ™s a healthy dietary option that brings you multiple benefits! Excluding gluten from your daily diet can bring significant changes in your life. Your overall health will improve in no time and you will look and feel amazing. There are some health benefits of gluten free diet:â€¢Antioxidants and vitamins EVERYWHERE!â€¢Losing that winter weight becomes easier.â€¢Digestion is a breeze.â€¢Energyâ€¢restored!â€¢Youâ™ll discover boundless alternatives!The recipes collection weâ™ve gathered for you is meant to prove that eating gluten free is a real option these days and that there are so many great gluten free dishes you can make in the comfort of your own home!This special cookbook will become your new best friend in the kitchen if you are willing to start a gluten free life!Under the cover youâ™ll find recipes for:â€¢Breakfastâ€¢Lunchâ€¢Sidesâ€¢Main coursesâ€¢Snacksâ€¢DessertsSo, donâ™t wait too long! Start cooking in a new and healthier way! Enjoy and have fun!

## Book Information

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## Customer Reviews

Cutting out gluten from your diet may seem like a difficult and limiting task. Fortunately, there are

many healthy and delicious foods that are naturally gluten-free! In fact, the most cost-effective and healthy way to follow the gluten-free diet is to seek out these naturally gluten-free food groups, which include fruits, vegetables, meat and poultry, fish and seafood, dairy, nuts and so on... While grains that contain gluten are out, there are many naturally gluten-free grains that you can enjoy in a variety of creative ways. Wonderful guidebook for those who need to adopt a gluten free diet, as well as those investigating gluten free foods.

The flour mixes in this book are PERFECT for making pastries and breads that taste like gluten and all of it's glory! Made a few recipes from it. The rice recipes are just fantastic. There's a veracity of recipes in here too and it tells you just what to buy. This book is SO helpful in dealing with gluten-free eating without turning into a "health psycho." This book has been a life saver for me!

My son is allergic to gluten, so we are not eating any products which contain gluten to support him. And though we don't need to lose weight, I thought I needed to buy this book because of the number of gluten-free recipes it offers. And so far so good! Tried almond cake and some other desserts and all of them turned yummy! Will be trying Italian chicken surprise later today !

Wonderful addition! I've been cooking various recipes through this book for the past two months! I've lost weight eating the delicious food and have found some family favorites in the process! I would highly recommend this book to others! It is also makes a great gift!

Eating gluten free foods is not a complex task! It's a healthy dietary option that can bring us multiple benefits. This book has 150 gluten free recipes to lose weight and even feel great after following the steps mention in here.

This book Gluten allergies and Dairy allergies are something new for us. When our cook book arrived, I had my older two boys each pick one recipe to try.

Great recipes. Easy to follow. This cookbook is creative within those parameters. Lots of great ideas. Pictures helped a lot.

I have bought a lot of gluten free books on and none of them compare to this one. I am shocked

that this one is so good but I have tried several of their cake recipes and each one is better than the next. In fact I would be so bold to say that I like them better than their gluten counterpart!!

Everything is explained so concisely and there are pictures to guide you along the way. I am looking forward to trying the other recipes. I really do love this book.

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