



Special Diets: Tightwad Tara s Guide (Paperback)

By Tara Dowd

Lulu.com, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Gluten Free and Allergy Free made easy! Through her struggles and challenges with dietary restrictions, Tara has simplified eating for those on special or restricted diets. Tara s passion is saving time and money, this time in the kitchen! She provides over 230 simple, delicious recipes that are gluten-free, wheat-free, dairy-free, casein-free, soy-free, preservative-free and additive-free. Many recipes are also peanut-free, tree-nut free, egg-free, sulfite-free and low in sugar. Tara is a mother of a child who is reversing from autism by using dietary intervention and supplementation. Tara is a Certified Nutritional Consultant and has a Masters Degree in Applied Clinical Nutrition from New York Chiropractic College. She has a degree in business from Iowa State University. Tara resides with her husband and three children in Southeast Iowa.

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