

DOWNLOAD JUST THE GOOD STUFF - RACHEL MANSFIELD FREE EBOOK PDF/EPUB



Download or Read Online Just the Good Stuff Free eBook (PDF/ePub/Mobi/Mp3/Txt) Rachel Mansfield -, Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options.

Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating.

Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls. Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of 'em because as Rachel says, "You can have your gluten-free cake and eat it too!"

Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, *Just the Good Stuff* includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice.

Praise for *Just the Good Stuff*

"In *Just the Good Stuff*, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."—**Frank Lipman, MD, bestselling author of *The New Health Rules* and *How to Be Well***

"Rachel's recipes are modern, approachable, and simple enough that anyone can make them! *Just the Good Stuff* is a new staple on my bookshelf!"—**Gina Homolka, *New York Times* bestselling cookbook author and founder of *Skinnytaste***

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