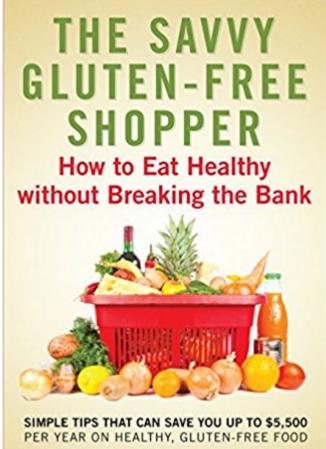
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The Savvy Gluten-Free Shopper: How To Eat Healthy Without Breaking The Bank



BY JENNIFER FUGO



Synopsis

Eating gluten-free is a financial burden for many celiac and gluten sensitive families. What starts out as a quest to get back your good health by going gluten-free can create a huge amount of stress over money since the Gluten-Free Diet can cost about two and a half times more money than your former gluten-filled diet. But, this doesn't have to happen to you! Â In "The Savvy Gluten-Free Shopper", you'll learn why gluten-free food is expensive, how you can easily reduce your grocery bill by up to 50% and--even cook less! You'll also learn simple shortcuts to ensure you always have healthy, gluten-free food available even when cooking isn't necessarily convenient. The book includes lots of simple tips to implement as well as 27 easy-to-make, healthy gluten-free recipes. You'll also get access to a complimentary menu planning guide (only available to those who purchase the book) that teaches you the steps to save money and time while cooking and shopping smarter.

Book Information

Paperback: 136 pages Publisher: CreateSpace Independent Publishing Platform; 1 edition (February 20, 2014) Language: English ISBN-10: 149600261X ISBN-13: 978-1496002617 Product Dimensions: 5.5 x 0.3 x 8.5 inches Shipping Weight: 8.2 ounces (View shipping rates and policies) Average Customer Review: 4.4 out of 5 stars Â See all reviews (40 customer reviews) Best Sellers Rank: #365,244 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #193 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #596 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

One of the common complaints I hear on a day-to-day basis, being a nutritionist and personal trainer, is that â œhealthy eating is more expensiveâ •. Never mind the fact that getting a disease ends up costing a person way more than gluten-free foodâ |but I digress. Since I am admittedly more science-based, a practical guide to eating gluten-free intrigued me. Enter Jennifer Fugo and â œThe Savvy Gluten-Free Shopperâ •. Founder of GlutenFreeSchool.com and a gluten-free expert since 2008, Jennifer has condensed all the good ideas about going gluten-free into a single, easy-to-read guide. This is the book that will convert your stubborn relatives, the ones who donâ ™t

have the attention span to watch 30 minutes of â œKeeping Up With The Kardashiansâ • (though no one should ever do that anyway) let alone make it through an entire book. Jennifer has taken the complexities of avoiding gluten and deduced them down to the bare essentials. She came across this idea from her own experience of going gluten-free.Coming from an Italian family, the last thing Jennifer expected was that she would have to avoid bread. Not only bread, but all gluten, casein, eggs and other items. In 2008 she was diagnosed with sensitivities to all of these foods. A cosmic shock, no doubt. She describes it in her book as â œwhat simultaneously felt like a beacon of hope and a death sentenceâ •. However, it wasnâ ™t smooth sailing for her after this diagnosis. She writes â œto be clear, I honestly thought that whatever was labeled gluten-free was healthyâ |After a year of eating as many gluten-free brownies, cupcakes, cakes, and pastries â " truly anything labeled gluten-free â " that I could find, I was diagnosed with adrenal fatigue and candida. On top of this, my husband lost his job.

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