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Marlisa Brown MS RD CDE

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Packed with delicious recipes, meal plans, shopping and safe food lists, international dining out cards, tips for creating your own gluten-free meals and much more, *Gluten-Free*, *Hassle Free* provides the practical solutions, strategies, and shortcuts you need to eat your way back to health.

- Over 140 simple to prepare mouthwatering recipes, with nutritional and allergen information
- Proven strategies to modify your favorite foods to make them gluten free
- What you need to know about the newest FDA food labeling laws and how to find the hidden gluten in your food
- The truth about gluten-free diets and weight loss
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