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Allergy and Celiac Diets With Ease, Revised: Money and Time Saving Solutions for Food Allergy and Gluten-Free Diets

Nicolette M Dumke

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When money is tight, what is a person on a food allergy or gluten-free diet to do? How can we eat well on our diets with less money and limited time? Allergy and Celiac Diets with Ease: Money and Time Saving Solutions for Food Allergy and Gluten-Free Diets provides a way out of this dilemma. It provides solutions to both the economic and time challenges you deal with in purchasing and preparing foods that fit your diet. It shows how to shop economically, cook without spending all day in the kitchen, stock your kitchen for efficiency and good health, have good times with friends and family without breaking the bank, get organized, and be able to do what you need in limited time. The book contains eight chapters on how to save money and time, over 160 money-saving, quick and easy recipes for allergy and celiac diets (over 140 of them gluten-free), and extensive reference sections including a 22-page "Special Diet Resources" section to help you find commercially prepared foods you need.

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