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*Marlisa Brown MS RD CDE*

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Packed with delicious recipes, meal plans, shopping and safe food lists, international dining out cards, tips for creating your own gluten-free meals and much more, *Gluten-Free, Hassle Free* provides the practical solutions, strategies, and shortcuts you need to eat your way back to health.

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- The truth about gluten-free diets and weight loss
- Fun and fabulous gluten-free entertaining
- Nutritious meals and tasty treats and snacks for gluten-free kids, plus how to be safe at school, parties, and special occasions without missing the fun

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