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*Lisa A Miller*

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# Gluten Free on a Budget: Eating Right & Saving Money - How to do it!

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## **Gluten Free on a Budget: Eating Right & Saving Money - How to do it!** Lisa A Miller

About the Book Needing to be or wanting to be gluten free can be very costly. Here, you will discover how to take care of yourself and your family on a budget. There are some great ideas, recipes, and grocery items that you can use to stay gluten-free and not empty your wallet. You will discover ways, such as raising your own meat, growing a garden, and making your own flour. When these options are not possible, you will find some store-bought gluten-free money saving ideas, as well as how to dine out on a budget and still remain gluten-free. In fact, everything you need to know about saving money and sticking to your budget while keeping a gluten-free diet will be found in this book!

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