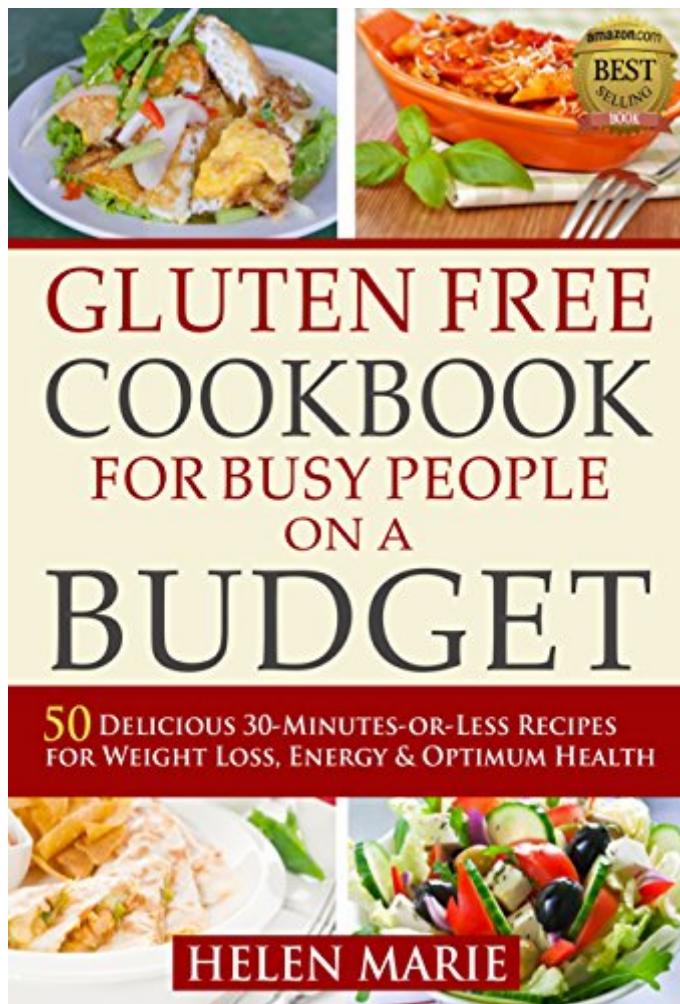


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# Gluten Free Cookbook For Busy People On A Budget: 50 Delicious 30-Minutes-or-Less Recipes For Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes For Healthier Living Series 1)





## Synopsis

SOLD MORE THAN 6,000 COPIES! Looking for the best gluten-free recipes to add to your recipe collection? Then you've come to the right place. *Gluten Free Cookbook for Busy People on a Budget* is packed with tasty food recipes even non-gluten-free eaters will love! The first portion of the book contains educational material such as: What is Gluten and Why Does It Cause Problems? Ten Signs That Prove You Are Gluten Sensitive How to Avoid Gluten Tips to Help Achieve Your Gluten Free Diet Also included in the book are 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! A few of these gluten-free-approved recipes include: Mini Crustless Quiches Egg and Bacon Pockets Mexican Style Omelet Spicy Cauliflower Soup Summer Vegetable Pasta Ginger and Garlic Stir-Fry Fast and Easy Chicken Enchilada Soup Gluten Free Lasagna Chicken, Potato and Cabbage Soup Vegetable Penang Curry Luscious Lime Pie Hot Chocolate Cake Creamiest Rice Pudding Chocolate Orange Mousse Blueberry Crisps Vegan Crab Dip Coconut Macaroons Roasted Red Pepper Hummus Crispy Kale Chips Each recipe includes nutritional information so you can easily plan your daily menus to incorporate meals that don't go over your desired daily caloric intake. Gluten-free cooking is 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 and in fact, are harmful due to the wheat in them. 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 high blood sugar and diabetes, to the unattractive stomach bulges due to the whole grains they eat. Wheat, rye and barley could well be the # 1 reason so many people are obese in our world, sadly more here in America than anywhere else. If wheat and other grains were 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. 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. Your lungs will come "alive", your skin will glow and your hair will shine. Although gluten-free products are more expensive, when you weigh that against the money you spend on doctors' visits and prescription medicines from eating wheat, rye and barley, 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. So get this book, start making the recipes I've included and begin your journey into a lifestyle of weight loss, energy and optimum health.

**About the Author:** When doctors told

lethargic, 16-year-old Helen Marie that she had a gluten intolerance, neither her mother nor she knew what that meant. It wasn't until mother and daughter got home and Mom read the material the doctor gave her that the severity of the problem sunk in. Through the years Helen kept on a gluten-free diet and, as a young adult, she totally regained her health. In a nutshell this is her story and the reason she wrote this book, one in a series of gluten free books designed to help people with a gluten sensitivity or worse, with celiac disease, to overcome all the serious problems caused by gluten and live a better-than-normal life, one full of energy to enjoy the things you've probably missed for too long. Scroll up to order your copy now before the price increases!

## **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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