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## Wheat Free Diet Cookbook: Lose Belly Fat, Lose Weight, and Improve Health with Delicious Wheat Free Recipes

By Rockridge Press

Rockridge Press, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover dramatic health results and lose your belly fat by eliminating just one ingredient from your diet. Have you tried numerous diets and exercise, yet your health, weight, and overall appearance never seem to reach your goals? It's not your fault. For years, you've been told that including grains in your diet is essential for good health. The reality? Wheat is destructive to your health. Lose weight and lose your belly with The Wheat Free Diet Cookbook—a sustainable path to a longer, healthier, and leaner life. Enjoy 50 wheat-free recipes for your favorite dishes, including Garlic and Herb Roasted Chicken, No-Flour Rich Chocolate Cake, and Sweet and Spicy Pumpkin Bread. Understand the dangerous impact of wheat on weight gain, diabetes, aging, and the immune system, and learn the myriad health benefits of living a wheat-free lifestyle. The Wheat Free Diet and Cookbook offers healthy wheat alternatives, tips for a successful transition to a wheat-free diet, and a 7-Day Meal Plan to get you started. The Wheat Free Diet Cookbook dispels the myths surrounding wheat and...



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