



Wheat Belly on a Budget: The Going Gluten-Free on a Shoestring (Paperback)

By Celia Cook

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Whether you ve just adopted the wheat belly lifestyle or you re a wheat belly pro, there s no arguing the fact that going gluten-free is pricey. Gluten-free products are usually harder to come by, and ALWAYS more expensive than their gluten-full counterparts! This creates a real conundrum for the aspiring gluten-free family on a tight budget! How do you afford all the food products and ingredients you need to enjoy a high quality, variety filled diet? Easy! Wheat Belly on a Budget: The Going Gluten Free on a Shoestring Cookbook. Let bestselling author Celia Cook provide you with the tricks and tools you need to live your wheat belly life without breaking your wallet or boring your taste buds! In this guide you will learn: -How to cook an assortment of naturally gluten-free dishes - classic recipes that never had gluten in them to begin with! -How to adapt many of your favorite gluten-full recipes so that they agree with your wheat belly -A whole toolbox full of money-saving shopping tips to help you dine deliciously while sticking...

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