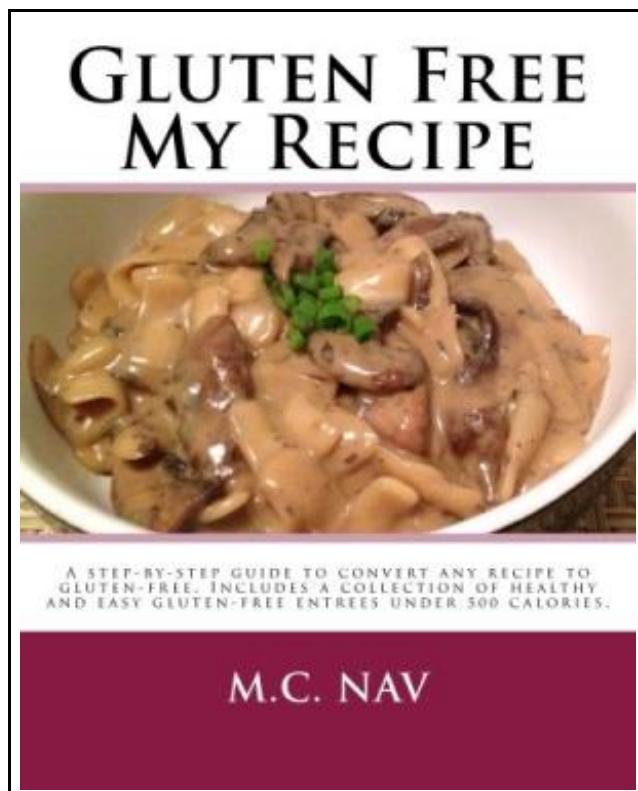


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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.During my journey to gluten-free, I craved my grandmother s homemade pasta, my mother s famous Chicken Parmigiana and my best friend s warm and chewy chocolate chip cookies. Without those treasured dishes, I would have dove off the gluten-free wagon, back to pain and suffering. Out of necessity, I developed Gluten Free My Recipe. After analyzing my old eating habits and defining unhealthy, I omitted fried foods, excess carbohydrates and sugary snacks. I dissected my favorite homemade recipes and made healthy swaps. The result is this book - delicious versions of my favorite meals, all gluten-free and fewer than 500 calories. Follow my comprehensive tips and techniques, and you will be able to gluten-free all of your recipes with ease.

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