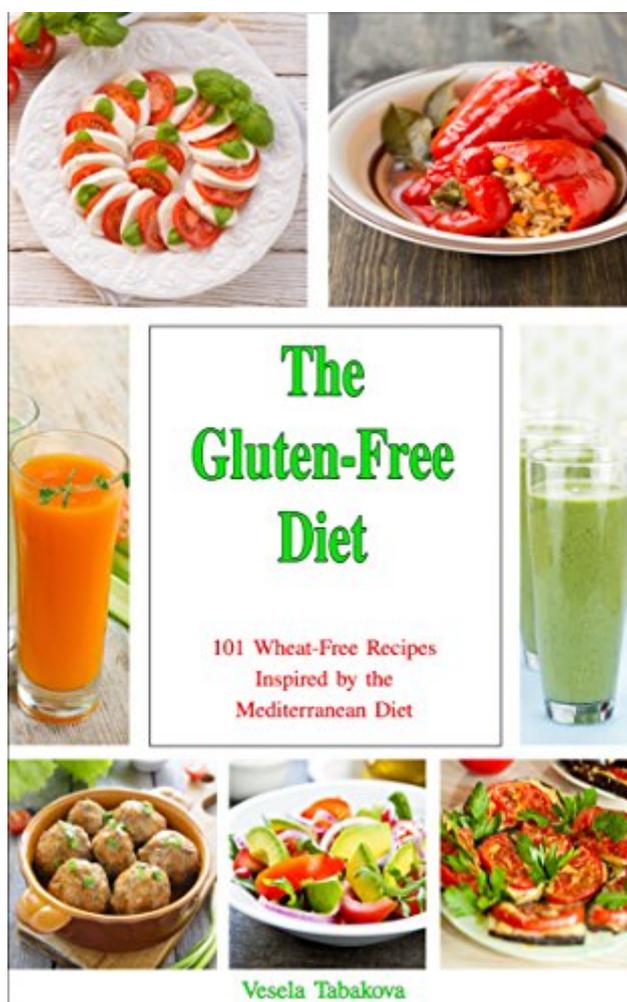


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The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired By The Mediterranean Diet (Gluten-free, Gluten-free Cooking)



Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! Delicious gluten-free recipes that will drastically improve your health AND your weight! Following a gluten-free diet is extremely challenging and often very expensive. Gluten-free foods are hard to find, do not always taste very good and many people who have to avoid gluten feel overwhelmed and depressed by the fact that they have to follow this diet. The truth is, learning to cook gluten-free is a challenge, but not an insurmountable one. From the author of several bestselling cookbooks and fitness enthusiast Vesela Tabakova, comes a great new collection of 101 delicious gluten-free diet recipes that will help your transition to gluten-free lifestyle much easier. The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet is an inspirational resource of healthy, whole food, mouthwatering recipes for every meal and occasion that will help you improve your health, add years to your life and will truly nourish your body.

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Customer Reviews

This book is very interesting, there are lot of good recipes that you can choose from. Aside from that all the instructions are very easy to follow and understand, I have tried several dishes at home and it

really taste superb. I can't wait to cook for my family during the holidays I am sure that they will love it. An outstanding cook book from the Author. I have never read anything as good as this one before..

So so

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