



Gluten-Free Breakfasts (Gluten-Free Cheat Books Book 2)

Sandra Bayern

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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.

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Shannon Grant:

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