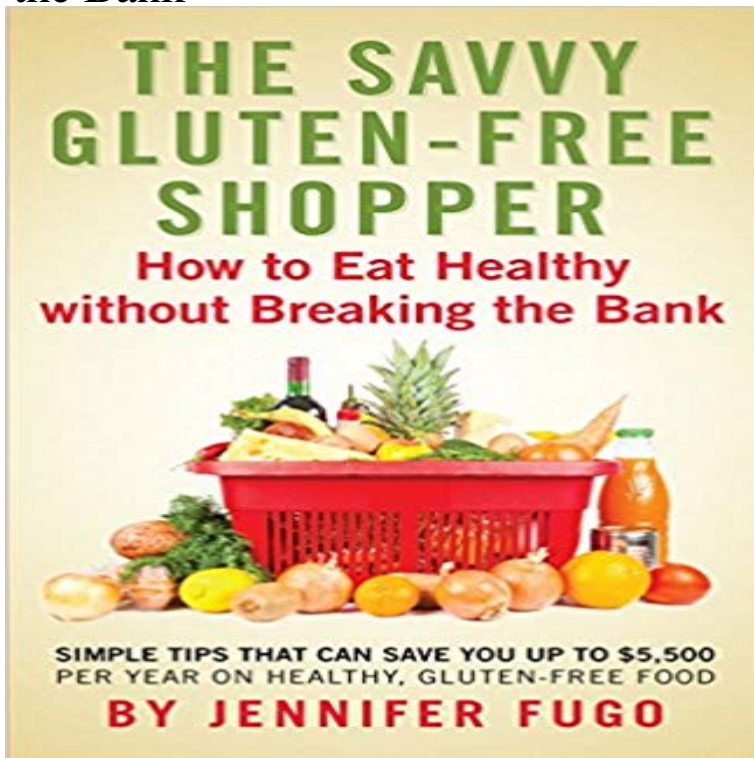


The Savvy Gluten-Free Shopper: How to Eat Healthy Without Breaking the Bank



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.

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