

Contents

Foreword by Shauna James Ahern	ix
Preface	xi
Acknowledgments	xv
Part One	
Eating Gluten-Free	1
1 I Have to Eat Gluten-Free. Now What?	3
2 How Can I Make Sure My Meals Pack a Nutritional Punch?	21
3 What Are the Gluten-Free Grains?	37
Part Two	
Recipes and Meal Plans	57
4 Breakfast	59
5 Breads	73
6 Soups and Salads	91
7 Starters	109

8	Sides	129
9	Main Courses	155
10	Sweet Somethings	189
11	Gluten-Free Meal Plans	205
Part Three		
	Resources	213
	Glossary	241
	Bibliography	249
	Recipe Index	255
	Subject Index	267