



Wheat Belly: Wheat Belly Recipes - Simple And Delicious Wheat Belly Recipes To Lose Weight For Beginners (Wheat Belly Cookbook, Grain Free, Wheat Free, Gluten Free)

John Web

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Simple And Delicious Wheat Belly Recipes

Discover more than 30 delicious wheat-free recipes that adhere to the principles of the Wheat Belly Diet program, which the respected American cardiologist and New York Times best-selling author Dr. William Davis introduced in 2011. It is a system of eating that encourages the use of organic, wheat-free foods to help achieve an ideal weight and heal the body from illness.

All of the recipes in this book use ingredients that are gluten-free, low in sodium and contain zero traces of refined sugar. This means that you can now enjoy scrumptious breakfasts, soups, salads, main dishes and desserts without adding inches to your waistline.

Apart from the nutrient-dense Wheat Belly recipes, you will find in this book essential information about Dr. Davis' Wheat Belly Diet program, including its principles, food list, benefits and coping mechanisms that will keep you focused on your journey towards self-improvement and complete wellness.

Moreover, this book will effectively guide you towards healthier cooking by showing you wheat-free substitutes to common ingredients. Becoming aware of healthier options that are available in the market increases your chance of using them in the kitchen and obtaining a grain-free lifestyle.

Here is just a few of the amazing recipes inside this book:

- Pink Sunrise Smoothie
- Hi-Fiber Hash Browns
- Chicken And Greens Frittata
- Smoked Vegetables Soup
- Baked Pork Tenderloin
- Parmesan Chicken Bites
- And much, much more...

Here is what you will find inside:

- Wheat Belly Diet: Lose The Grains To Lose the Gut
- Top 10 Frequently Asked Questions
- Wheat Belly Breakfast And Brunch Recipes
- Wheat Belly Soup Recipes
- Wheat Belly Salad Recipes
- Wheat Belly Meat Recipes
- Wheat Belly Chicken & Poultry Recipes
- Wheat Belly Dessert Recipes
- Simple Tips To Help You Cope With Wheat Withdrawal
- Much, much more!

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Richard Sauls:

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