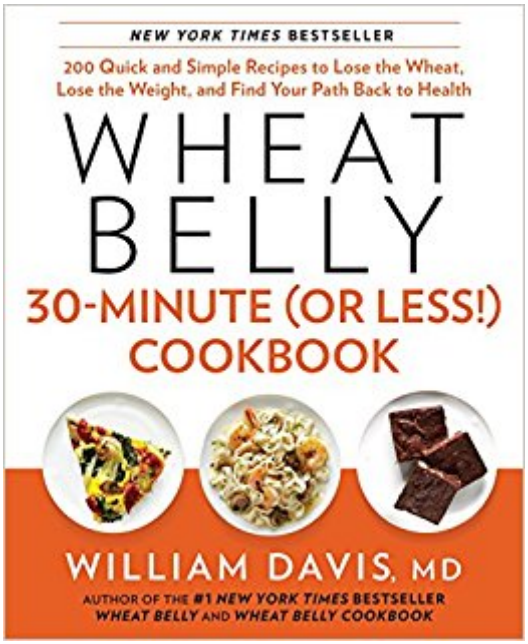
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Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick And Simple Recipes To Lose The Wheat, Lose The Weight, And Find Your Path Back To Health



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Synopsis

Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effectsÃ¢â ¬â ¢from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")Ã¢â ¬â ¢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, with Wheat Belly 30-Minute (Or Less!) Cookbook, it’s easier than ever with this collection of yummy recipes that are quick enough for busy weekdaysÃ¢â ¬â ¢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, dessertsÃ¢â ¬â ¢and even special occasions.

Book Information

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Average Customer Review: 4.4 out of 5 stars 1,273 customer reviews

Best Sellers Rank: #5,028 in Books (See Top 100 in Books) #7 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #12 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Allergies #21 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

A Look Inside Wheat Belly 30-Minute (Or Less!) Cookbook Chocolate Smoothie and Muffin recipes Breakfast Cheesecake recipe Ã Â Macadamia Nut Fudge recipe Brussels Sprouts Gratin recipe

Ã¢â ¬Å“Renowned cardiologist and New York Times bestselling author, William Davis (Wheat Belly) invites readers to welcome the New Year with 200 quick and guiltless wheat-free recipes. ’Lose the wheat, lose the weight, and find your path back to health’ with this new tasty, nutritious

and wheatless cookbook. Beautiful photographs accompanied by comprehensive recipes and nutritional information make it easier than ever to eat wheat-free. Delectable recipes for a variety of tastes, meals and occasions include Brussels sprouts gratin, Cajun turkey burgers, key lime cupcakes, eggplant caprese stacks, ginger sesame pepper steak, strawberry and coconut biscuits and cognac truffles. These satisfying and delicious dishes can conveniently all be prepared in 30 minutes or less. In addition to including recipes for breakfast, lunch, dinner, side dishes, snacks, and desserts, the book also includes a guide to prepping a wheat-free kitchen, a sample 14-day menu, plus numerous menu plans for special occasions. Davis provides readers with a health conscious, user-friendly, and wheat-free companion. This collection of fulfilling and healthy wheat-free recipes can become the staple cookbook for any busy and healthy household.Ã¢â ¬Â• Ã¢â ¬â ¢Publisher's Weekly

Back in March of this year I lost 22 lbs. in 4 weeks from only cooking out of the wheat belly cookbook. I still have about 12 lbs to go, but don't have the time to make the recipes. It feels like I've been waiting forever for this 30-minute or less cookbook to come out. Finally it arrived Christmas Eve and then I fell in love. The only time consuming thing about this cookbook for a beginner is going to be getting familiar with the ingredients and where to locate them. So far today I made the Beef stroganoff, crab stuffed mushrooms and the spicy chicken. All were excellent and only took 15 to 30 minutes which is life changing compared to the other recipe book :)

This book has no only changed my life but also the life of my entire family. We have three generations eating the Wheat Belly way. I am off my heart medication and my cholesterol medication thanks to this way of eating. My depression is gone. Anxiety gone. Intestinal issues, gone. This is truly life changing!

