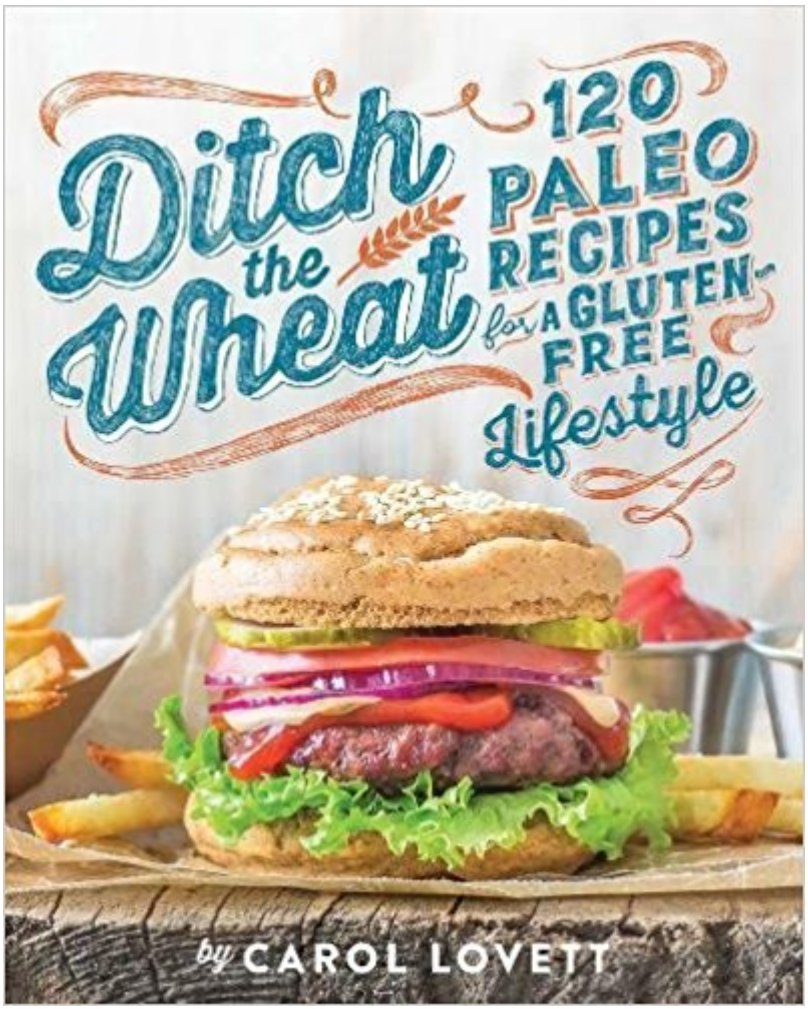
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Ditch The Wheat



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Synopsis

Ditch the Wheat. Three words and a cookbook that will forever change your life.Carol Lovett delivers a culinary masterpiece that will leave you satisfied and feeling terrific, while enabling you to happily break free of grains, gluten, legumes and dairy. Ditch the Wheat offers over 120 paleo-friendly recipes that are perfect for anyone looking to change their diet or just diversify their existing recipe box. Having battled with her own health problems, Lovett found relief through eating a grain-free diet and steering clear of many other foods with inflammatory properties, such as dairy, legumes and highly-processed foods - the catch, she didn't want to sacrifice any of her favorite dishes. Lovett creatively adapted everyday meals such as pizza, pasta, doughnuts and cake, yes cake, to her grain-free life and now is sharing her best kept secrets with you! Ditch the Wheat allows the user to feel empowered with an abundance of food choices. In this cookbook you will find recipes that incorporate healing foods such as bone broth and others that are meant to bring simple joy to your life like grain-free chocolate chip cookies. Ditch the Wheat goes beyond the average cookbook. It is packed with useful step-by-step tutorials that will aid you in navigating your grain-free kitchen and teach you how to make food from scratch using the finest quality and nourishing ingredients. Lovett teaches you how to make grain-free pasta and homemade salad dressings and much much more! All recipes use simple ingredients and techniques that will take the intimidation out of preparing allergy-free recipes from scratch and wonÃ¢â ¬â„¢t break the bank. Sample Recipes Include: Chicken Enchilada Soup Spicy Vietnamese Rainbow Trout Buffalo Chicken Fingers Dairy-Free Butter Chicken Loaded Mashed Cauliflower with Bacon & Green Onions Grain-Free Sandwich Bread Dairy-Free Strawberry Swirl Ice Cream Cinnamon Buns

