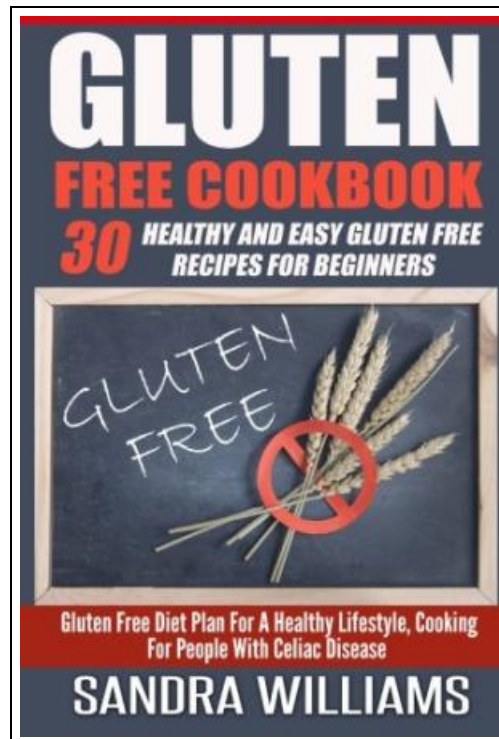


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FREE GIFTS INSIDE Inside you will find FREE PDF reports: 1. 101 Tips That Burn Belly Fat Daily! (\$17 Value) 2. The 7 (Quick Easy) Cooking Tricks To Banish Your Boring Diet. (\$7 Value) 3. Bonus at the end of the book. Learn How To Prepare 30 Delicious Gluten Free Foods, Feel Better And Gain A Lot Of Energy Instantly! When you are on a gluten free diet, things at first may seem very difficult and you almost may lose hope when you think about your breakfast or dessert! How can one have their breakfast complete without breads, oats, pancakes or even waffles! Luckily the nutritionists have come up with substitutes that allow us to create equally delicious breakfast, appetizer, and dessert food. This book is dedicated to those people who cannot go by without a single day without those specific foods. The book compiles not only breakfast or dessert recipes for gluten intolerant people but it also opens up options for lunches and dinners as well. The recipes are full of variations. They can be served at dinner parties, at family get together, and even at more intimate dates. The procedures of these recipes are fairly simple and any beginner can try these without facing difficulties. This book contains gluten-free and easy recipes for breakfast, lunch, dinner and dessert. Here Is A Preview Of What You Will Learn: What Is Gluten Free Diet? Breakfast Recipes Almond Flour Pancakes Fancy Steak Eggs Turkey, Broccoli, and Egg Muffins Healthy Banana Smoothie Banana Milkshake Vegan Style Egg-Free Mushroom Quiche Minty Kiwi Creamy Smoothie Sausage Egg Cups Lunch Recipes VELVEETA Cheeseburger Mac Swedish Meatballs With Rose Pepper and Thyme Cheese Brussels Sprouts Soup Raw Vegan Carrot Ginger Soup Mushroom and Ramen Noodle Soup Tomato Zucchini Pasta Pumpkin, Butternut Squash, Carrot, Potato Stew Dinner...



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