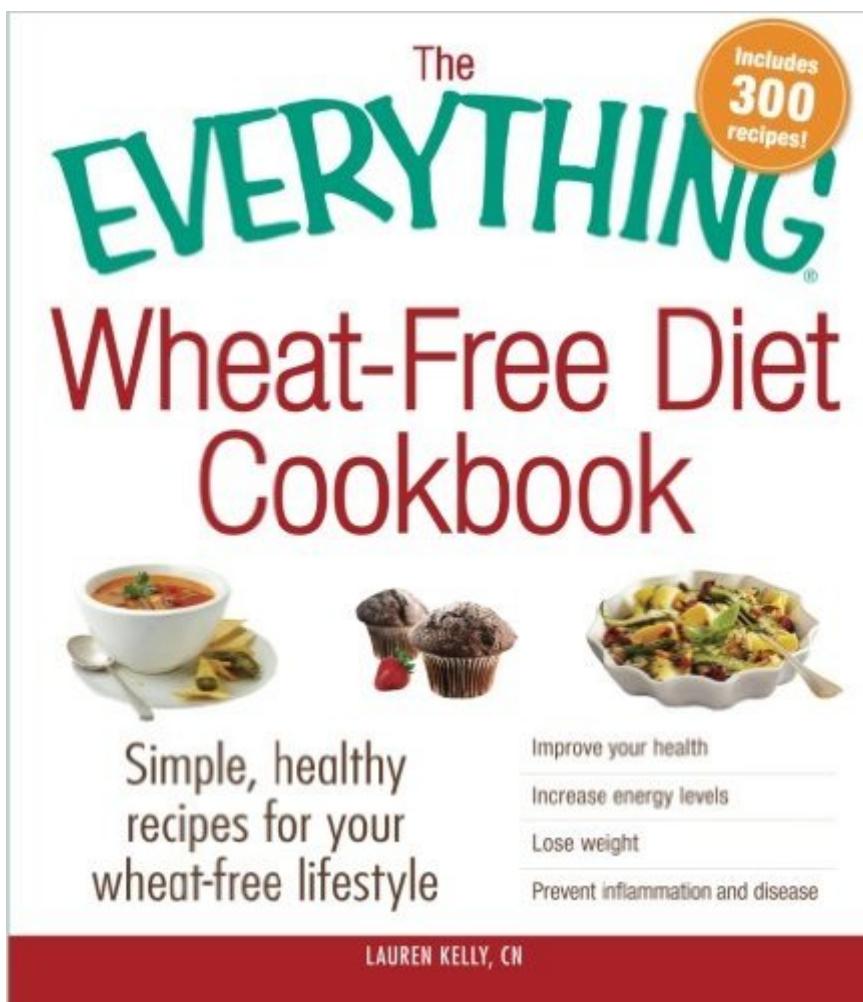


The book was found

# The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes For Your Wheat-Free Lifestyle



## Synopsis

You'll never miss the wheat! Today's supermarket is full of overprocessed wheat products that can leave you feeling tired, bloated, and uncomfortable. And grains have been linked to chronic inflammation, which is in turn linked to arthritis, allergies, cardiovascular disease, and even cancer. Nutritionist Lauren Kelly shows you just how easy it is to cook healthy, wheat-free meals without sacrificing flavor, with recipes like:

The best grain-free banana bread ever  
Sicilian eggplant rolls  
Fiesta lime lentil salad  
Sesame-crusted chicken breasts  
Scalloped potatoes with leeks and proscuitto  
Hot and spicy turkey meatballs  
Sausage and asparagus risotto  
Crab cakes with garlic aioli  
sauce  
Marinated spicy beef and baby spinach  
Classic polenta with herbs and parmesan  
Tropical fruit salsa with brown rice chips  
Dark chocolate coconut scones

Whether you have a wheat allergy, an intolerance to wheat, or you just want to cut out inflammation-causing foods from your diet, The Everything Wheat-Free Diet Cookbook gives you 300 delicious, easy, wheat-free ideas for any meal.

## Book Information

Series: Everything®

Paperback: 304 pages

Publisher: Adams Media (February 18, 2013)

Language: English

ISBN-10: 1440556806

ISBN-13: 978-1440556807

Product Dimensions: 8 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars (See all reviews) (100 customer reviews)

Best Sellers Rank: #323,276 in Books (See Top 100 in Books) #89 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #474 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #2353 in Books > Cookbooks, Food & Wine > Cooking Methods

## Customer Reviews

I have just begun to use several of the recipes from this Wheat Free Cookbook. While I am someone who is able to eat wheat, I was intrigued by the title of the book to see options that are available. I have begun with the quinoa recipes as this is a grain I very much enjoy. Since purchasing the cookbook, I am systematically using several of them a week. It has opened up new options for my cooking. And, everything is just delicious!

This cookbook is a great transition into a wheat free diet! The author provides plenty of recipes to choose from appetizers to desserts, and everything in between. This book provided my family with a healthy and simple way to put dinner on the table even during the hectic work week. The recipes are very tasty even if you do not eat wheat free!

I thought this would be another 'diet' cookbook but I was so wrong! So many new and fresh ideas that have inspired this lifelong vegetarian to get back in the kitchen. Nothing too difficult or time consuming either, love love LOVE this cookbook!

As a wheat allergy sufferer and mom of three little boys finding recipes that appeal to our entire family has been a challenge. I don't want to make 5 different things every night! I have been looking and looking for a cookbook like this! I love that the ingredients are easy to find and the recipes, easy to follow. Usually there are only a handful of things that appeal to me in a cookbook, but this one has great variety and TONS of family-friendly ideas.

My wife is Italian so the sheer thought of introducing gluten free options was almost grounds for divorce. But, I have to say, the recipes are great and extremely simple to prepare. Love this cookbook. Would recommend to anyone looking for healthy and smart options.

Amazing! Amazing Cook Book! Lauren goes into great detail about the science behind wheat allergies, how to see if you have an intolerance and then packs the book with 300 recipes! Even if you are not looking to become "wheat free" and just looking to lighten up and cook healthier food, this book is perfect!

This cookbook is jam-packed with delicious recipes that are perfect for anyone, whether requiring a gluten-free diet or not. The meals are uncomplicated yet healthy, delicious, and satisfying. The book allows you to think outside your normal food "box" and try new things in a way that doesn't seem daunting and difficult. Highly recommend!!!

I was convinced by this book that eating wheat is not particularly good for most people. I have avoided wheat for several weeks and feel better than when eating it. The recipes in this book have made it much easier. Most of them are good enough to make just because you like them.

[Download to continue reading...](#)

Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks) Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stur Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie

Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein)

[Dmca](#)