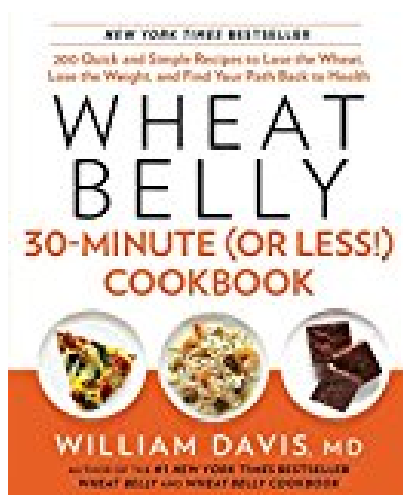


Wheat Belly 30-Minute Or Less! Cookbook 200 Quick and Simple Recipes to Lose the Wheat Lose the Weight and Find Your Path Back to Health



BOOK DETAILS

- Author : William Davis
- Pages : 304 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623362083

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BOOK SYNOPSIS

Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects--from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")--could be banished forever with one simple step: Saying goodbye to wheat. The Wheat Belly Cookbook built on that foundation with hundreds of delicious, family favorite recipes with a wheat-free makeover. Now, it's easier than ever with this collection of yummy recipes that are quick enough for busy weekdays--and good enough for company. Readers will find an introduction to the ABCs of wheat-free cooking, plus a guide to prepping the kitchen, stocking the pantry, and getting started on a healthy new path. Beautifully illustrated with full-color photo inserts, readers will enjoy these delicious recipes for breakfast, lunch, dinner, side dishes, snacks, dessert--and even special occasions.

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