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The Savvy Gluten-Free Shopper: How to Eat Healthy Without Breaking the Bank

By Jennifer Fugo

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 136 pages. Dimensions: 8.4in. x 5.4in. x 0.4in. Eating gluten-free is a financial burden for many celiac and gluten sensitive families. What starts out as a quest to get back your good health by going gluten-free can create a huge amount of stress over money since the Gluten-Free Diet can cost about two and a half times more money than your former gluten-filled diet. But, this doesn't have to happen to you! In The Savvy Gluten-Free Shopper, you'll learn why gluten-free food is expensive, how you can easily reduce your grocery bill by up to 50 and--even cook less! You'll also learn simple shortcuts to ensure you always have healthy, gluten-free food available even when cooking isn't necessarily convenient. The book includes lots of simple tips to implement as well as 27 easy-to-make, healthy gluten-free recipes. You'll also get access to a complimentary menu planning guide (only available to those who purchase the book) that teaches you the steps to save money and time while cooking and shopping smarter. This item ships from La Vergne, TN. Paperback.



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