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The Recipe Hacker Confidential: Break The Code To Cooking Mouthwatering & Good-For-You Meals Without Grains, Gluten, Dairy, Soy, Or Cane Sugar



Synopsis

Unlock the secret to cooking mouthwatering and nutritious meals without giving up your favorite dishes! In today's era of rampant food allergies, gluten-free popularity, and the rise of paleo eating, putting together a meal that will satisfy everyone at your table is easier said than done. With Diana Keulian's unique approach for "hacking" recipes, however, you'll learn how to easily recreate beloved, traditional comfort foods without the grains, gluten, dairy, soy, or cane sugar. The long-awaited follow-up to *The Recipe Hacker*, *The Recipe Hacker Confidential* is bursting with more than 100 new recipes and stunning photos that will tantalize your taste buds while trimming your waist, with lighter versions of your favorite recipes such as: Breakfast Pizza, Sweet Potato Mini Muffins- Butternut Squash Spaghetti- Easy Teriyaki Chicken, Maple Bacon-Wrapped Salmon- Real Healthy Snickers Bars- Cookie Dough Bonbons. Keulian spills all her secrets on how to hack these recipes and many more while preserving the flavor, presentation, and enjoyability of each sumptuous dish. She also shares stories and musings throughout the book that will inspire, encourage, motivate, and propel you toward weight loss, better health, and culinary happiness.

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Customer Reviews

"Staying away from harmful foods like gluten, soy and sugar can seem challenging, but with the help of Diana's recipes this has become a breeze in my home. When my kids ask for a specific food, I know Diana already has the perfect recipe created. If health, fat loss, and ease in the

kitchen is your goal, this cookbook is a must-have in your home. —Isabel De Los Rios, BeyondDiet.com; Diana's first book, The Recipe Hacker, has been an inspiration as a chef and author. With her new book, The Recipe Hacker Confidential, she unveils even more secret dishes. On top of that, she also reveals HOW to hack recipes, so that you can break the code and impress your family and friends. . . . Diana really shows the world how easy it is to cook family dishes that are both delicious and super good for you. —Chef Gui Alinat "[Diana's] new cookbook contains more than 120 recipes that are free of the worst toxic offenders: gluten, grains, dairy, soy, and refined sugar. They are, however, full of flavor and nutrition and readily counter anyone's belief that healthy food can't be scrumptious." —Foreword Reviews —"Simply stated, The Recipe Hacker Confidential is enthusiastically and unreservedly recommended for personal, family, and community library cookbook collections. —Midwest Book Review Named one of "five best cookbooks" by Washington Bookreview

Diana Keulian is passionate about creating wholesome versions of your favorite foods. She removes the gluten, dairy, soy, grains and cane sugar from traditional comfort food recipes like cake, tacos, cookies, waffles, enchiladas and more. This hobby propelled her to start the popular blog, RealHealthyRecipes.com, where she shares hundreds of delicious recipes and mouthwatering photos. She lives in Southern California with her husband and two young children.

This book is a game changer! I loved Diana's first book, but I must say she has out done herself with her latest cook book. It's written in such a way that will leave you smiling and excited about trying new recipes! Speaking of which, the recipes are not only healthy but delicious. WOW! Even my husband who is a picky eater, loves so many of these dishes. Diana also peppers in some great tips as well. Whether you are a seasoned chef or just starting out , trust me, do yourself a favor and pick this book up. You won't regret it.

I received The Recipe Hacker Confidential as a gift a few weeks before Christmas. I am a healthy cookbook addict and this has quickly become my new favorite. The book is a prime example of the fact that eating grain-free, dairy-free and soy-free does not have to be boring or involve complicated techniques or ingredients. Another plus is that nutritional info is included for every recipe. I made four of the recipes--Brownie Pie, Cinnamon and Sugar Almonds(substituted pecans), Roasted Shaved Asparagus and Bacon Brussels Sprouts--for Christmas Dinner and everything was a HUGE

hit. Even the fussy eaters were chowing down. If you love chocolate--the Brownie Pie is to die for. Can't wait to try all the recipes. I only have to wait two more weeks until the Kahlua finishes "brewing."

Wonderful book to give as a gift! I enjoyed looking through the picturesque book and tagging recipes for future meals. Tonight I made the Chicken Soup with Quinoa and Red Roasted Peppers and it was a hit!

This book is simply incredible! I have both books actually and I love them both. They are easy recipes that you can double in size and great for every meal! It was a number one on my gift giving list this year, family and friends all absolutely love it..Thankful for this book and it has sparked the desire for this 47 year old empty nester to break out the bowls and measuring cups again

So far, everything I've made from this cookbook has been good. We love the turkey meatballs!

I haven't tried every single recipe but so far all of the ones I have tried (about 30) have been delicious. I can't wait to try the rest.

This book was given to me as a gift for Christmas. I already love it. I made the slow cooker Italian chicken for dinner tonight and I already have a ton of desserts bookmarked that I can wait to make! These are great recipes, there's nothing that requires you to be an expert in the kitchen, so these are totally doable for anyone! Great way to eat healthy and know exactly what you're putting into your body!

On occasion, I like to check out recipe books. Sometimes it's fun to try something new. The Recipe Hacker Confidential is more than just the standard cookbook. It's a means to hack the traditional recipes we've grown up with and turn them into something we can still use and love. Several of my friends and family are on special diets from the Whole 30 to diets specific to a diagnoses, like diabetes or high cholesterol. While the recipes look good on paper, I can attest to their taste. Since reading through the book, I've purchased almond flour (a common ingredient throughout). I'm hoping to find a moment and give one of these recipes a try. If

it's anything like my tofu enchilada casserole, we shouldn't really notice a difference. And if you're wondering why I used tofu, let me explain. I'd taken a nutrition class in college. One of the assignments was to take a recipe and make it healthy, or at least a little more healthy than the traditional dish. I learned that if I froze a block of tofu, thawed it, froze it once more, I could then chop it up into pieces and the consistency/texture would be a lot like chicken. For me, that's a big thing. I can't get past the slimy texture of tomatoes, so I avoid them unless they are buried deep where I won't notice them. I chopped up the tofu and basically made chicken enchilada casserole, but with tofu as the substitute. I also used a lower calorie cheese, sauce, etc. The results? A delicious meal that even my father, the pickiest eater in our family, didn't even notice. He really thought he was eating chicken because the tofu was so good at soaking in all of the flavors and sauce of the casserole. I'm basically hoping the recipes in this book will turn out the same. But I need to try at least one. For now, I'll give this a good review, because the recipes are clever in their substitutions. But again, I can't say anything about the taste. To be continued!

Disclosure: I received a free ebook in exchange for an honest review.

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The Recipe Hacker Confidential: Break the Code to Cooking Mouthwatering & Good-For-You Meals without Grains, Gluten, Dairy, Soy, or Cane Sugar Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, or Cane Sugar Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes * Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book) Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Complete Allergy-Free Comfort Foods Cookbook: Every Recipe Is Free Of Gluten, Dairy, Soy, Nuts, And Eggs The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese

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