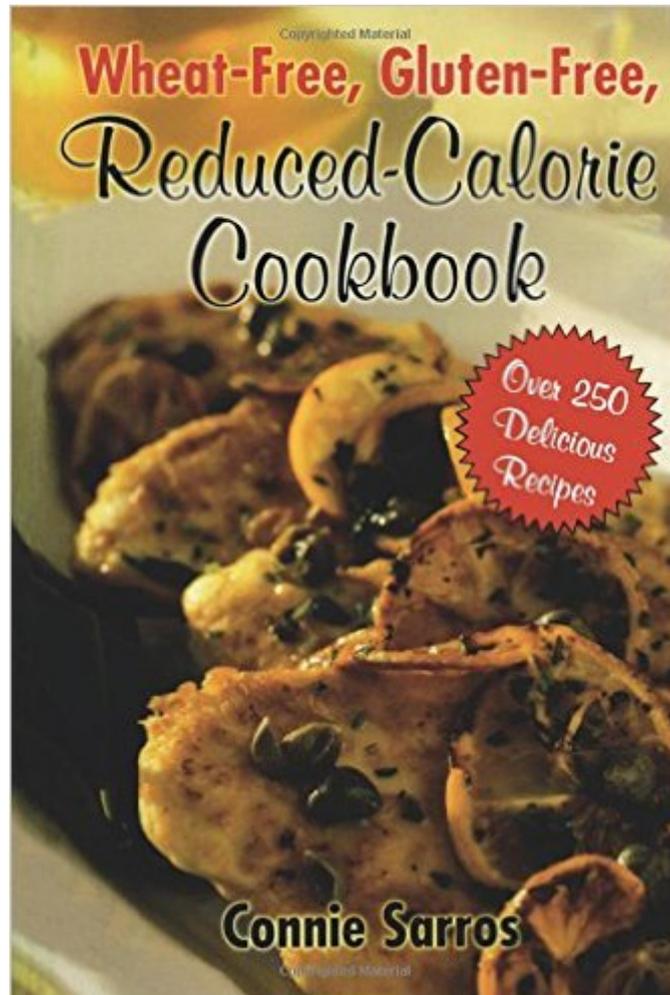


The book was found

Wheat-Free, Gluten-Free Reduced Calorie Cookbook



Synopsis

Undiagnosed and untreated, celiac disease can cause significant and unhealthy weight loss. Once diagnosed, however, people often pack on excessive pounds as they learn to eat without wheat and gluten. In this unique cookbook, author and celiac expert Connie Sarros shows readers how they can eliminate wheat and gluten from their diets and still stay fit, healthy, and trim.

Book Information

Paperback: 256 pages

Publisher: McGraw-Hill Education; 1 edition (December 5, 2003)

Language: English

ISBN-10: 0071423753

ISBN-13: 978-0071423755

Product Dimensions: 5.9 x 0.9 x 8.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,557,147 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #224 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free](#) #390 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#)

Customer Reviews

I have owned this book for about two years, and I use it frequently. The recipes are simple, normal, and mostly delicious. I would recommend it to anyone - Celiac or not. My husband was diagnosed with Celiac three-years ago. Prior to that, I considered myself a gourmet cook. Our whole house went gluten free, and the first year had many disastrous results. After cooking everything gluten-free for three years, I can now, again, claim to be a very good cook. I have a huge library of gluten-free cookbooks - some very good, many not so good. A huge complaint of mine is that most are high in fat, in order to replace the gluten (Some even tell you to not reduce the fat called for in a recipe.) The Reduced Calorie Cookbook has found a way to incorporate taste, and remove a lot of the fat. My thanks to you for a job well done. I should also note that an important addition to the recipes are the nutrition values. Being concerned about healthy eating, this is a must for me that lacks in most gluten-free cookbooks. BRAVO! In my opinion, it is a must to try. I promise you won't be disappointed. Eating gluten-free doesn't have to be eating taste-free.

Connie Sarros has done it again! I now have all the cookbooks in Sarros' Gluten-Free series, and

this one is just as amazing as the others. It's hard to believe these recipes are healthy let alone gluten free! I receive compliments on these recipes all the time and my family prefers to eat gluten-free now! This book is easy-to-read, and provides many useful tips for cooks of all skill ranges.

My search for tasty gluten-free recipes began when I learned that gluten can cause joint pain, which I was experiencing, and brown spots on teeth. I cut way back on my gluten intake (substituting oatmeal flour for wheat and all-purpose white flours) and was very pleasantly surprised when the joint pain stopped. Four stars from me for this book for calorie, cholesterol, fat, etc. information; variety of recipes, and clarity of instructions. I've withheld the fifth star because many of the recipes require what seems to be a rather lengthy list of ingredients; however, that may not bother you. **BOTTOM LINE:** I think it's worth buying.

I am a senior citizen that has been cooking for many, many years. I have just discovered my body doesn't like gluten so much. This cook book is helping me better prepare meals that are right for me.

Finally, a reduced calorie cookbook and it taste great. So far I have only tried a few recipes, but they tasted great that the whole family liked it. I hope to use this cookbook many times in the future.

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

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) 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 Book 1) Wheat-Free, Gluten-Free Reduced Calorie Cookbook Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health,

Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Wheat and Gluten-Free Bread, Rolls, and Biscuits: 50 Exciting Recipes using Healthful and Inspiring Ingredients WHEAT FREE My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare.

[Dmca](#)