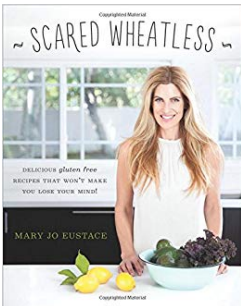


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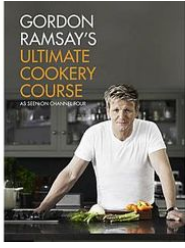
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Description this book

Scared Wheatless is a humorous book of recipes on the serious subject of healthy eating. The author, Mary Jo Simione, has been in the culinary world for over 20 years. She's been a TV host, a chef, the author of multiple cookbooks and a mentor on the very public divorce with Oliver McElreath. She's a single mother of two, is diagnosed with bipolar who needs a restricted diet and a son who thinks healthy food is the pits. Not one to be brought down by a setback, Mary Jo found out everything she could about gluten free recipes, autoimmune disease and food allergies to help her daughter, herself, and all her friends who were struggling every day to eat food that actually made them feel good after eating it. For many of us, the idea of cutting out gluten or being without soy or dairy is the nightmare of a nightmare and the end of eating anything that resembles a good tasting meal. The secret, though, is that gluten free doesn't have to mean boring and gross. Mary Jo has recipe tested each delectable dish in the new book to make sure it's not only healthy but tastes great! In Scared Wheatless Mary Jo talks candidly about her divorce, her family's health, taking her son into eating healthy recipes, and provides comprehensive details on how to track

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