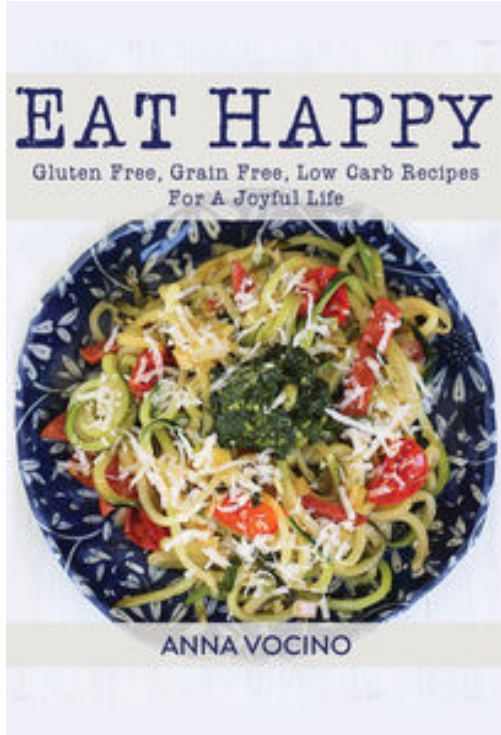


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In 2012, after almost ten years of being gluten free due to celiac, Anna Vocino found she was gaining weight faster than a tick on a labradoodle. Turns out the culprit wasn't overeating or too much fat in the diet, but the pesky sugars and grains in all those gluten free comfort foods. When Anna started podcasting with Fitness Confidential author Vinnie

Tortorich, she adapted her entire way of eating to do 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.

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