



# The Gluten-Free Cheat Sheet: Go G-Free in 30 Days or Less

*April Peveteaux*

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## **The Gluten-Free Cheat Sheet: Go G-Free in 30 Days or Less** April Peveteaux

Gluten-free products are everywhere these days, but what does it take to truly go gluten-free? Whether you're gluten intolerant, have been diagnosed with celiac disease or another condition, or are simply curious about the potential benefits of gluten-free living, this user-friendly book presents everything you need to get started and stick with it. Presented in a straightforward format and sprinkled with a helping of hard-won wisdom and experience, **THE GLUTEN-FREE CHEAT SHEET** provides essential information, practical tips, appealing recipes, and convenient meal plans—all from the heart, mind, and kitchen of April Peveteaux, creator of the popular blog *Gluten Is My Bitch*.

This punchy, practical guide includes:

- 100 simple, delicious recipes
- 30 days of menus and meal plans
- Shopping lists
- Tips for eating out
- Hard-won secrets for staying gluten-free, and loving it

*From the Trade Paperback edition.*

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