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More than a cookbook by far, "Wheat Belly Cookbook" is a combo of Dr. Davis' "Wheat Belly" and 150 of his recipes. I bought the original "Wheat Belly" for my T2 diabetic husband to read, and he's starting on it (against his will, because he's a die-hard bread fan).

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The Wheat Belly Cookbook takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised Pot Roast with Vegetables, velvety Peanut Butter Pie and surprising wheat-free hits like Blueberry French Toast, Bruschetta Chicken on Angel Hair, Spaghetti Bolognese and velvety Scones.

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Wheat Belly Cookbook 150 Recipes to Help You Lose the

The Wheat Belly Cookbook encourages its reader to give up wheat to help the reader lose weight and improve their health. It offers recipes for breakfasts, main courses, breads, snacks, etc. Recently I received allergy test results that indicate I am moderately allergic to wheat, which was a surprise to me.

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Recipes Archives Dr William Davis

Wheat Belly Holiday Recipes: Healthy Biscuits and Gravy. Read More. Chocolate Frozen Yogurt. The Wheat Belly 30-Minute Cookbook; About Dr. Davis. Dr. William Davis is a New York Times #1 best selling author and Medical Director and founder of the Undoctored program, including the Undoctored Health Workplace Program.

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These recipes meet the Criteria put forth in the Wheat Belly book. I'm reading it & have the cookbook. When a recipe cheats a little, I point it out and tell how I'd alter it.

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October 11, 2018 by Leta Shy. 98.8K Shares From Wheat Belly Cookbook. Notes.

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