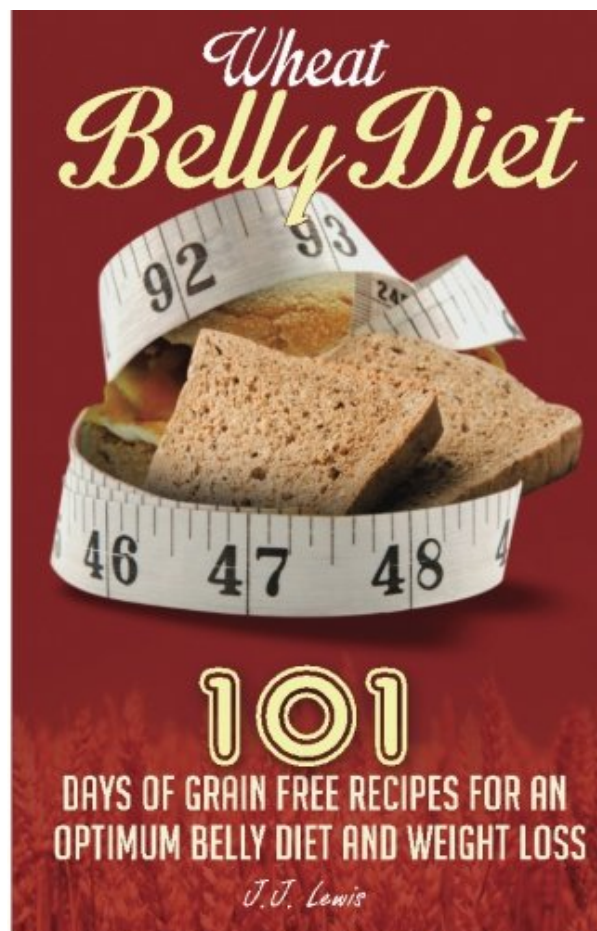
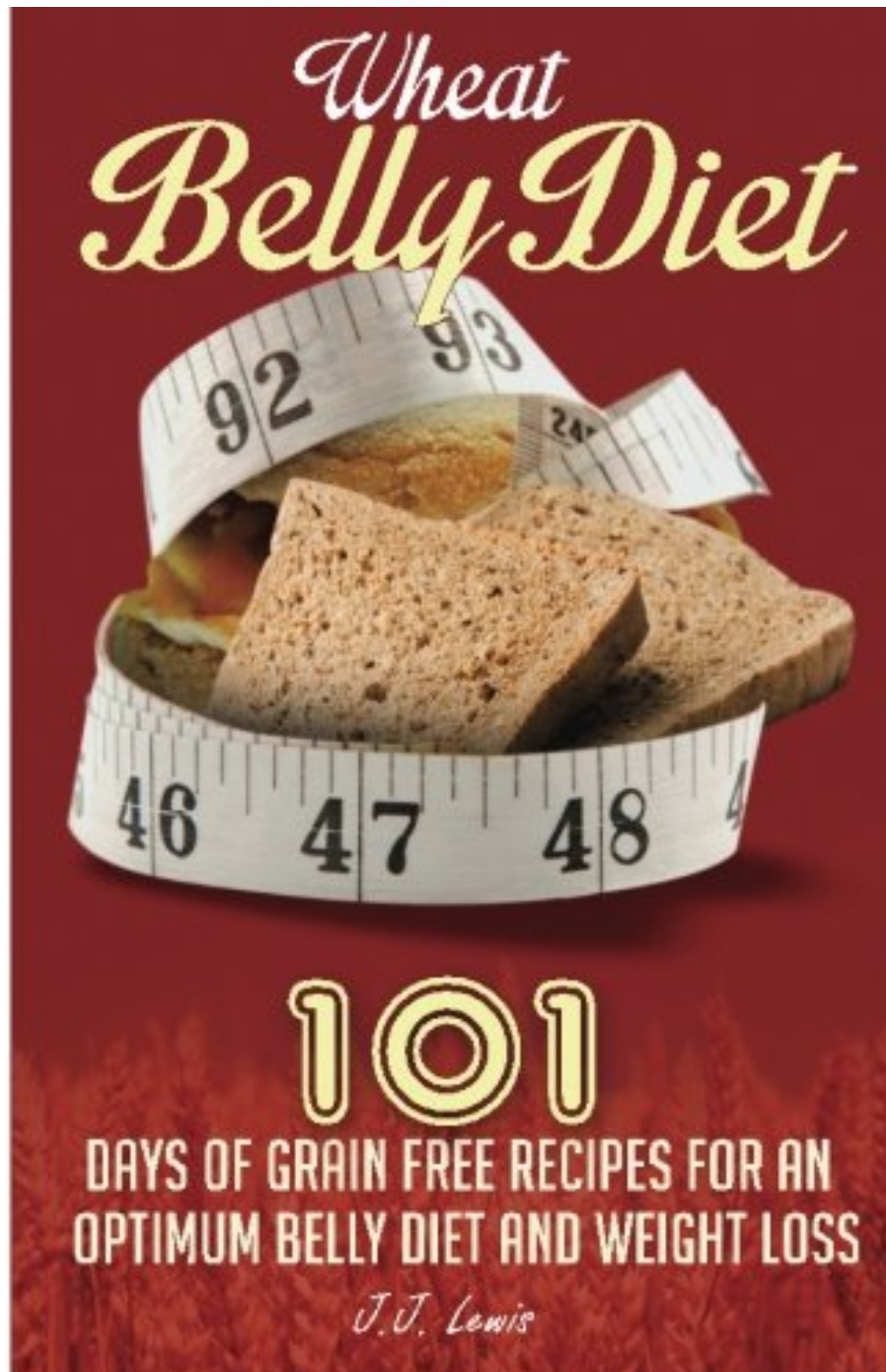


