



## Ditch the Wheat

*Carol Lovett*

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## **Ditch the Wheat** Carol Lovett

*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 won'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

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