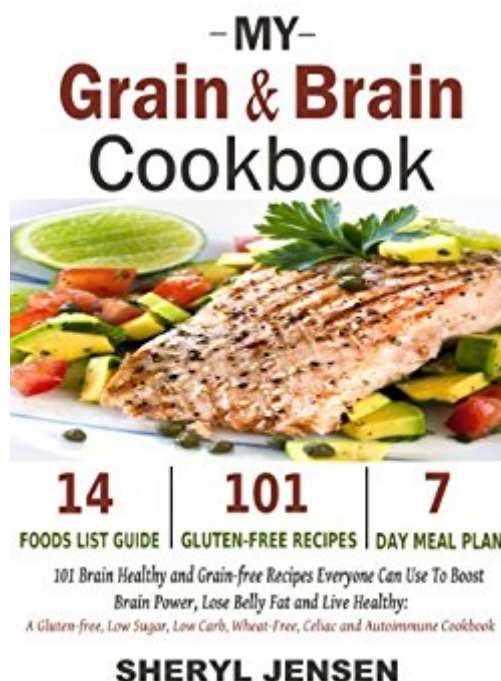


The book was found

My Grain & Brain Cookbook: 101 Brain Healthy And Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat And Live Healthy: A Gluten-free, Low Sugar, Low Carb And Wheat-Free Cookbook



Synopsis

ALSO NOW AVAILABLE: My Grain & Brain Slow Cooker Cookbook by Sheryl Jensen. Get Your Copy Today! Note: This book is authored by Sheryl Jensen, a successful gluten-free convert and health advocate, and is not affiliated with or endorsed by any other companies, organization or authorities. Great Recipes For Everyone, Especially Those On A "Grain-free Brain Healthy Diet" or "Gluten-free" Diet My Grain & Brain Cookbook - The Smarter Way To Eat! My Grain & Brain Cookbook is an ideal companion for anyone looking for: Grain Free Recipes • Gluten Free Recipes • Wheat Free Belly Recipes • Brain Health Recipes • Wheat Free Recipes • Celiac Recipes • Autoimmunity Recipes • Low Sugar Recipes • Low Carb Recipes This cookbook consists of 101 recipes that are specially created for a healthy and tasty experience. The book is also beginner friendly and consists of a 7-day meal plan to kick-start your exciting grain-free cooking lifestyle. Readers are assured that the choice of ingredients used in these recipes are carefully chosen, based on a brain healthy gluten-free diet. Therefore, only the healthiest proteins, fats, fruits and vegetables are used in order to ensure that you are eating for a healthy brain advantage. Start Eating For a Healthy Advantage Now!

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Customer Reviews

I have some sort of food allergies as well as serious intolerance in those foods, which contain gluten. I love to cook, and always concern about what I am taking regarding food value. This book is full of unique recipes. This recipe book is written in easy language. Each cooking instruction is clear and complete. Each recipe comes up with a short food value description, which has simply impressed me. Most of the ingredients are available in the nearest grocery store. Just today's breakfast, I have tried "Spinach Green Pepper Omelet"-- I never thought that by spending only 10 minutes, such a yummy dish I could make for my family. My husband liked "Green Brain Tonic Smoothie" - it just refreshed his tiredness after returning from work. I already marked some other recipes to try on the following days. I am quite happy to find out such quite a number of gluten free desserts in this book. If the writer would add some pictures of the dishes in the next edition, that would really bring a new dimension of this fantastic recipe book. I highly recommend this book, those who love to eat gluten free yummy dishes.

And I've bought quite a few! This one has the most delicious recipes - Wholesome Coconut Porridge, how yummy is that? The garlic grilled fish is really good, and I am very interested to try the Coconut Cauliflower Casserole. I love both cauli and coconut, but never thought to put them together. The author also provides a 7 day meal plan, and a food list to take shopping with you. I'm looking forward to trying the rest of the recipes and continuing the gluten free lifestyle.

I always knew that gluten wasn't good for me, now I know why. The intro to the book lays it all out in easy to understand language rather than baffling me with science. Loving the recipes, in particular I'll be trying the Turnip Tortillas and Almond Ginger Cookies which look easy to do, great for everyday food.

I am very pleased with this collection of gluten-free recipes by Sheryl Jensen. Fabulous recipes with good instructions! There is also quick research information in it and it is easy to understand. I made the Cinnamon Pumpkin Bread and the Chocolate Cupcakes and my kids loved them. They were easy to make and no one noticed anything about them, I just told them it was a new recipe, needless to say they will be staying on the menu! This book is a great pick for anyone who needs to try a gluten-free or brain healthy diet. I am a happy shopper indeed.

This cookbook is filled with excellent recipes that are not only good for those with Celiac Disease

but are also good for boosting brainpower! Who knew? It has a very well designed interior that makes reading pleasurable. This book doesn't just hand you a set of recipes. It takes you through shopping gluten-free and what it involves as well as picking grass-fed pork and other gluten-free alternatives. Plus many recipes are ready in under an hour! Love it! It helped me.

I was very disappointed in this book. I read the good reviews so was shocked when I opened it. It is extremely poorly written and it doesn't look like it was edited at all. I saw so many obvious errors in the recipes that I wouldn't want to risk the ingredients to try any of them. The first one I noticed was "Grilled Spicy Beef Sausages" on page 121. You put the meat and spices in a bowl to marinate and then you thread the sausages onto skewers. What sausages? There are so many errors it made my head hurt. I threw the book away so nobody accidentally tries to make any of the recipes.

I thought the book was well written, but I was disappointed that the recipes do not give nutrition amounts. No calories, no carb, protein, or fat percentages.

I recommend this cookbook! I have followed the meal plan provided and I find the recipes to be easy to prepare and delicious to eat. I like the fact that this cookbook also provides guidelines to eating gluten-free that are both comprehensive and easy to understand. Jensen goes into the details of the benefits you can reap from living gluten-free without being pedantic. Even if you are not concerned about gluten in your diet, these recipes are still a joy to taste, my family enjoys them. Buying this book for your recipe collection is a no-brainer.

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