Book Information

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Customer Reviews

Too few cookbooks today inspire, impress, and satisfy all at once. > is a rare exception. CarolÃ¢ ¬â„¢s sensible approach to allergen-friendly living is doable for everyone, and it doesnÃ¢ ¬â„¢t hurt that this book is packed to the gills with delicious recipes. This is a must-buy! Ã¢ ¬â • Russ Crandall, > bestselling author of > and >I've always loved CarolÃ¢ ¬â„¢s recipes, but her new book, >, is so much more than just another cookbook. She has created sophisticated, beautiful recipes that are simple enough for a family weeknight dinner but special enough for entertaining guests. Her attention to detail makes this a comprehensive book that will help guide beginners as well as inspire seasoned cooks. I can honestly say IÃ¢ ¬â„¢m looking forward to cooking regularly from this book; it will collect no dust on my shelves! Ã¢ ¬â •Jennifer L. B. Robins, bestselling author of >In this debut book by Carol Lovett, youÃ¢ ¬â„¢ll have a feast for your eyes while you heal your insides. From grain-free crackers, cupcakes, and caramel sauce to bone broth and fermented foods, this cookbook has something for everyone to live their healthiest life! Ã¢ ¬â •Stacy Toth and Matthew McCarry, creators of Paleo Parents and authors of >> does what other Paleo cookbooks do not. It emphasizes pasture-raised animal foods, nutrient-dense ferments, and nose-to-tail eating. From Sweet Potato Nacho Dip (a dairy-free taco-flavored dip thatÃ¢ ¬â„¢s sure to please) to Creamy Tomato Mushroom Chicken Pasta (made with veggie noodles), the flavor combinations in these recipes are delightful. Ã¢ ¬â •Kristen Michaelis, editor of FoodRenegade.com and author of >I think it goes without saying that food is incredibly important in our daily lives. In Ditch the Wheat, Carol has truly embraced and portrayed the beauty of real food. A lovely medley of beautiful photographs and easy-to-cook recipes entices you to get in the kitchen and cook with gusto. - Joshua Weissman, author of >

Carol Lovett resides in Ontario, Canada. Four years ago she sat in a doctorÃ¢ ¬â„¢s office complaining of IBS and digestion issues. After the suggestion of "ditching the wheat" from her diet she has never looked back. Feeling that eating allergy friendly shouldnÃ¢ ¬â„¢t be boring she loves to develop recipes that replicate her favorite foods such as pizza and often they turn out better than before! Carol lives and breathes the Paleo lifestyle. She enjoys teaching others how to bring back good food into their diet through her blog, Ditch the Wheat.

Oh heaven help me, this book is making me drool all over myself!!If you are thinking of buying this book, but hesitant because you think you've seen it all in paleo and gluten-free cooking, THINK AGAIN! The first time I read through my copy of this book, I thought "I've just stepped back to my childhood when I begged to eat at places like Chili's and Cheesecake Factory, but EVERYTHING HAS BEEN MADE PALEO!" Seriously, for recovering junk food addicts like me, its amazing... Nacho "cheese" dip made with sweet potatoes? Pizza flavored breakfast sausage? Paleo fried onion blossom thing? I just want it all in my mouth right now.Last weekend, we made the french toast breakfast sausage (a girl after my own heart with 3 breakfast sausage recipes in 1 book), the yuca hash browns and the jam filled muffins and were all very, very happy.If you are ravenously obsessed with delicious food, but don't want said food to kill you, you NEED this book.

I've been gluten free for about 10 years now, but many other health issues started me on a new search for improved health. It was recommended by a chiropractor to try a dairy free, grain free eating plan, and as I searched for recipes online I kept running into the term Paleo.It was through another blog that I follow that I was introduced to Carol Lovett's Paleo Bread recipe using unsweetened almond butter. LOVE! So quick, so easy, so GOOD!!! Much better than any g-free breads I made before with multiple flour combinations.I had to get her cookbook. Had to see what else she had to offer.I haven't read the beginning chapters, but will and soon as they look very interesting. I did just have the best salad I've had in weeks with the Maple Balsamic Dressing on it. Love!! I tend to get in a rut with meals, and I can see some fun cooking and eating experiences in my future. I'm currently trying to get back to a healthy weight, but at Christmas time for sure I see several goodie ideas I can make to share with family and friends, and that I can also eat!A great investment and addition to my cookbook shelf!

I have purchased many paleo cookbooks, and this is one of my favorites! The recipes are easy to follow, budget friendly, use easy to find ingredients and taste amazing! I would absolutely recommend this cookbook to anyone else living a paleo lifestyle. The recipes are fun to make, and I've received nothing but rave reviews from those that have tried my creations of her recipes! The butter chicken is amazing, the cinnamon buns and brownies are to die for, and the everything bagels are so easy and make you feel like you're eating bread without the upset stomach. I love Ditch the Wheat Cookbook, thank you Carol!

Great recipes. I especially appreciated the photos and easy to follow recipes. Ingredients are basic

and recipes are delicious. Perfect Gluten- free cookbook!

Item was as described and expected.

Love this book; it has many good Paleo ideas and the bread recipe is quite good. We have enjoyed many of these recipes and they are easy to follow.

Best of the Paleo Cookbooks! Buy it! You won't be sorry.

I just got the kindle version of this book earlier today. The recipes in this book are so family friendly...I bookmarked almost every recipe! I can't wait to dig in and try everything.Beautifully written and photographed!

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Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Ditch the Wheat Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook) Adicto al pan: Elimina el trigo, baja de peso y mejora tu salud (Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health) (Spanish Edition) The Wheat Belly Cure: Discover 10 Common Health Problems Cured by Adopting a Wheat Free Diet Grain Belly, Wheat Brain: How Wheat And Gluten Are Destroying Your Health And What To Do About It Wheat Belly: Your Wheat Free Guide To Weight Loss, Energy And Total Health Wheat Belly Flat Abs: Burn the Wheat & Burn the Pounds Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat

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