

Read Online Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime Read Online

Book info:

Author: *Danielle Walker*

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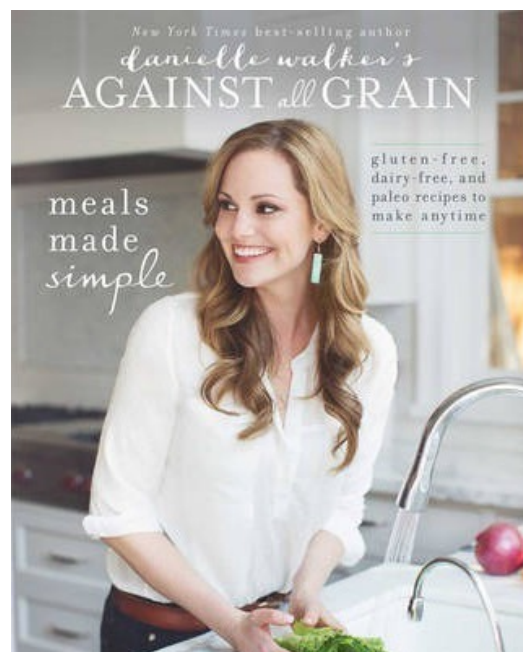
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Plot:

Diagnosed with an autoimmune disease at 22, Danielle Walker spent many years in and out of the hospital and on high dosages of debilitating medications before taking her health into her own hands and drastically changing her diet and creating her wildly successful blog, *Against All Grain*, in an effort to help people eat well and feel great, without feeling deprived. With recipes that make cooking for the grain-free family both easy and enjoyable, *Meals Made Simple* answers the age-old question: 'What s for dinner?'.

Recommendations:

Review quote

Meals Made Simple brings culinary excitement to the health enhancing world of low-carb and gluten-free. For anyone who embraces the notion that food matters in terms of health and longevity, this book is a treasure.--David

Perlmutter MD, - Author, #1 New York Times Bestseller: "Grain Brain, The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers "

What's healthy, uncomplicated and definitely not boring? Well, practically any of self-trained chef Danielle Walker's recipes in her newest cookbook, Meals Made Simple. In fact, all of the Against All Grain blogger's meals are gluten and dairy-free -- meaning you can finally enjoy dinner without feeling too bad about going for that second helping of dessert.--Rachel Sylvester "The Nest "

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Some of her popularity might have to do with her easy-to-follow and relatable approach--and the fact that her dairy-free, gluten-free, and Paleo recipes appeal to so many different types of people and dietary concerns...--Molly Gallagher, "Well+Good "

About Danielle Walker

Food blogger and author of the New York Times best-selling cookbook, *Against All Grain* (www.againstallgrain.com), Danielle Walker, is the new face of grain-free cooking. A self-trained chef, Danielle tempts a range of appetites with her innovative, accessible Paleo-influenced recipes that are not only healthy and delicious, but are also credited for saving her life. Paying homage to the dishes she loved from her pre-Paleo days, she imaginatively recreates all of her favorites without grains, gluten and most times, dairy. A Diagnosis and Decision For months, Danielle suffered from drastic weight loss, joint pain and malnutrition. After countless doctor visits, she was diagnosed with a severe form of Ulcerative Colitis at age 22, just two months after getting married. Despite her expansive array of medications and prednisone steroids, Danielle found herself hospitalized numerous times each year, admitted repeatedly for multiple blood transfusions due to morbidly low hemoglobin levels. Left with a choice between surgery or a life-long weekly treatment with harsh side effects, Danielle began her own research to explore other options. A friend's success on the Specific Carbohydrate Diet (SCD) led Danielle to give it a try, only eating grain-free, sugar-free, starch-free, and unprocessed foods. Although no doctor would support a dietary change as a part of her treatment, Danielle realized that she could take things into her own hands to achieve real

results. Cooking by Necessity Danielle noticed improvement, but committing to a new, drastically different diet was not easy. When her son was just 9 months old, she had an extreme setback which caused her to be hospitalized yet again and required multiple blood transfusions. She began eliminating more food groups including grains, lactose and legumes, following a plan that closely mimicked the Paleo diet. Seeing drastic progress after just 48 hours, Danielle began dedicating her free time to creating delicious comfort foods that could be enjoyed on a restricted diet. She focuses on flavors and textures, refusing to feel deprived despite her limited food choices. Sharing her Success Danielle started her blog, Against All Grain, to help others suffering from similar ailments continue to enjoy food. Her recipes are all entirely grain-free, and consequently gluten-free, free of refined sugars, and minimal to no dairy. Most are appropriate for those following the Paleo, Primal, SCD, GAPS, and gluten-free lifestyles, and more. With her acquired culinary skills, love for food, and an equal love for journalism, she has become a source of hope for others suffering from similar allergies and autoimmune diseases. Coveting a large, but loyal following on her blog, Danielle expanded beyond the internet and released her first cookbook, Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great, in July 2013. With a large social media and blog following, Danielle has become a beacon of hope in the food community. Danielle lives in San Francisco with her husband and son.