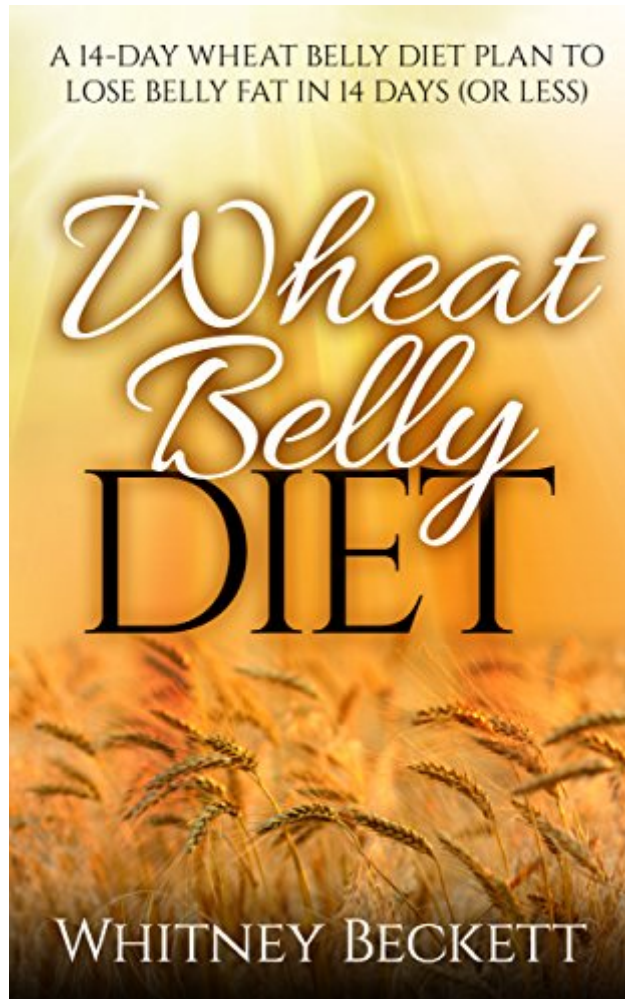


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# Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free)



## Synopsis

Do You Feel Overweight, Tired, and Have High Cholesterol? The Wheat Belly diet was founded by cardiologist William Davis, MD who was on a mission to determine how to lose weight and have more energy so he could spend more quality time with his family. While doing a self-analysis, he noticed that he often felt sluggish after a breakfast of bagels, toast, or waffles, even after 8 hours of sleep; and that when he had eggs for breakfast, he felt energetic. He noticed that his blood was high in cholesterol and in a diabetic sugar range, and therefore he was determined to make a change. Davis continued to give up wheat for 3 months, and asked his patients to do the same, and reports showed that the majority of his patients lost a significant amount of weight, and their blood sugar levels significantly decreased, putting them back in normal range. His patients also said they had improved energy, better focus, deeper sleep, better lung, joint, and bowel health, among other things.

**Inside You Will Discover:- A Delicious 14-Day Wheat Belly Diet Plan (including breakfast, lunch, dinner, snacks, and dessert - Over 75 Delicious Recipes! Here Are Some Of The Recipes:**

**Day 1** Breakfast Chorizo and Corn Breakfast Casserole Lunch Tangy Ginger Grilled Salmon Dinner Lamb and Vegetables Stew Sides Dish Quinoa Stuffed Mushrooms Snacks / Desserts Coconut and Seed Squares

**Day 2** Breakfast Creamy Berry Cereal Lunch Chicken with Green Beans Dinner Beef Soup with Rice and Vegetables Side Dish Roasted Sweet Potatoes with Basil Pesto Snacks / Dessert Apple-Pear Salad with Poppy Seed Dressing

**Day 3** Breakfast Breakfast Parfait Lunch Roasted Pork Belly with Apples Dinner Cheesy Beef Rolls with Seeds, Nuts, Olives, and Capers Side Dish Turkey Tortilla Soup Snacks / Dessert Delicious Trail Mix

**Day 4** Breakfast Oatless • Oatmeal • Lunch Savoury Shrimp Fajitas Dinner Raspberry Balsamic Chicken Side Dish Stir-fried Chayote Squash Snacks / Dessert Sugar-free Chocolate Cake

**Day 5** Breakfast Asparagus-zucchini Breakfast Casserole Lunch Pork Loin Stuffed with Apricot and Nuts Dinner Halibut and Asparagus in Foil Side Dish Roasted Cauliflower with Chia seeds Snacks / Dessert Coconut Flour Double-Chocolate Brownies

