



Wheat Belly Cookbook: 37 Wheat Free Recipes To Lose The Wheat And Have All-Day Energy, Lose Weight Fast With Wheat Belly Diet (Wheat Belly Cookbook, Gluten ... Lose Weight Grain Free Books Book 2)

Sandra Williams

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Learn How To Prepare 37 Delicious Wheat Free Foods, Lose Weight, Feel Better And Gain A Lot Of Energy!

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We tend to overlook the nutritional content of any delicacy in the urge to savor it. We tend to rate the food based on its flavor, presentation and complexity in preparation, but seldom do we rate it based on how healthy it is for our body.

The major reason for the decreased stamina in this generation is because of the lack of healthy food habits.

The innocent looking wheat that is almost present in all your junk foods is quite deceiving after all. Wheat can cause serious health damages even to people who are not allergic to it or suffer from **Celiac disease**. Never underestimate the perils of high wheat content diet, for it can cause serious cardiac issues and even cause cancer. If Wheat is an essential part of all the foodstuffs, then how do we relish yummy food again?

Another preconceived notion that plagues us is that healthy foods are not tasty and are fit to suit the needs of an elderly person.

Here are some **wheat-less recipes**, to give you an insight into ravishing foodstuffs that not only play a wicked trick on your palette, but are also **healthy!**

Here Is A Preview Of What You'll Learn:

- **Breakfast Recipes**
- Blueberry Pancakes
- Cheesy Potato Waffles
- Smoked Salmon Open Sandwich
- Granola
- Strawberry Banana Smoothie
- **Lunch Recipes**
- Bison Bolognese
- Cheese and Leak Tart
- Cheese Broccoli Bacon Pasta
- Chicken Risotto
- Bison Meatballs
- Grilled Trout with Horseradish
- Chunky Trout Fillets on a Mash Bed
- Potato Layer Bake
- Vegetarian Moussaka
- Turkey Chili
- Mushroom Risotto
- **Dinner Recipes**
- Maple Syrup Chicken
- Pepper & Mushroom Flan
- Spinach and Polenta Soufflé
- Blackened Chicken
- Mixed Bean Hotpot with Herby Dumplings
- Meatless Loaf
- Polenta in Spicy Tomato Sauce
- Sweet and Sour Crispy King Prawns
- Scallops and Prawns in White Wine and Tomato Sauce
- Smoked Fish Pie
- Turkey Lasagna
- Tuna Pasta Bake
- Juicy Roasted Chicken
- **Dessert Recipes**
- Apple & Apricot Pie
- Apple Strudel
- Chocolate Mango Roulade
- Black Forest Trifle Recipe
- Chocolate Cranberry Mousse Pie
- Apricot Torte
- Autumn Apple Cake
- Cranberry Scones
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Check Out What Others Are Saying...

"Desserts from this book are delicious!" - Elizabeth

"I definitely feel lighter and I have more energy after a few days of wheat free diet, amazing..." - Jack

"Wheat Belly diet gave me a huge vitality boost, I'm no longer sleepy and tired all the time." - Sophia

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Charlotte Maas:

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Roger Cooper:

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Louetta Cantrell:

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Steven Evans:

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