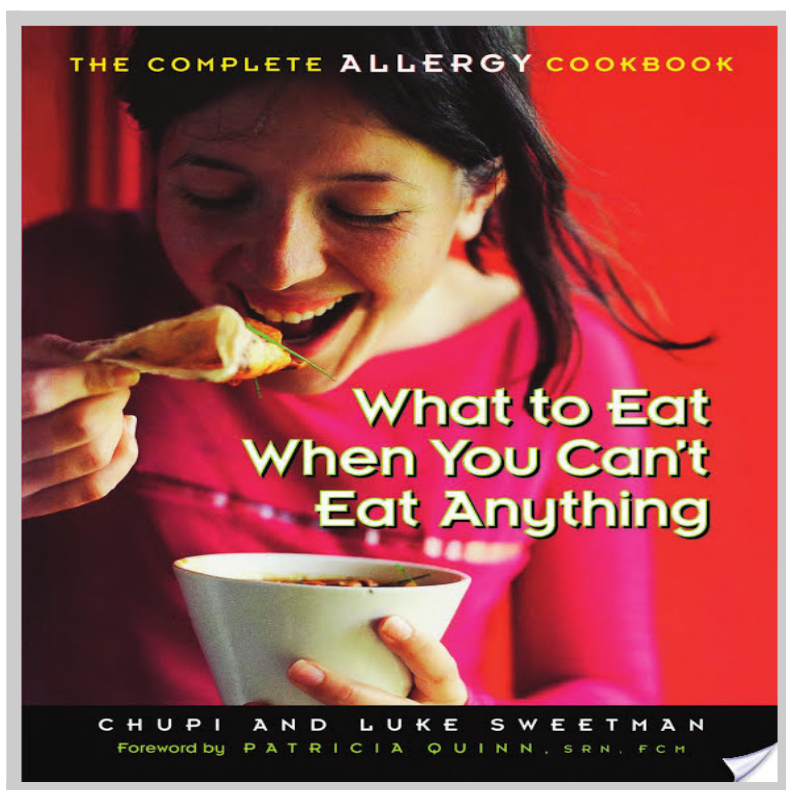


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What To Eat When You Can T Eat Anything Book Preview

Living with food allergies and intolerances used to mean one had to stick to a restrictive, often tasteless, and sometimes downright unpleasant diet—but not anymore. In *What to Eat When You Can't Eat Anything*, Chupi and Luke Sweetman, who had to rethink the way they ate because of their own food challenges, offer over 120 healthful and delicious dishes that put the joy back into eating. These mouth-watering recipes accompanied by 40 stunning photographs—covering breakfast to dessert—are perfect for all types of food sensitivities, from wheat, sugar, and yeast to dairy products, gluten, and artificial additives, and best of all, they allow readers to indulge in many of the everyday foods that we all know and love. With the

collaboration of Patricia Quinn—one of Ireland's best-respected nutritionists—this book is filled with important information and sound advice on specific food allergies and intolerances, what foods and ingredients to stock, how to buy them, and much more. **What to Eat When You Can't Eat Anything** is guaranteed to add fun—and great taste—to every food-sensitive diet.