



# **The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life: Plant-Based Meals with Options for Any Diet**

*Meghan Telpner*

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# **The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life: Plant-Based Meals with Options for Any Diet**

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**The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life: Plant-Based Meals with Options for Any Diet** Meghan Telpner

**From the bestselling author of *UnDiet* comes a colorful and easy-to-follow cookbook bursting with 130 recipes as delicious as they are good for you.**

Is it possible to look and feel your best while eating the most delicious food? According to leading nutritionist and educator Meghan Telpner, absolutely! *The UnDiet Cookbook* is a collection of Meghan's most health-promoting and tasty recipes, from life-fueling juices, smoothies and breakfasts, to everyday staples and condiments, to mouthwatering entrees and delectable desserts--and everything in-between, including tips for entertaining, edible beauty, and travel. With her signature style and voice, Meghan introduces readers to the UnDiet world: an inspiring lifestyle that doesn't mandate any one style or label of eating, cleansing, or dieting--only beautiful, nourishing, vibrant living.

Every recipe in the pages of *The UnDiet Cookbook* is gluten-free, dairy-free, and in most cases, vegan-friendly, with plenty of options to fit any style of eating, be it nut-free, soy-free, grain-free, or protein-powered. Gorgeously designed and photographed, and teeming with UnDiet-approved tips, guidelines, and techniques and important information about health and wellness in today's world, *The UnDiet Cookbook* is more than just a book of recipes; it's a must-have resource for every home, and for anyone trying to jumpstart a new, vibrant, abundantly healthful life.



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