

FREE Bonus Inside! On sale for a limited time! Going on any diet requires some work. You have to plan, strategize, compromise and commit. When your diet is required medically, there's the added stress of knowing you can't just quit when you get bored or frustrated. But for any diet to be successful, you have to be able to stick with it. The best diets: Are as easy as possible to follow Provide plenty of nutrition and variety Give you ways to enjoy the foods you really love Are accessible and affordable for everyone Are convenient That's what I've put together for you in these pages -- a way to go gluten-free in the real world, no matter what your budget is, how busy you are, how much you love good food or what your family situation is. You can go on this diet if: You're a single person living alone, or the parent of several children You have plenty to spend on specialty groceries, or are on a tight food budget You are a gourmet, or don't really enjoy cooking You have hours to spend making homemade meals, or need menus that are fast and easy Real world gluten-free living means being able to stick with your diet no matter how busy you are, or whether you're in a restaurant or your own home. It means you have to be able to feed yourself without going broke or feeling like your diet is a part-time job. It means knowing how to stick with your diet without feeling separate from everyone else. So scroll up and click on Buy Now to deliver this cookbook almost instantly to your Kindle or other reading devices. Table of Contents: Chicken in Mushroom Sauce Roast Chicken with Sweet Potatoes Crispy Coconut Oven Fried Chicken Zesty Chicken Burgers Turkey Cutlets with Cranberry Pan Sauce Herb Baked Turkey Loaf Quick and Easy Italian Meatballs Quick Duck Cassoulet Beef with Mushrooms and Broccoli Beef Skewers with Almond Satay Beef Stew Seared Steak with Mushrooms Bison Meatloaf Supreme Greek Lamb Meatballs Spicy Sautéed Veal Chop Veal Scallopini with Lemon Sauce Boneless Pork Packets Pork Chops with Cabbage and Apples Pan Seared Tilapia Florentine Easy Oven Poached Salmon Sole with Oregano and Lemon Broiled Flounder with Fresh Salsa Swordfish Steak with Parsley Sauce Baked Halibut with Almond Butter Spicy Creole Shrimp Scallops with Gingered Orange Glaze Scallop Skewers with Grilled Fennel Valencia Crab Stew Broiled Lobster Tail with Tarragon Cheesy Risotto

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