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The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle Through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!

By Caroline Shannon-Karasik

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle Through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!, Caroline Shannon-Karasik, An accessible healthy lifestyle should be the rule, not the exception. Who said pricey kitchen equipment and complicated recipes were necessary for leading a balanced life? Based on the premise that simple whole foods (mixed with a bit of dessert, of course) are the building blocks of any healthy diet, The Gluten-Free Revolution will help you energize and revamp your lifestyle. Shannon-Karasik encourages those interested in feeling great to experiment until they find what works best for them. The Gluten-Free Revolution suggests mixing and matching simple exercises and easy recipes in order to create your ideal healthy lifestyle. All the recipes are gluten-free, and many also cater to vegans, vegetarians, and even nut- and soy-free diets. Contents include everything from recipes for smoothies, meals, and desserts to simple and effective yoga, Pilates, and dance workouts. Whether you're a fitness nut looking for the latest tips, the mom of a gluten-free child looking for delicious recipes, or just the average person who wants to feel amazing every day, The Gluten-Free Revolution...

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