



## Ditch the Wheat

By Carol Lovett

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### Ditch the Wheat By Carol Lovett

*Ditch the Wheat.* Three words and a cookbook that will forever change your life.

Carol Lovett delivers a culinary masterpiece that will leave you satisfied and feeling terrific, while enabling you to happily break free of grains, gluten, legumes and dairy. *Ditch the Wheat* offers over 120 paleo-friendly recipes that are perfect for anyone looking to change their diet or just diversify their existing recipe box.

Having battled with her own health problems, Lovett found relief through eating a grain-free diet and steering clear of many other foods with inflammatory properties, such as dairy, legumes and highly-processed foods - the catch, she didn't want to sacrifice any of her favorite dishes. Lovett creatively adapted everyday meals such as pizza, pasta, doughnuts and cake, yes cake, to her grain-free life and now is sharing her best kept secrets with you! *Ditch the Wheat* allows the user to feel empowered with an abundance of food choices. In this cookbook you will find recipes that incorporate healing foods such as bone broth and others that are meant to bring simple joy to your life like grain-free chocolate chip cookies.

*Ditch the Wheat* goes beyond the average cookbook. It is packed with useful step-by-step tutorials that will aid you in navigating your grain-free kitchen and teach you how to make food from scratch using the finest quality and nourishing ingredients. Lovett teaches you how to make grain-free pasta and homemade salad dressings and much much more!

All recipes use simple ingredients and techniques that will take the intimidation out of preparing allergy-free recipes from scratch and won't break the bank.

### Sample Recipes Include:

- Chicken Enchilada Soup
- Spicy Vietnamese Rainbow Trout
- Buffalo Chicken Fingers
- Dairy-Free Butter Chicken
- Loaded Mashed Cauliflower with Bacon & Green Onions
- Grain-Free Sandwich Bread

- Dairy-Free Strawberry Swirl Ice Cream
- Cinnamon Buns

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### Editorial Review

#### Review

Too few cookbooks today inspire, impress, and satisfy all at once. *Ditch the Wheat* is a rare exception. Carol's sensible approach to allergen-friendly living is doable for everyone, and it doesn't hurt that this book is packed to the gills with delicious recipes. This is a must-buy!

— Russ Crandall, *New York Times* bestselling author of *Paleo Takeout* and *The Ancestral Table*

I've always loved Carol's recipes, but her new book, *Ditch the Wheat*, is so much more than just another cookbook. She has created sophisticated, beautiful recipes that are simple enough for a family weeknight dinner but special enough for entertaining guests. Her attention to detail makes this a comprehensive book that will help guide beginners as well as inspire seasoned cooks. I can honestly say I'm looking forward to cooking regularly from this book; it will collect no dust on my shelves!

—Jennifer L. B. Robins, bestselling author of *Down South Paleo*

In this debut book by Carol Lovett, you'll have a feast for your eyes while you heal your insides. From grain-free crackers, cupcakes, and caramel sauce to bone broth and fermented foods, this cookbook has something for everyone to live their healthiest life!

—Stacy Toth and Matthew McCarry, creators of Paleo Parents and authors of *Real Life Paleo*

*Ditch the Wheat* does what other Paleo cookbooks do not. It emphasizes pasture-raised animal foods, nutrient-dense ferments, and nose-to-tail eating. From Sweet Potato Nacho Dip (a dairy-free taco-flavored dip that's sure to please) to Creamy Tomato Mushroom Chicken Pasta (made with veggie noodles), the flavor combinations in these recipes are delightful.

—Kristen Michaelis, editor of FoodRenegade.com and author of *Beautiful Babies: Nutrition for Fertility, Breastfeeding, and Baby's First Foods*

I think it goes without saying that food is incredibly important in our daily lives. In *Ditch the Wheat*, Carol has truly embraced and portrayed the beauty of real food. A lovely medley of beautiful photographs and easy-to-cook recipes entices you to get in the kitchen and cook with gusto.

- Joshua Weissman, author of *The Slim Palate Paleo Cookbook*

#### About the Author

Carol Lovett resides in Ontario, Canada. Four years ago she sat in a doctor's office complaining of IBS and digestion issues. After the suggestion of "ditching the wheat" from her diet she has never looked back. Feeling that eating allergy friendly shouldn't be boring she loves to develop recipes that replicate her favorite foods such as pizza and often they turn out better than before! Carol lives and breathes the Paleo lifestyle. She enjoys teaching others how to bring back good food into their diet through her blog, *Ditch the Wheat*.

### Users Review

#### From reader reviews:

**Michael Pabon:**

As people who live in the modest era should be up-date about what going on or info even knowledge to make these keep up with the era that is certainly always change and advance. Some of you maybe will probably update themselves by examining books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Ditch the Wheat is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

**George Hale:**

Hey guys, do you would like to finds a new book to see? May be the book with the name Ditch the Wheat suitable to you? The particular book was written by famous writer in this era. Typically the book untitled Ditch the Wheat is one of several books which everyone read now. This specific book was inspired many people in the world. When you read this guide you will enter the new dimensions that you ever know prior to. The author explained their concept in the simple way, thus all of people can easily to understand the core of this guide. This book will give you a great deal of information about this world now. So that you can see the represented of the world in this particular book.

**Stella Neal:**

The reason why? Because this Ditch the Wheat is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will zap you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book have such as help improving your ability and your critical thinking way. So , still want to delay having that book? If I have been you I will go to the book store hurriedly.

**Edward Sullivan:**

Reading can called mind hangout, why? Because if you are reading a book specially book entitled Ditch the Wheat your head will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely might be your mind friends. Imaging every word written in a book then become one web form conclusion and explanation which maybe you never get ahead of. The Ditch the Wheat giving you another experience more than blown away the mind but also giving you useful data for your better life with this era. So now let us present to you the relaxing pattern is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary investing spare time activity?

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