



Cooking Against the Grain: Grain-free meals that are fast, freezer friendly and fantastic!

Orleatha Smith

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This cooking workbook offers more than 40 easy-to-follow grain-free recipes, many of which are make-and-freeze friendly. Included are tips, tricks and time saving worksheets to help you cook once and eat for a month (or a week or two)! So, get in the kitchen, get out, and get on with your life!

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