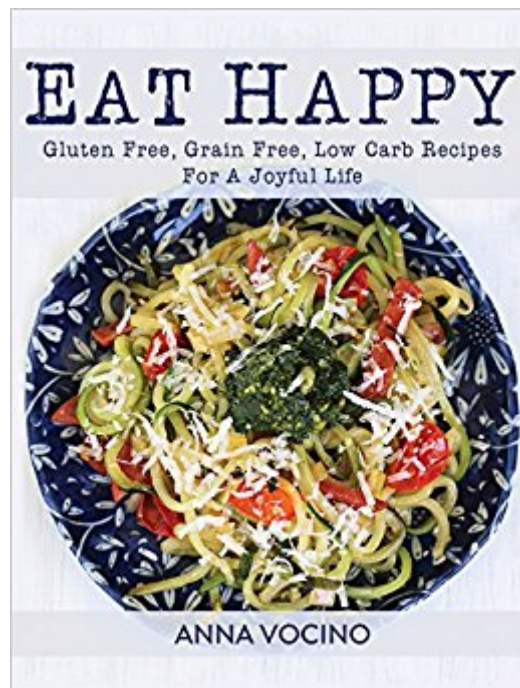




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# Eat Happy: Gluten Free, Grain Free, Low Carb Recipes Made From Real Foods For A Joyful Life



## Synopsis

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.

## Book Information

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## Customer Reviews

"I've been recommending Anna's recipes to my celiac patients for years. And it's true, they come back happy. I'm happy, too, because their blood tests (glucose, triglycerides, HDL and particle sizes) get better. I don't recommend you wait to get celiac disease before buying this book; anyone can make these simple and tasty recipes and enjoy glowing health. "--Dr. Catherine Shanahan, MD, Author, and LA Lakers sports nutrition consultant"

"I invented NSNG (No Sugars No Grains), and Anna has written the perfect cookbook to show you how to eat that way. I can't get over how good Anna's food is. These are by far the best tasting NSNG recipes I've ever had!" --Vinnie Tortorich

"As many of us have had only fractious relationships with food, she coulda titled it, "Eat Hostile." Nope. Anna Vocino turns that shiP around. Buy.This.CookBook. It's a funny, yummy How to Do Healthful Minus the Martyrdom (& gluten.) # EATHAPPY " --Nancy Wolfson

Anna Vocino is an actor, comedian, voice over talent, and podcaster. She has performed in numerous television shows, films, commercials, and video gamesâ which is a pretty good day job to support her real passion of being a home cook and food blogger. Diagnosed with celiac disease in 2002, Anna has made it her mission to create easy to make, delicious gluten free, sugar free, and grain free versions of her favorite comfort foods, gathered here in âœEat Happy.â • She blogs additional recipes on her website and co-hosts The Angriest Trainer podcast with celebrity fitness trainer Vinnie Tortorich. Anna urges you to not only buy several copies of this cookbook, but also to tweet her pictures of the recipes you make so you can discuss them in front of millions of your closest friends on social media. Anna lives in Los Angeles with her husband, daughter, and little dog.

If you have been told that it would be better for your health to eliminate sugar and processed foods from your diet due to autoimmune or mood disorders, you too probably felt overwhelmed - I already don't feel great, and now I have to plan meals, shop and cook? My fun with food is over. I totally get it because I have been dealing with all of these for 25 years. None of the pharmaceutical options worked well for me. Though I had been introduced to managing chronic illness through nutrition, I wasn't ready until last year when I learned of recent studies showing that the meds the doctors recommended for me can contribute to dementia. Since I had exhausted every other option, I decided to try healing my body with nutrition. Luckily for me, I discovered Anna Vocino's recipes at the same time. She totally gets it too. Her recipes call for basic ingredients that don't require a lot of expensive kitchen gadgets or endless hours with

multiple steps, just simple, good food that's easy to prepare and tastes delicious. Seriously, you take a bite of one of these dishes and say to yourself or anyone at the table, oh that is good. If you are dealing with food sensitivities, such as dairy, most of the recipes are easy to adjust. It's been almost 11 months of eating this way and here are the results: I'm off all medication for mood, sleep and pain and lost 15 lbs. I thought it would be super boring and way too much work, but Anna's recipes are so tasty that we have invited friends and family over for dinner more this year more than ever before. The food is too good not to share. Both my husband and 12-year-old daughter (notorious for being a picky eater) love Anna's recipes, and we are saving money by eating dinners together at home. So, I was wrong. My food life is actually more fun and satisfying. Thank you so much Anna. Do yourself a favor and buy this book!

