

EAT HAPPY TOO

Anna Vocino is back with Eat Happy Too: 160+ NEW delicious grain-free, gluten-free, low carb recipes that are also free of processed sugars. Get back to cooking and retrain your taste buds to love food again. You'll be shocked at how good food can taste! Eat Happy Too has 150 more starters, mains, sides, soups, casseroles, slow cooker AND Instant Pot recipes, plus breakfast and a chapter called make your own. There is even a desserts chapter which has some splurge recipes made from the finest ingredients. Her first cookbook, Eat Happy, is an Amazon best seller, and her audience made it very clear - MORE RECIPES, PLEASE!

"Anna Vocino's first cookbook, EAT HAPPY, was one of the first books that taught me my low carb ways... After learning her recipes, I couldn't wait for her to continue sharing her amazing cuisine, which she does exactly in EAT HAPPY TOO."

—Vinny Guadagnino, The Keto Guido



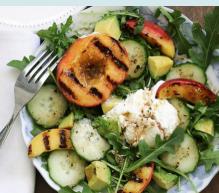
ABOUT ANNA VOCINO

Celiac and Gluten Free since 2002, Anna began this journey to recreate gluten free versions of comfort food favorites from her half Italian, half Southern-girl heritage. In 2012, Anna partnered with the inimitable Vinnie Tortorich to co-host and produce the Fitness Confidential Podcast, and her recipes these days are mostly free from sugars and grains aka NSNG (No Sugars No Grains). Anna uses fresh ingredients whenever possible, and she keeps things simple. She believes that if you are gonna treat yourself, do it right by doing it from scratch. Learn more at www.AnnaVocino.com

Instagram: @annavocino

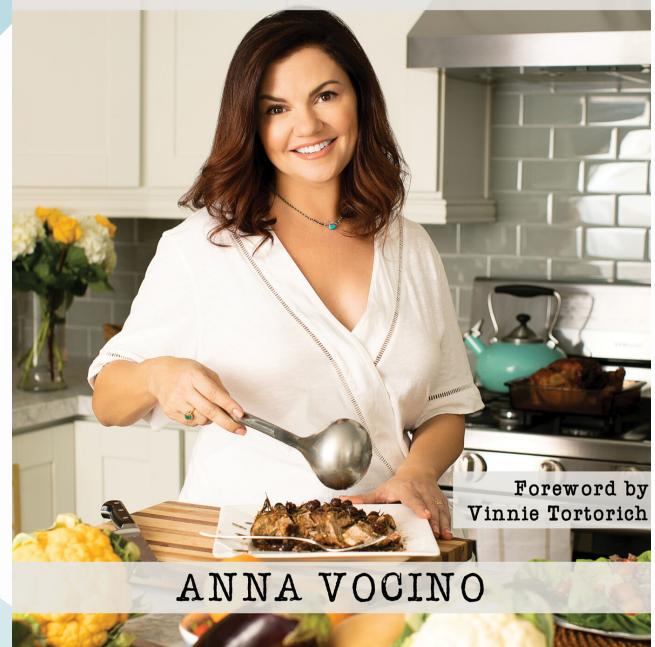
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EAT HAPPY TOO

160+ New Gluten Free, Grain Free, Low Carb Recipes For A Joyful Life



Foreword by
Vinnie Tortorich

ANNA VOCINO

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