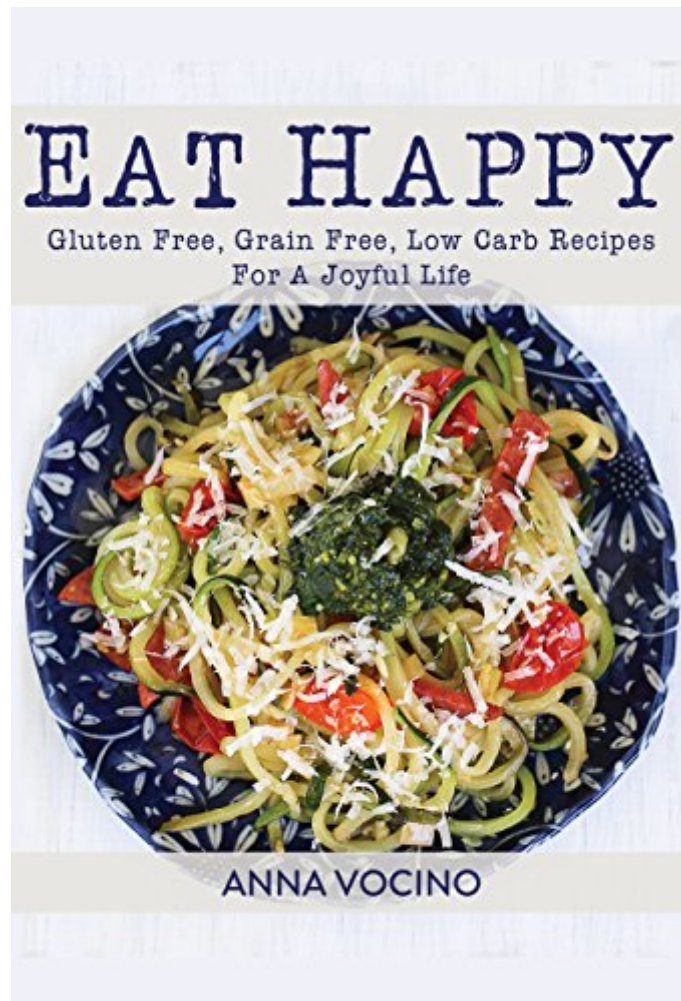


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# Eat Happy: Gluten Free, Grain Free, Low Carb Recipes For A Joyful Life



## Synopsis

Eat Happy has 154 delicious grain-free, gluten-free recipes that are also free of any processed sugars. There are meats, fish, sides, soups, starters, casseroles, slow cooker recipes, breakfast dishes, and even desserts to satisfy any sweets craving you might have, all with virtually no sugar. If you are low carb, paleo, are wanting to keep autoimmune issues at bay, or just want to lose extra weight, Eat Happy gives you comfort food where you won't miss the sugars or grains so your body and brain can feel happy from eating real foods. In 2012, after almost ten years of being gluten free due to celiac, Anna Vocino found she was gaining weight faster than a tick on a labradoodle. Turns out the culprit wasn't overeating or too much fat in the diet, but the pesky sugars and grains in all those gluten free comfort foods. When Anna started podcasting with Fitness Confidential author Vinnie Tortorich, she adapted her entire way of eating to do what Tortorich coined: NSNG "No Sugars No Grains. Sure enough, the weight dropped off, the inflammation due to celiac finally calmed down, and for the first time in her life, she learned what it meant to be truly happy about food. All of Anna's recipes are delicious, easy to make, and so satisfying, you won't even know you're eating healthy. Craving rich, decadent chocolate pots with fresh cream that are delicious but not fattening? Wanna make a grain-free pizza crust that actually helps you lose weight? Dying for pancakes, but you've committed to avoiding carbs? How about hearty shepherd's pie, tater tots, sizzling ginger rice, all made with cauliflower instead of high carb rice and potatoes? Eat Happy offers low carb comfort foods to please the entire family.

