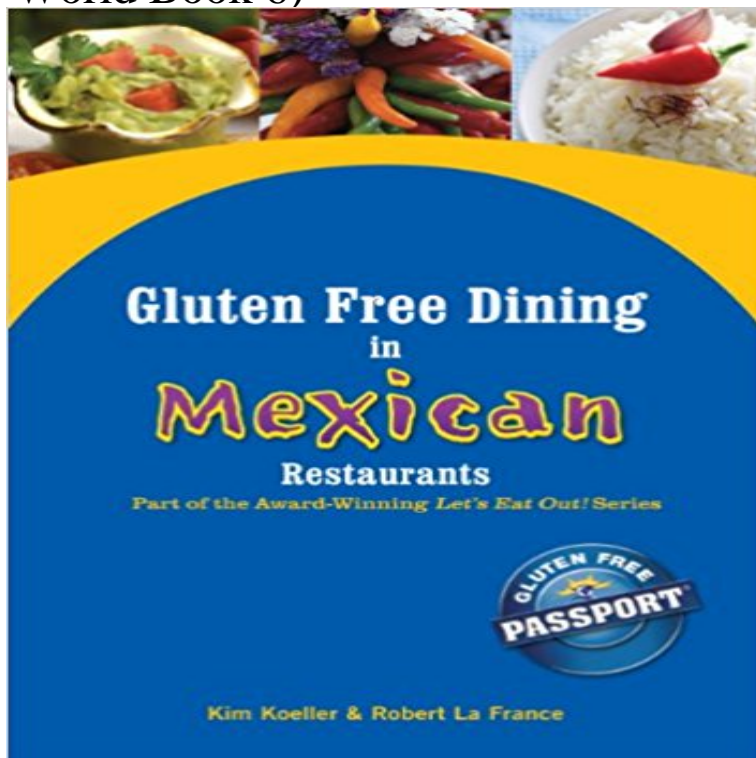


## Gluten Free Dining in Mexican Restaurants (Lets Eat Out Around The World Book 6)



Eat gluten free Mexican food in Mexican restaurants close to home or anywhere across the globe. Understand how to prepare Mexican foods as well as navigate menus, order and eat safe gluten and wheat free meals. Based on six-plus years of extensive global research & focus group testing, the gluten free menu items are categorized by: starters, soups, salads, egg dishes, antojos (Mexican specialties), meat dishes, chicken and turkey dishes, seafood dishes, sides and desserts. With this easy-to-use ebook, you learn ingredients, food preparation, hidden gluten and cross contact considerations. Understand how to ask the right questions with or without gluten free menus for safe Mexican food dishes. To ensure accuracy, rigorous quality assurance testing was conducted with chefs, restaurants and culinary schools worldwide to enable effective communication with Mexican restaurant personnel. Recognized with publishing awards such as Best Health Book of the Year, Best Travel Guide, Best Healthy Eating, Best Wellness & Diet Reference, the 20-time award winning Lets Eat Out! series is endorsed by celiac / coeliac & food allergy associations worldwide. It has also been featured in 300-plus magazines, newspapers, radio & TV shows and trusted by customers in over 60 countries.

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