



## Ditch the Wheat

By Carol Lovett

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### Ditch the Wheat By Carol Lovett

*Ditch the Wheat*. Three words and a cookbook that will forever change your life.

Carol Lovett delivers a culinary masterpiece that will leave you satisfied and feeling terrific, while enabling you to happily break free of grains, gluten, legumes and dairy. *Ditch the Wheat* offers over 120 paleo-friendly recipes that are perfect for anyone looking to change their diet or just diversify their existing recipe box.

Having battled with her own health problems, Lovett found relief through eating a grain-free diet and steering clear of many other foods with inflammatory properties, such as dairy, legumes and highly-processed foods - the catch, she didn't want to sacrifice any of her favorite dishes. Lovett creatively adapted everyday meals such as pizza, pasta, doughnuts and cake, yes cake, to her grain-free life and now is sharing her best kept secrets with you! *Ditch the Wheat* allows the user to feel empowered with an abundance of food choices. In this cookbook you will find recipes that incorporate healing foods such as bone broth and others that are meant to bring simple joy to your life like grain-free chocolate chip cookies.

*Ditch the Wheat* goes beyond the average cookbook. It is packed with useful step-by-step tutorials that will aid you in navigating your grain-free kitchen and teach you how to make food from scratch using the finest quality and nourishing ingredients. Lovett teaches you how to make grain-free pasta and homemade salad dressings and much much more!

All recipes use simple ingredients and techniques that will take the intimidation out of preparing allergy-free recipes from scratch and won't break the bank.

### Sample Recipes Include:

- Chicken Enchilada Soup
- Spicy Vietnamese Rainbow Trout
- Buffalo Chicken Fingers
- Dairy-Free Butter Chicken
- Loaded Mashed Cauliflower with Bacon & Green Onions
- Grain-Free Sandwich Bread

- Dairy-Free Strawberry Swirl Ice Cream
- Cinnamon Buns

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### Editorial Review

#### Review

Too few cookbooks today inspire, impress, and satisfy all at once. *Ditch the Wheat* is a rare exception. Carol's sensible approach to allergen-friendly living is doable for everyone, and it doesn't hurt that this book is packed to the gills with delicious recipes. This is a must-buy!

— Russ Crandall, *New York Times* bestselling author of *Paleo Takeout* and *The Ancestral Table*

I've always loved Carol's recipes, but her new book, *Ditch the Wheat*, is so much more than just another cookbook. She has created sophisticated, beautiful recipes that are simple enough for a family weeknight dinner but special enough for entertaining guests. Her attention to detail makes this a comprehensive book that will help guide beginners as well as inspire seasoned cooks. I can honestly say I'm looking forward to cooking regularly from this book; it will collect no dust on my shelves!

—Jennifer L. B. Robins, bestselling author of *Down South Paleo*

In this debut book by Carol Lovett, you'll have a feast for your eyes while you heal your insides. From grain-free crackers, cupcakes, and caramel sauce to bone broth and fermented foods, this cookbook has something for everyone to live their healthiest life!

—Stacy Toth and Matthew McCarry, creators of Paleo Parents and authors of *Real Life Paleo*

*Ditch the Wheat* does what other Paleo cookbooks do not. It emphasizes pasture-raised animal foods, nutrient-dense ferments, and nose-to-tail eating. From Sweet Potato Nacho Dip (a dairy-free taco-flavored dip that's sure to please) to Creamy Tomato Mushroom Chicken Pasta (made with veggie noodles), the flavor combinations in these recipes are delightful.

—Kristen Michaelis, editor of FoodRenegade.com and author of *Beautiful Babies: Nutrition for Fertility, Breastfeeding, and Baby's First Foods*

I think it goes without saying that food is incredibly important in our daily lives. In *Ditch the Wheat*, Carol has truly embraced and portrayed the beauty of real food. A lovely medley of beautiful photographs and easy-to-cook recipes entices you to get in the kitchen and cook with gusto.

- Joshua Weissman, author of *The Slim Palate Paleo Cookbook*

#### About the Author

Carol Lovett resides in Ontario, Canada. Four years ago she sat in a doctor's office complaining of IBS and digestion issues. After the suggestion of "ditching the wheat" from her diet she has never looked back. Feeling that eating allergy friendly shouldn't be boring she loves to develop recipes that replicate her favorite foods such as pizza and often they turn out better than before! Carol lives and breathes the Paleo lifestyle. She enjoys teaching others how to bring back good food into their diet through her blog, *Ditch the Wheat*.

### Users Review

#### From reader reviews:

**Errol Sawyer:**

Have you spare time for any day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a wander, shopping, or went to the Mall. How about open or perhaps read a book eligible Ditch the Wheat? Maybe it is to become best activity for you. You realize beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have additional opinion?

**Kathleen Bosarge:**

Spent a free time to be fun activity to accomplish! A lot of people spent their sparettime with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled Ditch the Wheat can be good book to read. May be it could be best activity to you.

**Scott Reisinger:**

Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Ditch the Wheat, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

**Ronny Baird:**

Are you kind of occupied person, only have 10 or even 15 minute in your morning to upgrading your mind ability or thinking skill actually analytical thinking? Then you are experiencing problem with the book compared to can satisfy your short period of time to read it because pretty much everything time you only find e-book that need more time to be examine. Ditch the Wheat can be your answer since it can be read by anyone who have those short extra time problems.

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