



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

By Davis, William

Rodale Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "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." PUBLISHER'S WEEKLY...



[READ ONLINE](#)

Reviews

This pdf is definitely not straightforward to get started on studying but extremely exciting to see. It generally does not charge an excessive amount of. Your lifestyle period is going to be convert once you full looking over this publication.

-- Elliott Rempel MD

Basically no phrases to clarify. It really is rally fascinating throug reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Anabel Zemplak