



The Recipe Hacker Confidential: Break the Code to Cooking Mouthwatering & Good-For-You Meals without Grains, Gluten, Dairy, Soy, or Cane Sugar

Diana Keulian

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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 Keuilian'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

Keuilian 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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