



The Wheat Belly Recipes Collection:75 Delicious Gluten And Wheat Free Recipes For Weight Loss And Optimum Health

Freda Briggs

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Wheat consumption has been proven to be a contributory factor to heart disease, obesity and other digestive issues. The fact that you are considering this book indicates you already have an idea of what wheat and gluten meals can do to your body. However, this book sheds valuable light on the subject and presents you with tested, mouthwatering and healthy recipes for your day.

It is easy to get rid of that weight belly or make the transition to a wheat-free diet. In this book are 75 easy and delicious recipes to start the wheat free, gluten free diet and eat your way to a trim and healthy body and mind.

You'll also get to learn the difference between wheat and gluten diets, their various concerns as well as their health benefits. So even if you do not suffer allergies and the diseases that come from consuming wheat and gluten meals, you will be able to lose weight and achieve optimum health. The benefits are indeed extraordinary and immeasurable.

Contained in this book are the very best recipes for breakfast, desserts, drinks and dinners. There are also light meals, side dishes, main dishes, soups, stuffing, spreads, sauces and so much more...

It's about time you began that wheat free diet you have been putting off for a while. Don't you think? Its time you bought a recipe collection book to simplify the task and make it interesting and enjoyable. Simply put, it's time you bought this book. It's a treasure trove of delicious and hearty recipes! Buy it now!

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