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*Connie Sarros*

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# Wheat-Free, Gluten-Free Reduced Calorie Cookbook

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## Wheat-Free, Gluten-Free Reduced Calorie Cookbook Connie Sarros

Undiagnosed and untreated, celiac disease can cause significant and unhealthy weight loss. Once diagnosed, however, people often pack on excessive pounds as they learn to eat without wheat and gluten. In this unique cookbook, author and celiac expert Connie Sarros shows readers how they can eliminate wheat and gluten from their diets and still stay fit, healthy, and trim.

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