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# PALEO AND GLUTEN-FREE MENUS: NEW TRENDS WITH OLD **INGREDIENTS**

iUniverse, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether we should eat a diet similar to the hunting and gathering societies of our evolutionary past, which consisted of more meat, more nuts and berries, and less grain and refined sugar, is an open question. But it s clear that Paleo, gluten-free, and vegan diets are influencing dining trends, and cooks and chefs need to provide eaters...

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- Authored by John Cec Cepc Griffin
- Released at 2015



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