

# The Glutenfree Edge - Gini Warner

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It's true! A gluten-free diet can help you shed those stubborn pounds for good--and you don't even have to have celiac disease to benefit. Dieting can be difficult, but here nutritionist Gini Warner lays out a 7-day meal plan that makes going gluten-free surprisingly simple, and chef Ross Harris delivers gourmet meals that guarantee weight loss. Inside, you'll find 200 recipes that taste so good you won't even realize you're leaving something out, including: Sweet Potato Hash Brown Egg Cups; Spinach and Mushroom Mezzalunas; Sea Scallops and Roasted Corn Salad; Roasted Garlic Chicken Breast Provencal; Carob-Coated Mascarpone and Honey-Filled Figs. Gluten-filled foods can derail even the best-intentioned diets, but these gourmet recipes give you the edge you need to get the weight-loss results that last. Best of all, you don't have to give up the foods you love to get there! Author: Warner, Gini Publisher: Adams Media Illustration: N Language: ENG Title: The GlutenFree Edge Pages: 00256 (Encrypted PDF) On Sale: 2011-03-15 SKU-13/ISBN: 9781440511837 Category: Cooking : General

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