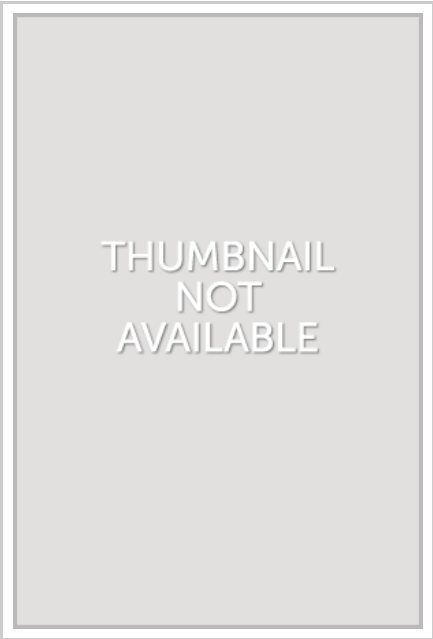


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The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle * Improve Your Health * Increase Energy Levels * Lose Weight * Prevent Inflammation and Disease

By Lauren Kelly

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle * Improve Your Health * Increase Energy Levels * Lose Weight * Prevent Inflammation and Disease, Lauren Kelly, You'll never miss the wheat! Today's supermarket is full of overprocessed wheat products that can leave you feeling tired, bloated, and uncomfortable. And grains have been linked to chronic inflammation, which is in turn linked to arthritis, allergies, cardiovascular disease, and even cancer. Nutritionist Lauren Kelly shows you just how easy it is to cook healthy, wheat-free meals without sacrificing flavor, with recipes like: * The best grain-free banana bread ever * Sicilian eggplant rolls * Fiesta lime lentil salad * Sesame-crusted chicken breasts * Scalloped potatoes with leeks and proscuitto * Hot and spicy turkey meatballs * Sausage and asparagus risotto * Crab cakes with garlic aioli sauce * Marinated spicy beef and baby spinach * Classic polenta with herbs and parmesan * Tropical fruit salsa with brown rice chips * Dark chocolate coconut scones Whether you have a wheat allergy, an intolerance to wheat, or you just want to cut out inflammation-causing foods from your diet, The Everything Wheat-Free...

Reviews

It is really an remarkable ebook that we actually have ever read through. I actually have study and i also am confident that i am going to gonna study once more yet again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- ***Ewell Rempel***

Extremely helpful for all group of men and women. it absolutely was writtern extremely perfectly and valuable. Your way of life span will be transform when you complete looking at this ebook.

-- ***Prof. Trever Torphy***