



# **The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!**

*Caroline Shannon-Karasik*

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# The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!

Caroline Shannon-Karasik

**The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!** Caroline Shannon-Karasik  
**An accessible healthy lifestyle should be the rule not the exception.**

Who said pricey kitchen equipment and complicated recipes were necessary for leading a balanced life? Based on the premise that simple, whole foods (mixed with a bit of dessert, of course) are the building blocks of any healthy diet, The Gluten-Free Revolution is truly the ideal way to identify that place in your life where everything feels *ooh là là*.

Shannon-Karasik doesn't preach a rigid lifestyle, but encourages those interested in feeling great to experiment and use what works best for them, providing simple exercises and easy recipes that acknowledge major allergies, sensitivities, and healthy lifestyle choices. While all the recipes are gluten-free, many also cater to vegans, vegetarians, and even nut- and soy-free diets.

Contents include:

Recipes for all meals  
Delicious desserts  
Smoothies  
Yoga  
Pilates  
Dance  
Meditation  
Simple, effective workouts  
And so much more!

Whether you're a fitness nut looking for the latest tips, the mom of a gluten-free child looking for delicious recipes, or just the average person who wants to feel amazing every day, *The Gluten-Free Revolution* answers all of your questions and points you toward the pleasurable life you deserve. 135 color photographs

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