



# Cecelia's Marketplace Gluten-Free Grocery Shopping Guide

*Dr. Mara Matison & Mr. Dainis Matison*

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# Cecelia's Marketplace Gluten-Free Grocery Shopping Guide

*Dr. Mara Matison & Mr. Dainis Matison*

**Cecelia's Marketplace Gluten-Free Grocery Shopping Guide** Dr. Mara Matison & Mr. Dainis Matison Voted the 'Best Seller' on Gluten-Free Mall and the Celiac website. Frustrated in trying to find Gluten-Free Products in your grocery stores? Tired of calling food manufacturers and guessing on nutrition labels? Well, help is here! Introducing Cecelias Marketplace Gluten-Free Grocery Shopping Guide! This easy to use 4.5" x 6.5" book is a list of over 25,000 gluten-free alphabetized products. Popular brands like Heinz, Kraft, Del Monte, Frito Lay, as well as supermarket chains, such as Kroger, Wal-Mart, Publix, Safeway, Walgreens, and more. Just pick a product, look it up, and all the gluten-free brands are at your fingertips. Unlike CD-ROMs or gluten free computer software, this book is easy to carry to the grocery store for easy product confirmation anytime, anywhere. The book easily fits in one's purse or back pocket. Either take this book with you or make your grocery list before you leave the house. This guide is not only designed for people with a celiac disease, gluten intolerance and gluten sensitivity, but excellent for family members, friends, chefs, dieticians, or others that needs to prepare gluten-free meals or learn about gluten-free products. In addition, Cecelia's Marketplace Gluten Free Grocery Shopping Guide includes 'Gluten-Free Kitchen Tips' which gives family members, friends or chefs specific tips on how to avoid gluten contamination in the kitchen. As an added bonus we have also included 1,500+ 'over-the-counter' pharmacy products which included antacids, pain relief, hair care, supplements, vitamins & minerals, and more. This book is a must have in making gluten-free living easier!

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