**Day 6** Breakfast Mushroom and Broccoli Omelette with Feta Cheese Lunch Rice Pilaff Dinner Herbed Meatloaf Side Dish Grilled Avocado with Tomato Salsa Snacks / Dessert Mini Spinach Quiches

**Day 7** Breakfast Smoked Salmon Egg Omelette Lunch Grilled Collards- Wrapped Salmon Dinner Turkey Meatloaf Side Dish Grilled Potato, Peppers and Onion, with Arugula Snacks / Dessert Green Smoothie

**Day 8** Breakfast Breakfast Granola Lunch Lamb shanks with Roasted Parsnips and Carrots Dinner Creamy Pork Chop Slow Cooker Side Dish Fiddlehead Ferns Salad with Nuts and Cheese Snacks / Dessert Lemony Donuts

**Day 9** Breakfast Mushroom Omelette with Smashed Tomato Lunch Pork and Rice Noodles Dinner Baked White Fish on Zucchini, Tomatoes and Olives Side Dish Pressure Cooker Red Beans with Fennel Seed Snacks / Dessert Cauliflower

PiccataDay 10BreakfastSeed and Nut Breakfast LoafLunchBraised Duck Legs with Winter  
SquashDinnerChicken with EggplantSide DishBanana Bread with Date and  
FlaxseedSnacks/DessertCookies with a lot of Nuts and FruitsDay 11BreakfastBreakfast Herbed  
Turkey SausageLunchRoasted Chicken and VegetablesDinnerShrimp Salad with Crispy Green  
Beans, Apple, and AvocadoSide DishSpinach Salad with Cherries and Goat  
CheeseSnacks/DessertChocolate GelatoDay 12BreakfastLow Carb Breakfast BallsLunchSpiced  
Shellfish StewDinnerTurkey Burgers with Crispy KaleSide DishGreen Salad with  
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## Book Information

File Size: 1333 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publisher: GH Books (September 12, 2015)

Publication Date: September 12, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B015BLJKD0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #548,669 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #114

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## Customer Reviews

This is an amazing diet plan and very effective too. I heard about this diet from my cousin and she also suggested me about this for all information. I purchased this book a few weeks ago and inside of this book I have found a 14-day wheat belly diet plan. The author of this book has described the

whole diet plan very clearly and step by step. By reading this book I have learned some delicious breakfast, lunch & dinner recipes too. I already followed this diet plan and after following this diet, within two weeks I got a huge improvement over my health. If you want to lose your belly fat throw an effective diet, then I will suggest you to follow wheat belly diet. Grab this Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) book and learn everything you need to know.

This book is the perfect companion to Wheat Belly and is the logical next step for anyone choosing to take charge of their health through nutrition. The information is presented in an easy to follow manner, with a more gradual method for implementing the food changes than some other grain free type diets I am familiar with. This book helped me to realize that, and also provided great recipes for delicious and healthy alternatives. I really look forward to continuing to implement what I learned in this book to start living a healthier life.

Lose fat in 14 days? Well sounds great! That's what pushed me to get this book. Actually it was been told by my best friend, He told me about the better way of losing fats with this book. And I was then realized all that he said, it was all true. It is really possible to lose belly in just 14 days. And one thing that also good about this book is that it is Gluten free. Good diet may lead to a healthy body. You will lose belly within 14 days. This is good news.

I got this book very helpful! This book was terrific as it broke down why wheat is bad for your health overall. This book contains proven steps and strategies on how to create your yummy and easy to prepare dishes through simple recipes. Coming up with a nice dish for your family while participating in a diet program like the wheat belly regimen may seem like a challenge to you.

amazing read. people need to know and this book tells it all. very informative. it has definitely made an impact on how i view and now eat food. its not about losing weight although i have...its about lifestyle of making changes to your health. i speak about this book to everyone. ITS A MUST READ

I am always interested in nutrition, and this peaked my interest. It makes very good sense. The author had great evidence and statistics, hopefully it's all true. After reading this, I am trying to cut my carbs and really cut down on my wheat ingestion.

This is an interesting read the book is well written and easy to understand. These recipes are helpful for rapid weight loss and delicious. This is one of the best book in my kindle library. Author follow professional approach thanks.

Obviously Whitney did not read the book. This is simply an attempt to cash in on the Wheat Belly popularity. The dead give-away is the title. Dr Davis (the Wheat Belly originator), has stated hundreds of time in public and online, "If Wheat Belly were a diet, I would have called it the Wheat Belly Diet. It is not a diet, so I didn't call it that."

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For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life

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