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No Pasta Are You Kidding Me A True Beginners Guide to Healthy Cooking With Less Wheat, Sugar & Junk

By Diana Marshall

Buy The Book Publishing Ltd. Paperback. Condition: New. 154 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Changing unhealthy eating habits can be a difficult and intimidating challenge. Many experts in the media today advocate a scorched earth approach, with zero tolerance for many foods we've been eating our whole lives. The trouble is that many of us have difficulty succeeding at such a dramatic lifestyle change all at once. Our cravings and addictions can make us miserable and lead to failure. Diana Marshall understands this well. Not long ago, weight gain, sickness, and pain drove her to change her eating habits, but she had difficulty sticking to the severe dietary restrictions of most plans. A beginner in the kitchen, she found many of the recipes ingredients were exotic, expensive, and hard to find. That's when she started experimenting with ordinary food and set out to create innovative recipes and cooking methods that allowed her to ease into a new lifestyle. The result: She lost weight, improved many of her medical conditions, and is now happier with her appearance, state of mind, and overall health than she has been for over twenty years. *No Pasta Are You Kidding Me!!* is Marshall's personal...



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