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## Gluten-Free Made Easy: The Complete Guide to Jump-Start Your Gluten-Free Diet - Including 25 Simple and Delicious Gluten-Free Recipes (Paperback)

By Mike Moreland

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gluten-Free Made Easy: Learn How to Go (and Stay) Gluten-Free the Easy Way! Are you thinking about going gluten-free but have no idea where to start? Are you already on a gluten-free diet but find it almost impossible to stick to? It's hard, right? So many products contain gluten these days; the list just goes on and on. It really does seem like an impossible challenge to cut gluten out of your diet. However, it can definitely be done. With the help of this book, you will be quickly on your way to go AND stay gluten-free! The Complete Guide to Jump-Start Your Gluten-Free Diet Gluten-Free Made Easy will make your transition to a gluten-free lifestyle as easy and effortless as possible. It contains all the tips and tricks you need to know to successfully jump-start your gluten-free diet. You will learn how to: Know what foods you can and cannot eat Start with gluten-free cooking the easy way Save time with gluten-free meal and snack preparations Safely dine out gluten-free Successfully stick to your gluten-free diet Go gluten-free without breaking the bank Including...



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