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# **Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6)**





## Synopsis

Wheat Belly Diet-Key To Achieving Permanent Weight LossGet this Wheat Belly Cookbook for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Many nutritionists have recommended the wheat belly diet for its many health benefits. Wheat Belly encourages people to eat more natural foods while avoiding processed foods that have been linked to many serious health conditions, including obesity and diabetes.The Wheat Belly Diet Plan makes adopting the wheat belly diet easier by giving you 39 delicious recipes that you can prepare in a matter of minutes. These recipes will help make the transition to a gluten-free diet painless by helping control wheat cravings. And you'll be healthier while enjoying great food!By the way, even if you're not that great in the kitchen, you'd still benefit from this book. After all, most of the recipes you'll see here are geared towards complete beginners in culinary endeavors. Rest assured, you won't end up wasting ingredients, money, and most importantly, time.Here Is A Preview Of What You'll Learn...What is the Wheat Belly Diet?Wheat Belly Food ListWheat-Free Pizza CrustWheat-Free BreadGluten-Free BreadcrumbsBlackberry Pecan Breakfast LoafEggplant LasagnaChicken NuggetsMuch, much more!Download your copy today!Take action today and download this book for a limited time discount of only\$2.99!

## Book Information

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## Customer Reviews

Diabetes is one of the reasons I became interested in the Wheat Belly Diet. Not only 3 of my grandparents, but my mom and all of her 4 siblings are suffering from diabetes, and my mom was the first to be apply this diet to her lifestyle. From the experience she had, and the great results (which included a great improvement in her heath and weight loss), I was encouraged to try it myself. And I want to say this; If you want to do yourself, and your family the BEST thing you can do, the feed them better and healthier, and this book is the right thing for that! It has lots of great and simple recipes and I have tried a few and they were very good. I enjoyed them and you will too :)

This stuff really works! I was absolutely tired of my wheat belly and the uncomfortable feeling of being fat. That is why I decided to look for some help and bought this awesome book! It is full of recipes and different options for every day. Not only does it include healthy options, but the most important is that you will not be hungry during this diet. Losing weight is one of the most difficult challenges you can set yourself up to, but with this book it is much easier. You have to try it out! It certainly helped me.

I've looked at some wheat-free options but never seen a collection of recipes that had this much variety. I like that the author gave the readers so many different options for bread recipes. I also like that she took the time to explain why wheat is such a "bad guy" and the issues it can cause when it is left in our diets. This book is a nice collection of gluten free or wheat free recipes that are easy to make. Great resource for my kitchen!

I read the Wheat Belly book awhile ago and have been tampering with the idea of going gluten free but just hadn't committed to it. Honestly it is a little bit daunting, but having this recipe book really helps. It has a wide variety of recipes...something to please everyone. Even great biscuit recipe substitutes and desserts. I am glad I found this one. It is a keeper!

I know the Wheat Belly Diet was designed more for those that have Celiac or are Gluten Intolerant, but I think that everyone can benefit from this type of diet. This book had many great recipes and most used almond flour which I love! I have found some recipes on the internet, but I feel like these

ones were much better and more thorough. I can't wait to try them out!

This book is a very WONDERFUL SURPRISE for me in that it contains many recipes that I can use in my pursuit of healthy nutrition and weight loss. Thanks for writing this book.

This too, is a great cook book for the wheat belly diet. My husband likes everything I've served him with it and we are very satisfied with all the recipes.

Good.

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