



Cheapskate's Guide to Gluten Free Living: A quick start guide to surviving the first 60 days

Karla Jo Grimmert

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You have just heard from your doctor you may be allergic to wheat, have a gluten sensitivity or have Celiac disease. He or she advises you to go on a gluten-free diet. Sounds simple enough, yet you may not know what gluten is or what its in. The lists of what not to eat are long and most often the advice you're given is to just "go to a health food store" Health food stores are a great source of gluten free foods. However, they are often more expensive than "regular" food and if you are on a tight budget can actually hamper your success in eating gluten free. This book takes a positive, humorous and informational approach to gluten-free living.

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