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Createspace, United States, 2012. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.From the book series; EAT ON \$5 A DAY! Comes the must-have cookbook companion for anyone on a gluten-free diet and on a tight budget. 101 gluten-free recipes, shopping lists, menu planning, easy ways to save time and over \$10,000 per year! Learn how to use whole foods and Farmers Market ingredients to make easy breakfasts, lunches, dinners and snacks. Just because you've gone gluten-free does not mean you have to feel ripped-off every time you go to the grocery store! Save money, save time, save your health and learn how-to - MAKE BETTER USE OF YOUR TIME! The last thing any normal human being wants to do after a full day of work/school/taking care of children is clean up a disaster-zone in the kitchen. Gabrielle Sunheart is not a trained chef - None of the dishes in this book require fancy gadgetry, a degree from a cooking school in France, or a zillion mixing bowls. Most of the dishes are one-pot wonders or casserole dishes that are easily adaptable to what you have on hand, easy prepare and QUICK clean-up. This book will show you how inexpensive and easy it can be to enjoy the health benefits of a gluten-free diet. Spend just \$5 a day in food costs without clipping coupons. \$5 is based on a family of 4. 2 adults and 2 kids. Breakfasts, lunches and dinners, shopping lists, menus - everything you need to get started! Start saving money and start getting healthy at the same time.



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