Let me start by saying I didn't have high expectations of the Wheat Belly book or the cookbook, but I was very, very wrong. To give you some understanding, I have severe acid reflux and a hiatal hernia to boot. Before reading the book, I had been on more than double the max dose of a prescription medication as well as the max dose of OTC Zantac every single day. Even with this array of pills I vomitted blood and got sick most meals. I felt poorly everyday for the last 3+ years. I couldn't even brush my teeth in the morning without gagging or throwing up! In addition to that, I was shedding an abnormally large amount of hair, breaking out in rashes, have an array of symptoms similar to a low blood sugar (without any sugar issues), constantly tired off and on all day,

waking multiple times a night to use the restroom or to numbness and tingling in my limbs or lips, having heart palpitations, and several other very bizarre things! I am a healthy, 32 year old female, within 15 pounds of a healthy weight for my age/height, who works out several times a week, and is in otherwise peak condition.This book was the last stop after multiple doctors and medications (both natural and prescribed) before giving in and trying surgery. Which, by the way, has a recurrence high enough to make me think it is a horrible idea.Within 24 hours of cutting out wheat I had stopped vomiting. I felt more energetic (slightly), and noticed a difference. Within 3 days I cut my dose of meds in half, and within 1 week I was totally off my medication with no ill effects.I am currently about 1 1/2 months out from starting this journey and I feel totally different! I now have a reaction if I even ingest a tiny amount of wheat, and all the symptoms I had and many I didn't even realize were symptoms (like the hair shedding) are gone. Totally gone!Now, this book...i got it first because it seemed like if I was going to stick with something, then a 30 minute meal book would be the simplest verses the original Wheat Belly cookbook. I have been feeding my family dinners out of this book for the last month, and every single one has been a hit. I have picky eaters and even they love what I'm cooking!!!This book is the best cookbook with some of the best recipes I've ever tried, even over wheat-containing ones.If you are wanting something to make this journey easier, tastier, and enjoyable...this is the best choice!

This book is set up to easily begin eating wheat free. I especially like the variety of recipes that will appeal to a wide variety of tastes. This is exactly what I am looking for in terms of recipes that I can incorporate into our meals.

Very insightful information that applies to tons of people out there who have an intolerance to wheat and other grains. I feel much better since changing my eating habits. My arthritis is diminishing as the days go by and I am much more active than I have been in months. This is a dietary change I can continue if it means living a fuller life. Great book.

The information in the book on diet is very helpful. My doctor told me that he wants me to lose 20 lbs. when he next sees me for my yearly physical which should be in March, 2015. I started to use the recipes which Dr. Davis has provided and I've thrown away all foods that contain wheat and sugar. No more cookies, cakes, pies, puddings, candy or ice cream. I would like to wear my clothes that I wore when I weighed 153 lbs. only seven years ago. I ballooned up to 198 lbs. by spring '14, so I have my work cut out for me.

Although I don’t have celiac disease, testing showed that I am wheat-sensitive (sigh). I wanted to better educate myself on what to avoid, but more importantly, how to cook with this new restriction. The recipes call for items that are easily found in most big supermarkets and local health food stores, Sprouts & Whole Foods.Not only have the recipes been pretty tasty (big praise coming from a self-confessed carboholic), but they’re not difficult to prepare. I feel better; not so much gut bloat, and as a bonus, my blood sugar levels have really dropped and stabilized.Give this cookbook a try. Dr. Davis not only includes the recipes, he also discusses the science behind why wheat really isn’t good for you. And he does it in easily-understood language.

I love this cook book. it’s easy to read and follow the directions. I’m no chef so a few things I had to look up or call and ask my mom what certain things were but nothing to hard to figure out. everything is broken up nicely from breakfast to dinner and spices and bread-like baking. since I started using this I’ve lost twenty pounds and the food is delicious. love this book and also the wheat belly book, the non-cookbook one where he explains in detail about how wheat is no good for you. one suggestion though get the actual book and not the kindle version, kindle makes it really hard to jump from pages to pages. but that’s a kindle problem.

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