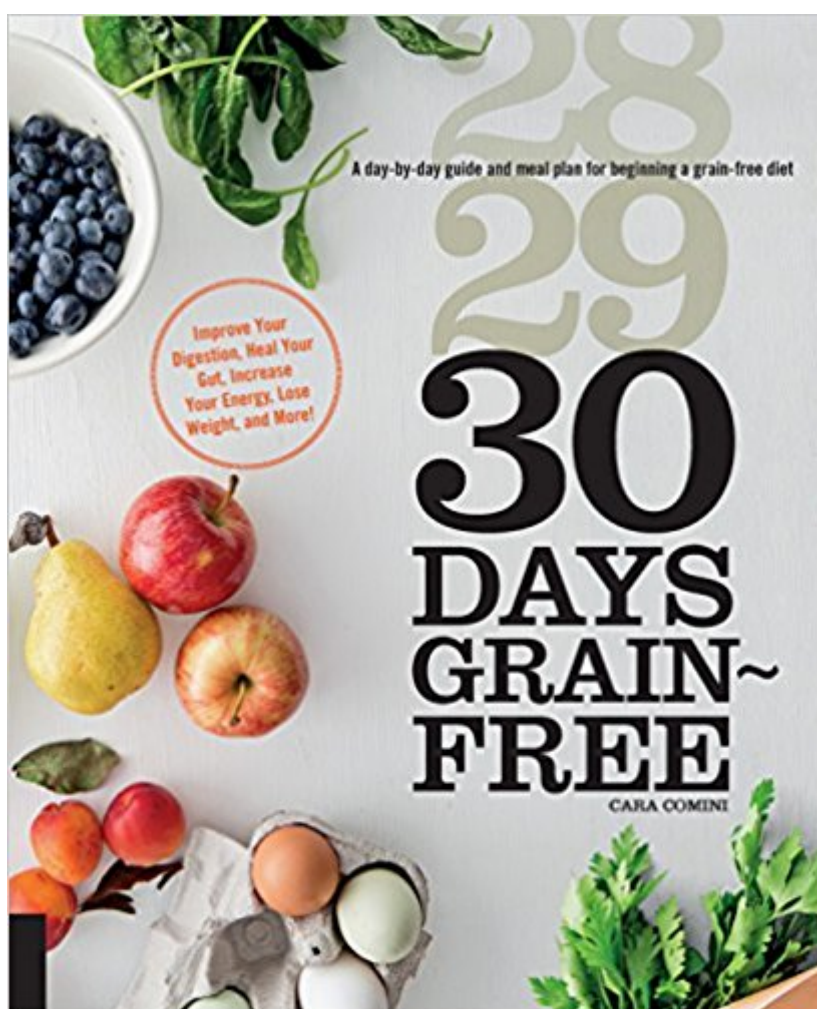


The book was found

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

Paperback: 200 pages

Publisher: Fair Winds Press; 1 edition (August 1, 2016)

Language: English

ISBN-10: 159233718X

ISBN-13: 978-1592337187

Product Dimensions: 7.8 x 0.8 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #185,825 in Books (See Top 100 in Books) #40 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free](#) #69 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #110 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#)

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!

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

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! Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss

meal plan, vegan diet for beginners, vegan diet guide) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 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) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,)