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Gluten-Free Salads (Paperback)

By Sandra Bayern

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Going on any diet requires some work. You have to plan, strategize, compromise and commit. When your diet is required medically, there s the added stress of knowing you can t just quit when you get bored or frustrated. But for any diet to be successful, you have to be able to stick with it. The best diets: Are as easy as possible to follow Provide plenty of nutrition and variety Give you ways to enjoy the foods you really love Are accessible and affordable for everyone Are convenient That s what I ve put together for you in these pages - a way to go gluten-free in the real world, no matter what your budget is, how busy you are, how much you love good food or what your family situation is. You can go on this diet if: You re a single person living alone, or the parent of several children You have plenty to spend on specialty groceries, or are on a tight food budget You are a gourmet, or don t really enjoy cooking You have...



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