



# **30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!**

*Cara Comini*

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**Kick start your grain-free journey and achieve your health goals while eating delicious, satisfying meals with *30 Days Grain-Free!***

If you're keen on giving a grain-free diet a try - be it for your health, or due to a doctor's suggestion, or for your child - *30 Days Grain-Free* is a resource you can't be without.

Covering meals for breakfast, lunch, and dinner for 30 days straight (and then some), you'll learn how to approach this revolutionary diet simply, healthfully, and deliciously. No wondering what you'll have for dinner, or how you'll survive weekend brunch. Instead you'll take it one meal, day, and a week at a time, without any guesswork - or huge time commitment - involved.

Cara Comini, founder of the hugely popular blog *Health, Home, & Happiness* and mom of three, serves as your guide on this journey. After using the grain-free diet to resolve health issues in her own family, she now helps others on this path toward wellness. Cara's actionable steps, gentle encouragement, and real-life recipes are designed to keep things simple and keep you on track. Here are just a few of the comforting meals you'll find inside:

Lemon Poppy Seed Pancakes

Herbed Scrambled Eggs

Zucchini Lasagna

Slow-Cooker Pulled Pork over Greens

Tacos in Lettuce Wraps

Curried Chicken over Cauliflower Rice

Creamy Coconut-Strawberry Smoothie

Chocolate Gelatin with Whipped Cream

Having a plan may be the most important key for succeeding on a grain-free diet, and with *30 Days Grain-Free*, you'll have everything you need for success right at your fingertips.

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**Glenn Stops:**

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