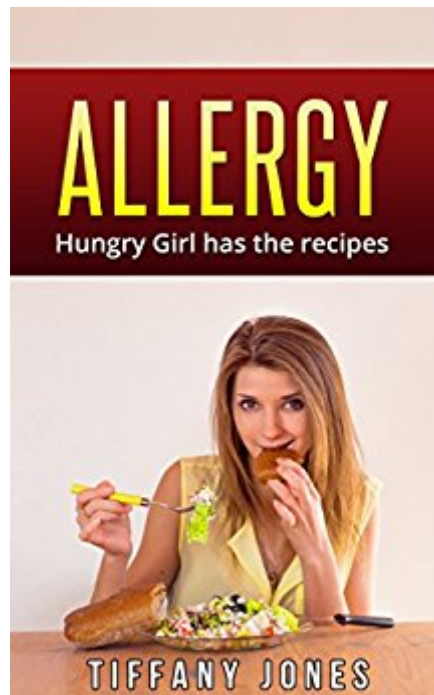


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# Food Allergies:: Hungry Girl Has The Recipes : Book 3 (Hungry Girl Cookbooks)



## Synopsis

WHY STAY HUNGRY WHEN YOU CAN FEAST? LIVING WITH ALLERGY AND ASTHMA HAS JUST GOTTEN A LOT EASIER! Are you tired of looking for easy to make recipes online and disappointed by the hard to follow instructions? Do you have any complications like Allergy that make your job even harder? No need to worry! From the author of several bestselling cookbooks, busy mom and fitness enthusiast Tiffany Jones, comes a great new collection of cookbooks filled with delicious, easy to make recipes that will make you live a healthier, happier and more energetic life than ever. If you're looking for delicious everyday recipes that are custom made for the complication that you have, these cookbooks are for you! The third book of the series is for you if you are allergic to something or if you want to stay away from allergens. The book is full of tips and useful information anyone living with an allergy or respiratory problems like asthma should be aware of. In this book you will find, 35 delicious, easy to cook recipes with way to find ingredients categorized under - breakfast- lunch- desserts- salad- sweets- dinner and so on. Some of the mouth-watering recipes featured in this book are... Super-Nutritious Broccoli Salad with Apple and Cranberries... Allergen free Beef Stroganoff... Iced Watercress and Mint Soup... Crunchy Apple Coleslaw... Beef Stew... Roast Prime Rib Au Jus... Smoked and Romaine Salmon Salad... Cowboy Caviar... Carrot Fennel Cucumber Salad... Wafuu (a Japanese dish) GRAB THE BOOK TODAY! STOP WORRYING AND START ENJOYING YOUR FOOD 'THE HUNGRY GIRL' WAY!

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