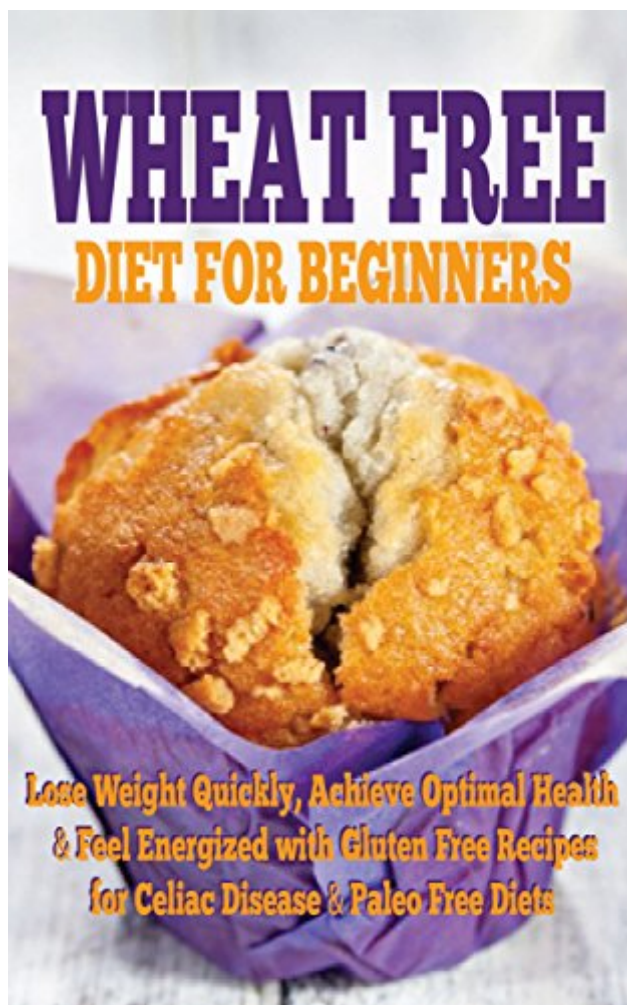


The book was found

Wheat Free: Diet For Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized With Gluten Free Recipes For Celiac Disease & Paleo Free ... Diet, Natural Weight Loss, Baking Recipes)





Synopsis

Jumpstart Your Way to a Healthier Lifestyle with this Wheat Free Diet Now! You're about to discover how to...Effectively lose weight without sacrificing your overall health. Most diets have food restrictions that may leave you feeling weak and tired. However, with the wheat free diet, you will discover how easy it is to stay fit and healthy without depriving yourself of the joys of eating. The wheat free diet will help target those most common annoyances that occur when you consume wheat. By using this guide you will be able to get rid of the hard to shift "muffin top" effect that can be caused by wheat consumption along with the uncomfortable and irritating bloating that can often occur. This plan aims to combat the side effects of wheat consumption, which often include weight gain and increased feelings of tiredness and lethargy. This diet is not about restricting food intake or cutting calories but simply cutting out the wheat that can be seen as the root of many health problems. Use this guide to find a world of alternatives to wheat and easy recipes to follow. By cooking simple, tasty and interesting recipes, this guide makes it easy to follow the diet and reap all the benefits of being wheat free. Lose your cravings and your pounds! Here Is A Preview Of What You'll Learn...About Wheat Free Diet Wheat Belly Diet Recipes for Breakfast Wheat Belly Diet Recipes for Bread and Muffins Wheat Belly Diet Recipes for Cakes and Cookies Wheat Belly Diet Recipes for Snacks Download your copy today! Don't miss the opportunity to become a better you! Download Now and Feel Energized with these Wonderful Gluten Free Recipes! Tags: Wheat Belly, Wheat Belly Diet, Wheat Belly Kindle, Wheat Belly Book, Wheat Free, Wheat Free Diet, Gluten Free, Wheat Belly Cookbook, Diet, Diets & Weight Loss, Weight Maintenance, Low Carb, How To Lose Your Wheat Belly, Wheat Belly Recipes, Celiac Diet, Celiac Disease, Gluten Free Diet, Gluten-Free, Gluten-Free Cooking, Gluten-Free Cookbook, Gluten-Free Diet, Wheat-Free, Wheat-Free Diet, Wheat-Free Cooking

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Customer Reviews

The recipes in this book look good, some I was able to bake before but I have never tried using almond flour especially in Pizzas. I believe it is quite unconventional. I really cannot imagine how would it taste like but I bet it would taste great. I like the way the book is introduced and how the recipes were classified but it could have been more helpful if there were some other tips or information on how can one start the diet since this book says it is a diet for beginners so I think a simple guideline would help. The book is easy to read and the recipes are interesting.

I thought the book is all about recipes since I looked at the cover first and the title only second. But the book is more than just a recipe book, it is also very informative as it introduces what the wheat belly diet is. After which comes the recipes that can provide different varieties for breakfast, breads, cakes, and snacks. The recipes are unique and they look pretty easy to do as the steps do not go beyond 10 per recipe. This book is a keeper!

I love, love, love this book! If you want to try the wheat belly diet then this book is for you! This book has the best recipes, that do not contain wheat. I have a wheat intolerance and these recipes were so good. I did not miss the wheat or processed ingredients at all. In fact I have more energy than I had in my twenties. I feel great!

First of all I thought I will not make it without wheat. But I tried it anyway. And results were fabulous! I love those gluten free recipes! I am not hungry at all and I am losing weight! that is awesome! Carrot

cake is very good!

Appreciate the recipes. Very diverse and I'll definitely have it as one of my options. The bread and muffin recipe tasted good, tried it and well I thought it was an epic fail but I succeeded.

I was expecting something different I suppose. When I got my e-book, I thought it would be a BOOK, but this is actually a watered down, pamphlet like version of the wheat belly diet. I did not enjoy looking at this information- if I did not already know about the Wheat Belly Diet and the ins/outs of following it, I would have given this book a 1/2 star. As it is, I did use the info as a refresher and a supplement to the Wheat Belly Book I already had from the public library.

Diet for beginners? It's more like a cookbook and that's all. I didn't learn anything new but if I wanted to learn to bake cookies & other recipes then it would've served its purpose. I still don't know how to go about this diet.

This was not what I was looking for. I believed this would be information on following a Wheat Belly Diet, since the title said for Beginners. However, it ended up being a cookbook.

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