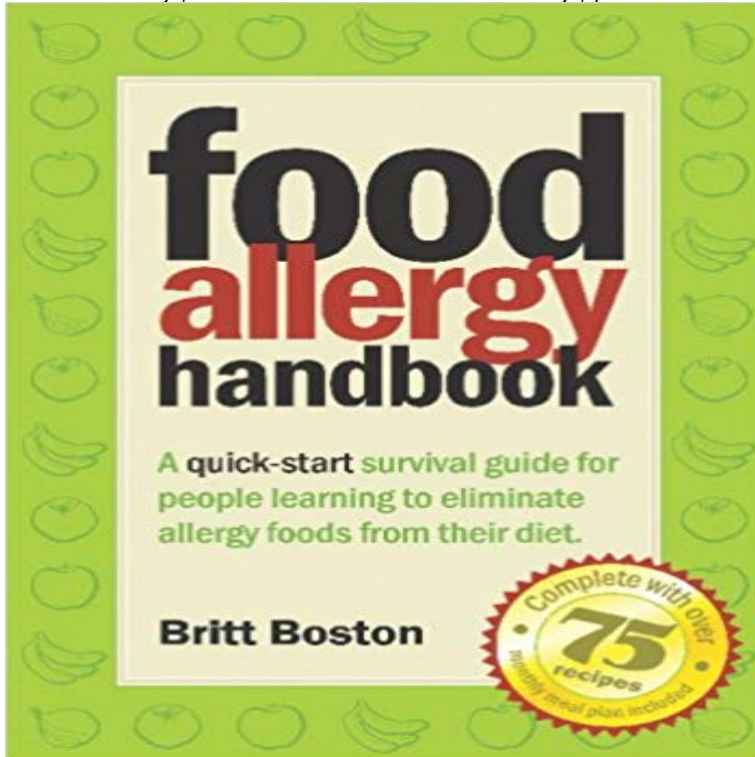


# Food Allergy Handbook: A Quick-Start Survival Guide For People Learning To Eliminate Allergy Foods From Their Diet.



This book is a guidebook and cookbook designed for those who want to eliminate allergy foods from their diet but are concerned that such a significant change will be too difficult. This book eases the transition by providing you with over 75 family-friendly recipes that are free of milk, wheat, sugar, eggs, peanuts, corn and oats. It also provides a monthly meal plan and grocery list, a list of the best substitutes for allergy foods, and many other helpful tips to get you started quickly and easily.

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