



# **Wheat Belly Cookbook: Simple & Delicious Recipes to Lose Weight, Lower Pressure and Live a Healthy Life (Wheat Belly Diet)**

*Monica Hamilton*

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Do you want to cut wheat out of your diet and find wheat-free recipes?

Billions of people consume wheat each and every day. It is found in a variety of simple foods but it has become one of the world's biggest food sources. However, the Wheat Belly diet has almost changed the way millions look at wheat and wheat products.

The Wheat Belly diet is a new but very powerful modernized diet and for thousands, they are turning to it. This isn't just about finding new foods to enjoy for those with wheat intolerance but also to help shed excess pounds too. It's an alternative approach to weight loss yet it shows so much promise. This may allow you to help keep your body healthy and happy for years to come!

This diet, along with some simple but effective recipes, may be able to help remove the unwanted extras from your usual meal plan – wheat – and keep it away from you for good. Studies have shown, there is real potential for high cholesterol levels as well as an increase of blood sugar levels, all from wheat rich diets.

However, did you know wheat is used in thousands of different foods, some of which, you probably would never think of. It's true and even though it appears to have some good qualities, it doesn't always agree with everyone.

## Inside You Will Learn:

- How Wheat Affects The Body
- How The Wheat Belly Diet Works
- How The Body's System Changes When It Consumes Wheat Products
- Simple And Easy To Follow Recipes To Try
- Basic Errors To Avoid When Preparing Wheat Free Meals
- And Much More

Once you learn these simple things, you can learn to create fantastic meals from different recipes. Hopefully you will be able to turn your diet around. However, this won't just allow you to find safe, wheat-free recipes but also hopefully help you to understand what the Wheat Belly diet is.

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