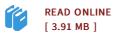




The Savvy Gluten-Free Shopper: How to Eat Healthy Without Breaking the Bank

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 doesnt have to happen to you!In The Savvy Gluten-Free Shopper, youll learn why gluten-free food is expensive, how you can easily reduce your grocery bill by up to 50 and--even cook less! Youll also learn simple shortcuts to ensure you always have healthy, gluten-free food available even when cooking isnt necessarily convenient. The book includes lots of simple tips to implement as well as 27 easy-to-make, healthy gluten-free recipes. Youll 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.



Reviews

Simply no phrases to explain. It is definitely simplistic but shocks from the fifty percent from the pdf. You may like the way the blogger write this ebook.

-- Antonetta Tremblay

This is an incredible ebook which i actually have ever go through. This can be for those who statte that there had not been a really worth reading. I am just quickly can get a delight of reading a published book.

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