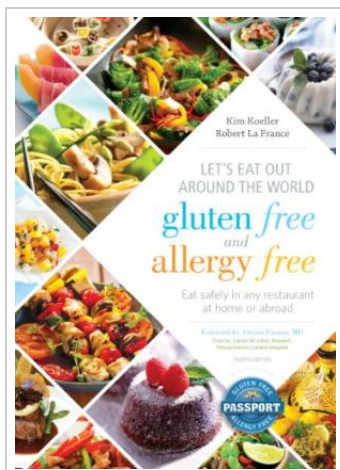




Let's Eat Out Around the World Gluten Free and Allergy Free: Eat Safely in Any Restaurant at Home or Abroad (Paperback)

By Kim Koeller, Robert La France, Alessio Fasano

Demos Medical Publishing, United States, 2014. Paperback. Condition: New. 4th Revised edition. Language: English . Brand New Book. Eat safe gluten free and allergy free meals in your home and at any restaurant around the corner or anywhere across the globe. Packed with everything you need to know to prepare meals or navigate a menu in any eating establishment, Let's Eat Out Around the World Gluten Free and Allergy Free is an easy-to-use resource that helps you to: Confidently avoid meals with gluten, wheat, corn, dairy, egg, fish, peanut, shellfish, soy, and tree nuts. Discover 175-plus dishes across seven ethnic cuisines including French, Indian, Italian, Mexican, Steak and Seafood, Chinese, and Thai. Understand ingredients, food preparation, hidden allergens and cross-contact. Ask the right questions and order safe meals with or without gluten free menus and allergy charts. Plan trips, holidays, and business travel with detailed checklists for snacks, airlines, hotels, and cruise lines. Explore overseas destinations with chef translation cards and international travel tips.



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