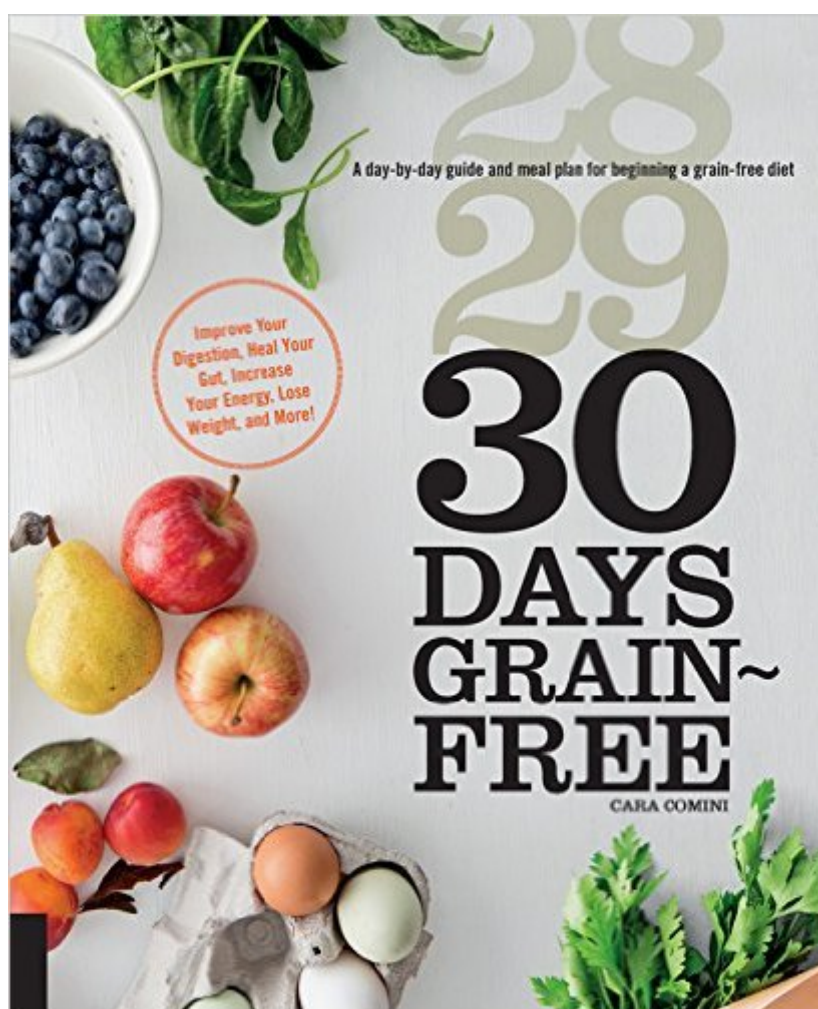


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# **30 Days Grain-Free: A Day-by-Day Guide And Meal Plan For Beginning A Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, And More!**



## Synopsis

Kick start your grain-free journey and achieve your health goals while eating delicious, satisfying meals with 30 Days Grain-Free! If you're keen on giving a grain-free diet a try - be it for your health, or due to a doctor's suggestion, or for your child - 30 Days Grain-Free is a resource you can't be without. Covering meals for breakfast, lunch, and dinner for 30 days straight (and then some), you'll learn how to approach this revolutionary diet simply, healthfully, and deliciously. No wondering what you'll have for dinner, or how you'll survive weekend brunch. Instead you'll take it one meal, day, and a week at a time, without any guesswork - or huge time commitment - involved. Cara Comini, founder of the hugely popular blog Health, Home, & Happiness and mom of three, serves as your guide on this journey. After using the grain-free diet to resolve health issues in her own family, she now helps others on this path toward wellness. Cara's actionable steps, gentle encouragement, and real-life recipes are designed to keep things simple and keep you on track. Here are just a few of the comforting meals you'll find inside: Lemon Poppy Seed Pancakes, Herbed Scrambled Eggs, Zucchini Lasagna, Slow-Cooker Pulled Pork over Greens, Tacos in Lettuce Wraps, Curried Chicken over Cauliflower Rice, Creamy Coconut-Strawberry Smoothie, Chocolate Gelatin with Whipped Cream. Having a plan may be the most important key for succeeding on a grain-free diet, and with 30 Days Grain-Free, you'll have everything you need for success right at your fingertips.

## Book Information

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## Customer Reviews

This book would be a great resource for anyone new to a grain-free diet. I was grain-free for 2.5

years, and one of the hardest parts in the beginning is just figuring out what to eat every day. Cara solves that problem for you by laying out a 30 day meal plan, complete with breakfast, lunch and dinner. Her explanations of where to buy grain-free food, and what the best options are, is also very helpful without being overwhelming. I do have one caveat, though. If you cannot eat eggs, this is not the book for you. Many of the recipes include eggs and it would be either impossible or difficult to substitute for all of those recipes. As long as you can eat eggs, this is not a problem, but I wanted to mention it for any fellow egg-allergy sufferers.

As someone who has been grain-free for the past 6 months I wish I had this when I got started. The author has 30 days of meals for breakfast, lunch, and dinner with tasty and easy to prepare grain free meals. She takes all the guess work out of it for you. The meals I have tried are very good. If you are considering a grain free diet, this resource will help tremendously. And if you are already grain free, this cookbook is still good because you will get some more recipes to make and diversify your options. I received a copy of this cookbook from the publisher in exchange for an honest review.

I love this book! It is extremely helpful if you want to try the grain-free approach. This book makes a grain-free diet very doable. Thank you Cara for putting this together for those of us who can get overwhelmed at the thought of grain-free. I would highly recommend it!

Everything you need to easily go grain free. So informative and pretty!

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