

Stay Fit Eat Allergy Free



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GC-18908

USmix/Data/US-2015

5/5 From 300 Reviews

Chef Joseph Yacino

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1 of 1 people found the following review helpful. The cookbook is excellent. I liked the variety of recipes and that ...By Life CoachThe cookbook is excellent. I liked the variety of recipes and that each recipe indicates what it is "free" of, i.e., Milk, Gluten, Egg, etc. The step by step instructions are clear and easy to follow. It includes valuable information about food allergies. It's also a very good resource for Culinary Terms, Herbs, Spices, and Seasonings, Kitchen Essentials, etc. I highly recommend "Stay Fit Eat Allergy Free."0 of 0 people found the following review helpful. Five StarsBy Bryan DanielEasy to use with great tips and cooking terms. Great value with over 200 recipes.

This book is for so many of our clients who have asked us to share our recipes with them, and also for the many others who suffer from life threatening allergies, have strict dietary restrictions, or simply have general concerns of the negative impact dairy and gluten have on health. You do not have to be on any special diet to enjoy these recipes. All of the recipes have been tested time and again by people not on any restrictive diets as well as those who are. We made sure the tastes and t ...