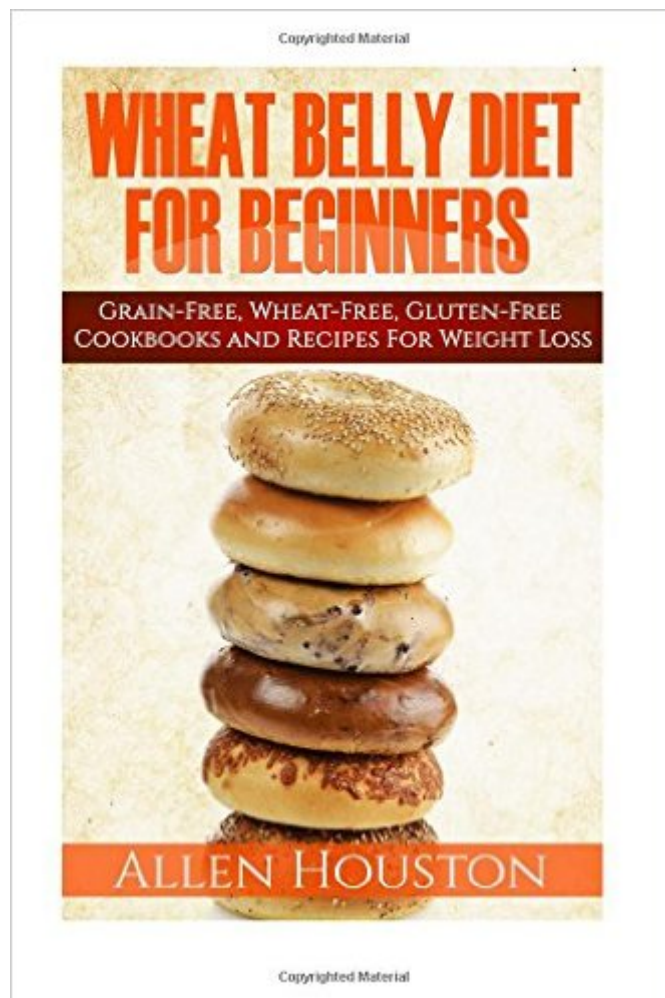


The book was found

# Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks And Recipes For Weight Loss Plans And Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)





## Synopsis

Why am I not losing weight after following so many types of diet, pills and supplements? Couldn't figure out what is the missing puzzle of food to avoid to achieve better results? Wasting money on weight loss products that doesn't help much? What is the missing puzzle? All my friends had successfully lost weight, why not me! Inside *Wheat Belly Diet For Beginners*, the author covers a wide range of topics to achieve losing 30 pounds in 3 – 6 months time. From the basics of wheat belly diet to in depth modern wheat contents to choosing the type of foods for the diet. No more spending huge amount of money on trying to lose weight. It is already available in our daily life. Know the types of food to avoid and the types of food to consume for a better health. Details you need to know when dining out or doing your groceries shopping for you and your family. This book will save you both time and money and achieve the results you want. *Wheat Belly Diet For Beginners - Shave Off That Belly, Lose Weight, Lower Blood Pressure And Achieve A Healthy Lifestyle Include Recipes For Your Meal Plans: Wheat Free Breakfast Recipes Wheat Free Lunch Recipes Wheat Free Dinner Recipes Wheat Free Dessert Recipes BONUS RECIPE!* Download Your Copy Now! Find out Over 60 Wheat Free Recipes you can try TODAY and take massive, consistent action!

## Book Information

Series: Wheat Free Grain Free Gluten Free Weight Loss Diet

Paperback: 178 pages

Publisher: CreateSpace Independent Publishing Platform (January 13, 2016)

Language: English

ISBN-10: 1523375132

ISBN-13: 978-1523375134

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.5 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars See all reviews (87 customer reviews)

Best Sellers Rank: #175,879 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #53 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #110 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

## Customer Reviews

Having read the original *Wheat Belly*, I wanted to read the *Wheat Belly Diet For Beginners* also

thinking it might give me additional insight on how to proceed with going wheat free. I was particularly interested in additional recipes. This book is a disaster. First of all, the number of grammatical errors is astonishing. I find it incredibly hard to believe this book was edited in any way. Next, the book contradicts itself multiple times. In the recipe section, after saying to consume NO wheat whatsoever, one recipe calls for whole wheat pasta, another for low carb flour tortillas?? Another recipe is duplicated called cola chicken on one page, then diet coke chicken on the very next page. Finally, I am pretty certain several recipes are taken straight from the Wheat Belly book itself. I was rather disappointed by this book.

Excellent! Just the info I was looking for. Clears up a lot of questions / confusion I had with wheat. Seeing now that wheat has been altered genetically for over 40 years helps me see how this grain could be bad for me. Goes into the science behind it in simple terms. We should all know more about our bodies, the food we eat, and how it is affecting our bodies. Was a nice surprise to see the wheat-free recipes!! Feel empowered. 5 stars!!

This book goes into more detail than other wheat books I have read. It's specific and gets to the point on what to do and what not to do. I have followed the advice in this book for about a week and have averaged about a pound to a half pound a day. Very happy with the results! Book is well written and easy to understand too. I feel great and my energy level is off the charts. I highly recommend this book.

There are a lot of benefits if you will check this eBook. If you feel like you have been trying to lose weight and remove your bellies but still no progress, then, you must try this one. Allen nailed it! He is such a great author with a great way of writing which is I really like. The recipes are so tasty. Overall, it was awesome.

Informative, easy to understand, inspiring! Absolutely the most important purchase I have done for some time, I am telling everyone who will listen to buy this book.

As a beginner, I find this book - "WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included!" a great guide. I have been following a lot of diet plans lately but still, I do not see any progress. This is where I tried to follow what I have read from this book. It has been a few days but I already see a great progress

in my weight and I am loving it! This is awesome.

Everything that was written in here are very new to me that is why I am so glad to have this with me. As a beginner, I am very eager to know what does a WHEAT BELLY DIET really is. With this book, you know and discover everything by just simply reading it. It touches a little bit of wheat belly's history and a lot more to figure out in here.

Love the recipes! Especially because it already have for breakfast, lunch, dinner and even desserts! The directions are very easy to follow because they are all well written. So, no hard times at all. I am very glad that I was able to read this one and now, I am following the recipes with great results.

[Download to continue reading...](#)

Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) 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 Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet,

Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet

[Dmca](#)