



Eat Happy: Gluten Free, Grain Free, Low Carb Recipes Made from Real Foods For A Joyful Life

Anna Vocino

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Eat Happy has 154 delicious grain-free, gluten-free recipes that are also free of any processed sugars. There are meats, fish, sides, soups, starters, casseroles, slow cooker recipes, breakfast dishes, and even desserts to satisfy any sweets craving you might have, all with virtually no sugar. If you are low carb, paleo, are wanting to keep autoimmune issues at bay, or just want to lose extra weight, *Eat Happy* gives you comfort food where you won't miss the sugars or grains so your body and brain can feel happy from eating real foods.

In 2012, after almost ten years of being gluten free due to celiac, Anna Vocino found she was gaining weight faster than a tick on a labradoodle. Turns out the culprit wasn't overeating or too much fat in the diet, but the pesky sugars and grains in all those gluten free comfort foods. When Anna started podcasting with *Fitness Confidential* author Vinnie Tortorich, she adapted her entire way of eating to go what Tortorich coined: NSNG—No Sugars No Grains. Sure enough, the weight dropped off, the inflammation due to celiac finally calmed down, and for the first time in her life, she learned what it meant to be truly happy about food.

All of Anna's recipes are delicious, easy to make, and so satisfying, you won't even know you're eating healthy. Craving rich, decadent chocolate pots with fresh cream that are delicious but not fattening? Wanna make a grain-free pizza crust that actually helps you lose weight? Dying for pancakes, but you've committed to avoiding carbs? How about hearty shepherd's pie, tater tots, sizzling ginger rice, all made with cauliflower instead of high carb rice and potatoes? *Eat Happy* offers low carb comfort foods to please the entire family.

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Kari Hughes:

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