This cookbook deserves no less than 5 stars....I wish I could give it more!! I've been cooking for a long time. I've also been a cookbook junkie forever and I'm always pinning new recipes to my pinterest board. When I first got this book, I thought the recipes looked pretty basic. I would look at them and thought I could figure out the way it would taste by reading the ingredients. Well, after cooking the first recipe, I was blown away. Then I cooked the 2nd and 3rd and 4th....all of them completely brilliant! Something magical happens when the chosen ingredients are put together, it creates a meal that is worthy of a 5 star restaurant. They taste completely gourmet!! I have wanted to hold off writing a review until I had a lot of the meals cooked. Obviously, it hasn't been out long enough to make them all, but I'm confident enough now to know the rest will all be fantastic. If you are cutting grains and sugar, finding recipes to keep things interesting can be a challenge, you NEED this book...buy it!!! Adding a few pictures of some meals I have made. Update: I've made pretty much every recipe in the book. I love them all! There are a few reviews that complain about not having nutritional information. When you eat NO sugar and NO grains, you don't need to count calories or carbs. When you cut the crap, the weight will come off without even trying.

Amazing book!! I've never been much of a cook until this book. Every recipe works and is soooooo delicious!!! Even the kids like the food, and that's saying a lot. Anna Vocino has clearly perfected the items in this book and her commentary is so personable. She makes me feel like a chef. I enjoy cooking for the first time. It's so rewarding to make grain free/sugar free food that's soooooo good!! The food is so good, you're not at all wishing for the grains or sugar. Love it!

My family and I are on a journey to better health through better choices, and I must admit, it's hard

to "reprogram" your eating styles. This book has helped me "Eat Happy" and take the mystery out of the "No sugar No grain" lifestyle. I have 3 year old twins, a 1 year old, and a 37 year old man who haven't rejected a single item I've cooked from it, and that in itself is reason enough to love this cookbook! In addition to the recipes just being quality end products, the language of the book is conversational without being chatty. I feel like I'm being led by a real person with real taste buds, who doesn't need to shop for crazy or unfamiliar foods.

I am not a natural cook - in fact, I was satisfied with popping anything in the oven for 15 minutes just to get a meal 'over' with because it was easy and I felt I had no time. However, after I found out I had high BP and my doctor wanted me eventually take medication (still in my 30s! and said NOT YET), I started paying attention on what I was eating. Processed foods are the unhealthiest thing for your body. Just ramping up vegetables in my diet, my eating habits changed, and I've lost 20 lbs in 5 months since as I eventually and naturally curbed my carb/sugar intake. So Anna Vocino's cookbook is wonderful to have. She has a PLETHORA of recipes to choose from, including desserts. So far, I've baked/cooked two recipes and both have been delicious. Though my kitchen would turn upside down during the process (this is probably my lack of experience) from the throws of chopping, mincing, mixing, etc, not only has my results of cooking have been tasty, I'm enjoying the hard work I've put in and determined to cook again while improving my techniques. Sort of how I'm approaching my life from now on. I'm grateful for Anna Vocino and Vinnie Tortorich for their podcast and introducing to NSNG. And my BP is now at normal levels. Please order this book!

Okay, I have made about 15 recipes from Eat Happy and other things Anna has put out and we have not had 1 thing that was bad or even mediocre! We're batting 1.000! Most of the recipes are super easy and the other ones are moderately easy. Even if you are a beginner cook this is the book for you. Also Anna is very open on Twitter and if you have questions or comments she will respond and give you information. The only thing about this book that is missing is more recipes! Thank you Anna for putting out a great book!!!! It has made cooking fun! follow me at @primohistory for pictures of her great recipes.

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