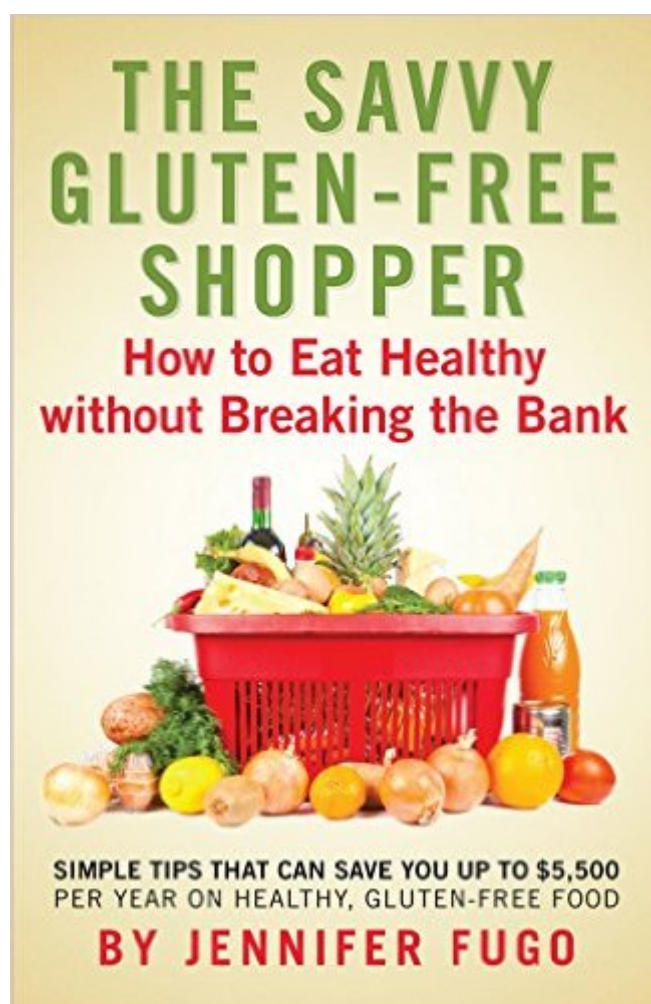


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# The Savvy Gluten-Free Shopper: How To Eat Healthy Without Breaking The Bank



## 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! 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

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## Customer Reviews

One of the common complaints I hear on a day-to-day basis, being a nutritionist and personal trainer, is that "healthy eating is more expensive". Never mind the fact that getting a disease ends up costing a person way more than gluten-free food! but I digress. Since I am admittedly more science-based, a practical guide to eating gluten-free intrigued me. Enter Jennifer Fugo and "The Savvy Gluten-Free Shopper". 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 don't

have the attention span to watch 30 minutes of "Keeping Up With The Kardashians" (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 "what simultaneously felt like a beacon of hope and a death sentence". However, it wasn't smooth sailing for her after this diagnosis. She writes "to be clear, I honestly thought that whatever was labeled gluten-free was healthy" After a year of eating as many gluten-free brownies, cupcakes, cakes, and pastries "truly anything labeled gluten-free" 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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