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Review

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Discover the 101 Days of Grain Free Recipes for an Optimum Belly Diet and Weight Loss All 101 Wheat Belly Fat Diet Recipes are accompanied by Captivating Photos! Vegetables integrates with this diet incredibly well. They are very high in protein, which makes them the perfect choice for breakfast, lunch, and dinner. You might be tempted, but there is nothing to be gained by neglecting vegetables. If you have your favorites, that is fine, but do your best to have some variety. Do not confine yourself to only one or two different vegetables. Perhaps you are in the mood for eggplant for breakfast, and if so, you might consider having mushrooms for lunch, and spinach for dinner. Limiting your vegetable intake will rob you of precious proteins, minerals, and nutrients. Potatoes and corn are the only two you will want to avoid, because they are both rich in starch. Moving away from vegetables, you also have to be careful in the dairy aisle. Fat-free products should be avoided on the wheat belly diet. It might seem odd, but you want to go with full fat. This will help your body with staying balanced. Cheeses including cheddar cheese, parmesan cheese, and Monterey Jack are three good choices. Just make sure you buy the fatty version of whichever cheese you decide to go with. Cooking the food you purchase might also be necessary. If so, and if the food is cooked in oil, make sure you use one of the healthy cooking oils like extra virgin olive oil, avocado oil, or flaxseed oil. Butter should only be applied lightly to foods that need it. Organic butter is no exception to that.

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Simple and tasty recipes for those on a wheat free diet

By Mike

I don't consume wheat because of gluten intolerance, but this book also goes into other positive side effects of eliminating wheat from your diet regardless of any intolerances or allergies.

The author first of all points out that skipping wheat allows you to lose weight, but also has other health benefits like stabilizing blood sugar and lowering cholesterol. Not only that, the author states that cutting out wheat can reduce risks of diabetes, arthritis and heart disease. That is huge!

Then on to the recipes... These are definitely impressive! There are no less than 101 recipes in this book, giving you plenty of options to make wheat free meals. There are recipes for all meals, so you can enjoy nice breakfasts like ricotta and strawberry crepes, tasty lunches like steak and veggie fajita and lovely meals like Indian chicken curry.

The recipes are simple (not too many ingredients) and their structure is clear and straightforward. What I liked is that each recipe includes a nice picture and also indicates the number of calories, protein etc. per serving. All in all, a nice recipe book for those on a wheat free diet!

The only criticism I have is that the hyperlinks in the book weren't working. The book was recently published at the time of writing this review, so I guess the author will fix it in a future edition. It's also not

too much of a biggie really, because these are links to wheat-free ingredients like flaxseed wraps and gluten-free bread, but you can find those yourself when shopping online or at your local supermarket.

0 of 0 people found the following review helpful.

Tons of healthy and tasty recipes!

By Daniel Miller

If you are looking to lose weight and have tried many diets but they didn't work out, you have the right book here. The Wheat belly diet is the perfect diet to lose weight. What happens in this diet is that you eliminate all the wheat from your daily diet thus overcoming the barrier that has been stopping your weight loss. The Wheat belly diet works wonders and the book also has tons of great and healthy recipes. All these recipes are wheat free. Few of my favourite recipes have to be Cheddar Egg muffins, Steak and Veggie Fajita and Chicken Nuggets.

I highly recommend this book to everyone.

0 of 0 people found the following review helpful.

Excellent!!

By Xilene

This is such a great plan for healthy eating that offers recipes that are so tasty and so good for you. We particularly love not having to buy bread with wheat and the bread recipes are so delicious, one might overeat! The book offers enough of the science behind the cookbook to not only provide fast prep but also a fast read to get you on board. I have purchased this book for gifts and the recipients have actually used them more than I expected.

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