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Which means they must be; gluten free, wheat free, dairy free, sugar free, caffeine free, preservative, additive and chemical free. It is overwhelming to be told your regular eating habits have to be altered and many people simply dont have a lot of time to be creative in the kitchen.

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Title: Gluten-Free Wheat-Free Dairy-Free Sugar-Free Caffeine-Free....Are You Kidding Me?(All Natural and 99% Organic Recipes That Are Quick and Easy to) Binding: Paperback Author: C.A.Torella Publisher: iUniverse

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10 Best Gluten Free Wheat Free Dairy Free Sugar Free ...

This collection of recipes features dairy free, gluten free, soy free and refined sugar-free (but naturally sweetened) recipes. PLEASE NOTE: Some of the recipes below require minor adjustments. Check the notes for substitution suggestions.

Dairy Free, Gluten Free, Soy Free and Sugar Free Recipes

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Taking a 28-day break from bad dietary habits like caffeine and alcohol or too much refined sugar and flour may help you establish healthier patterns. Base your detox diet on fruits and vegetables, whole grains and lean proteins. Your doctor or a nutritionist can help you develop a long-term plan.

28-Day Detox Diet That Cuts out Sugar, Wheat, Gluten ...

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