



## Gaps Introduction Diet Cookbook: 100 Delicious Nourishing Recipes for Stages 1 to 6 (Paperback)

By Andre Parker

Stretford Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you keen to experience all the benefits of the GAPS diet but worried about complying with or getting through the challenging introductory stages of the diet? This cookbook will make it easy and simple with its 100 recipes set out according to the stage you are on so you can just focus on getting through each stage instead of what to eat for each meal. Are you searching for a cookbook that specifies exactly what options are available for breakfast, lunch and dinner for each stage of the introductory stages of the GAPS diet? Or have you been surviving off soups and just need some more creative and substantial meal ideas that comply with each stage? Author Andre Parker has a very personal understanding of the difficulty of dealing with digestive health issues and following the GAPS diet. He knows exactly how tough the introductory stages of the GAPS diet are so he wanted to produce a cookbook that helped people get through the most difficult part of the diet with easy-to-follow recipes. For six years, Andre Parker was struggling with a...



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