## Book Information

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## Customer Reviews

If you have been told that it would be better for your health to eliminate sugar and processed foods from your diet due to autoimmune or mood disorders, you too probably felt overwhelmed - I already don't feel great, and now I have to plan meals, shop and cook? My fun with food is over. I totally get it because I have been dealing with all of these for 25 years. None of the pharmaceutical options worked well for me. Though I had been introduced to managing chronic illness through nutrition, I wasn't ready until last year when I learned of recent studies showing that the meds the doctors recommended for me can contribute to dementia. Since I had exhausted every other option, I decided to try healing my body with nutrition. Luckily for me, I discovered Anna Vocino's recipes at the same time. She totally gets it too. Her recipes call for basic ingredients that don't require a lot of expensive kitchen gadgets or endless hours with multiple steps, just simple, good food that's easy to prepare and tastes delicious. Seriously, you take a bite of one of these dishes and say to yourself or anyone at the table, oh that is good. If you are dealing with food sensitivities, such as dairy, most of the recipes are easy to adjust. It's been almost 11 months of eating this way and here are the results: I'm off all medication for mood, sleep and pain and lost 15 lbs. I thought it would be super boring and way too much work, but Anna's recipes are so tasty that we have invited friends and family over for dinner more this year more than ever before. The food is too good not to share. Both my husband and 12-year-old daughter (notorious for being a picky eater) love Anna's recipes, and we are saving money by eating dinners together at home. So, I was wrong. My food life is actually more fun and satisfying. Thank you so much Anna. Do yourself a favor and buy this book!

I have been waiting for this cookbook from the moment Anna first mentioned the idea, and I am thrilled to report that it is even more excellent than I had hoped. The recipes actually break new ground...not just the same ol'. The photographs are amazing. I have the largest private pain clinic in the state of Nebraska (granted, that's like saying I have the largest cattle herd in Manhattan), but still, it's quit a few folks. Misdiagnosed food allergies constitute a sizable proportion of patients with vague abdominal complaints. I have several that I have diagnosed with celiac disease and I have

had them waiting for this book to drop. It should be on everyone's kitchen bookshelf.

I've been waiting for this book!! I've been making Anna's recipes for about 6 months now and literally all the ones I've tried have become staples in my house. They're delicious, easy to prepare, & make great leftovers. My husband called her Chicken Parm 'Restaurant' quality and I always make extra chicken to have over salads. Yum. Her guacamole is spectacular. Buy this book! You won't be disappointed!! Can't wait to get my hands on the printed copy.

This is an excellent cookbook! I plan on buying it in print, as well. However, having the digital version is very handy for using with my tablet in the kitchen while cooking. The recipes in this book are amazing and doable for the busy mom/dad. Probably most important to me is that the author is a very down to earth, straight shooting, home chef that I trust to provide tasty, healthy recipes for my family. She has a quick wit and great sense of humor which makes this book an easy read, in addition to being an excellent reference tool in the kitchen. I highly recommend this cookbook!

I'm pleased to give this book a 5 star. The recipes are very easy to make and you don't have to buy special ingredients you'll never use again. Anna has a way of mixing simple ingredients together, and several times I've wondered why didn't I think of this combo. I was given an early release of this book for a review, but I've been using Anna Vocino's recipes for years. This book has been almost four years in the making and the wait has been worth it. The pictures in this book make each dish look incredibly appetizing. If you are looking for recipes without sugar or grains, and made with real ingredients, then you need this book. Buy a copy for everyone you know looking to eat right, lose weight, eat to avoid certain health issues, or to be happy; then this book *Eat Happy* is for you.

Anna has spent much time giving careful attention to ingredient, process, and photographic detail. Her care is evident in the final product. If you're already a fan of Anna, you'll be thrilled to have her in the kitchen with you through this book. If you do not know Anna's work yet, you are about to have a new favorite person to follow, learn from, and respect. I look forward to hours of cooking from this book while listening to Anna and Vinnie on the podcast. When the hard copy is available, I'm sending it to my 8 closest friends straight away.

I have been looking forward to this cookbook for a couple of years. Got the pdf and it's so damn good, I pre-ordered the hardcover as well. All the recipes are simple, yet absolutely delicious, and

no one ever leaves my table hungry. Her recipes make nsng easy to stick to, and cooking very enjoyable. The photos in the book are very beautiful and well done!

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