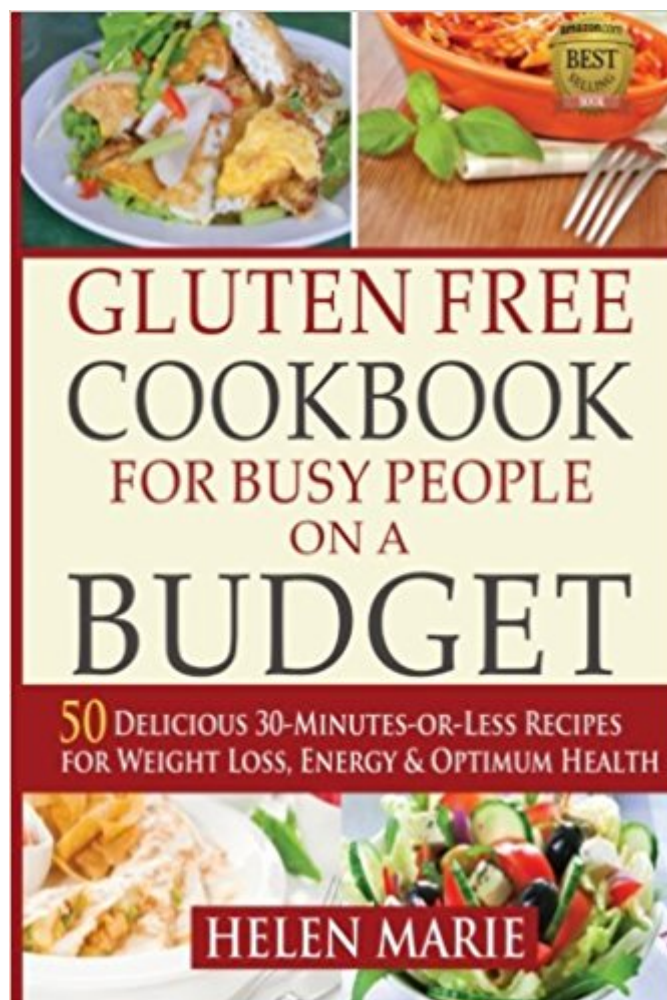


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# Gluten Free Cookbook For Busy People On A Budget: 50 Delicious 30-Minutes-or-Less Recipes For Weight Loss, Energy & Optimum Health (Nutritious ... For Healthier Living Series) (Volume 1)





## Synopsis

Gluten Free Cookbook for Busy People on a Budget provides 50 recipes for those who need or want to live a delicious, nutritious gluten-free lifestyle. And the best part: each mouth-watering dish can be made in 30 minutes or less! Gluten-free cooking is becoming very popular, not only in the United States but around the world. This cookbook includes recipes that are all made with nutritious, gluten-free ingredients, substituting healthy coconut and almond flours for all-purpose, enriched wheat, or whole wheat flours can contain little to no nourishment. Every day, more than 200 million Americans consume food products made of wheat. As a result, over half of them experience some form of adverse health risks, ranging from minor rashes or high blood sugar to the unattractive stomach bulges that are due to the whole grains they eat. I'm one of them. I had a wheat belly for almost 20 years and among other things, it's quite embarrassing. Wheat could well be the # 1 reason so many people are obese in our world, sadly more here in America than anywhere else. If wheat is eliminated from our diets completely, we would be a much healthier nation, as would other nations. Changing to a wheat-free lifestyle isn't easy. I'll be the first to tell you that. But it is so well worth it. You have no idea how much more energy you will have. The best news, however, is how much healthier every organ in your body will be. Yes, gluten-free products are more expensive, but when you weigh that against the times you spend money on doctors' visits and prescription medicines from eating wheat, gluten-free products cost far less. I invite you to join me on a gluten-free diet and see how much better and healthier you feel in six months. Sometimes wheat stays in the body for up to several years so it might take a little longer in your case, like it did in mine. I hope you get this book, start making the recipes I've included and begin your journey into a lifestyle of weight loss, energy and optimum health.

## Book Information

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## Customer Reviews

AAAA++++ Exactly as described. Fast delivery. Lots of great recipes. Lots of great information. Realized I'm gluten intolerant so bought this book.

This book is good for people starting a gluten free diet. It gives us many ideas of easy gluten free dishes.'

I like the cookbook, only wish it had some pics of a few recipes. I haven't cooked any recipes yet, but I like the information in the beginning of the cookbook.

I am not a cook in the slightest and always on the run. This book provided quick, easy and delicious recipes even for the most novice of cooks. It is also easy on the pocket book which is a super bonus.

Just what I wanted.

Love food

Wonderful book! I too eat a gluten free diet, so am always interested in new gluten free recipes ideas. This book is well written and presented; the issues concerning gluten are clearly explained. This cookbook covers all meals with great recipes! Very useful! Tom savage.

If I loved cooking I'd love this. I hate cooking but I will not fault the author and/or chef.

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