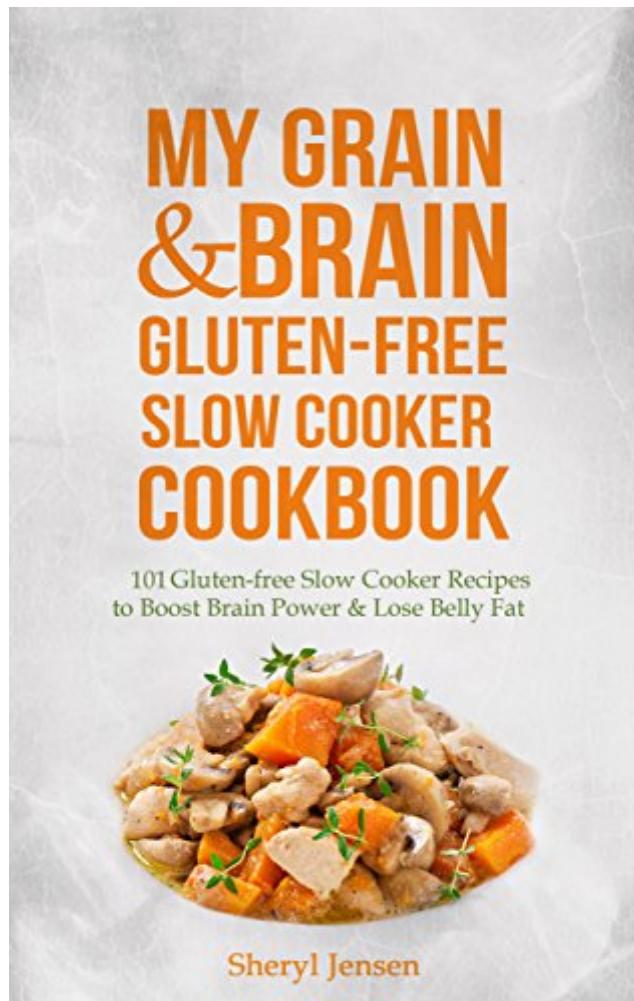


The book was found

My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes To Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb And Wheat-Free Slow Cooker Cookbook





Synopsis

My Grain & Brain Gluten-Free Slow Cooker Cookbook - The Smarter & Easier Way To Eat! Note: This book is authored by Sheryl Jensen, a successful gluten-free convert, health advocate, and is not affiliated with or endorsed by any other companies, organization or authorities. Following a Brain Healthy Gluten Free Diet Just Got Easier! My Grain & Brain Slow Cooker Cookbook is an ideal companion for anyone looking for: Gluten-Free Slow Cooker Recipes ¢ Grain Free Recipes ¢ Gluten Free Recipes ¢ Wheat Free Belly Recipes ¢ Brain Health Recipes ¢ Wheat Free Recipes ¢ Celiac Recipes ¢ Autoimmunity Recipes ¢ Low Sugar Recipes ¢ Low Carb Recipes This cookbook consists of 101 recipes that are specially created for a healthy and tasty experience. The book is also beginner friendly and consists of ingredients that are easy to find with easy-to-follow instructions. Readers are assured that the choice of ingredients used in these recipes are carefully chosen, based on a brain healthy gluten-free diet. Therefore, only the healthiest proteins, fats, fruits and vegetables are used in order to ensure that you are eating for a healthy brain advantage. Now you can start or maintain your brain healthy gluten-free diet without worrying about time constraints.

Book Information

File Size: 1395 KB

Print Length: 218 pages

Simultaneous Device Usage: Unlimited

Publisher: Holison Press (September 28, 2014)

Publication Date: September 28, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00O11625G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled
Best Sellers Rank: #362,535 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #151
in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #170 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Soups & Stews #320 in Books > Cookbooks.

Customer Reviews

I love this little book of gluten-free recipes. The introduction on gluten and gluten-free cooking alone was worth the price of the book- I never really knew what gluten was, only that my body doesn't like it! There are many similar books on the market, but the slow cooker component caught my eye as we travel in an RV and having a slow cooker on board is a convenience. This book has tons of really easy to use recipes for gluten-free cooking.

A perfect deal! Being new to the grain free lifestyle AND to cooking for myself, I was so very happy to be told exactly what tools I needed and how I should shop. This book really made it so much easier for me to transition into a grain free lifestyle.

Easy to use recipes. Many are 8 or less ingredients. Several are going to make my mornings easier because they are recipes that you put in the crockpot before you go to bed and get up to a hot breakfast. If you are eating gluten free, I think these are worth trying. Fast shipping.

An incredible help to those of us that are sometimes too busy to cook food at peak hours and at the same time trying to maintain eating healthy. I used to feed my family take-out when I come home from work - but now I have access to tasty recipes that I can put in the slow cooker before I leave! But the reason that I appreciate this book so much is because one of the kids is in the autism spectrum and we had been advised by therapists to try converting into a gluten-free diet for her, which had been previously difficult to do without sacrificing flavour and budget. Now armed with recipes like Herbed Meatballs, Creamy Chicken Curry and our new family favourite, Layered Cheesy Chicken Casserole, I feel relieved that I can feed them quality meals, no matter how busy I am.

Great book if you're concerned about possible loss of memory, or just want to eat healthy foods for your body and brain.

Great book and a help in starting this eating plan. Plenty of information that would help people make tasty meals.

I gave this an excellent rating since reading the recipes convinced me that we will find them to be delicious. However, I have not even tried any of the recipes yet. Will have to update in a few months.

Do not like this one as well as others ordered.

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

My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) 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) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb

Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)