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Lisa A Miller

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About the Book Needing to be or wanting to be gluten free can be very costly. Here, you will discover how to take care of yourself and your family on a budget. There are some great ideas, recipes, and grocery items that you can use to stay gluten-free and not empty your wallet. You will discover ways, such as raising your own meat, growing a garden, and making your own flour. When these options are not possible, you will find some store-bought gluten-free money saving ideas, as well as how to dine out on a budget and still remain gluten-free. In fact, everything you need to know about saving money and sticking to your budget while keeping a gluten-free diet will be found in this book!

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