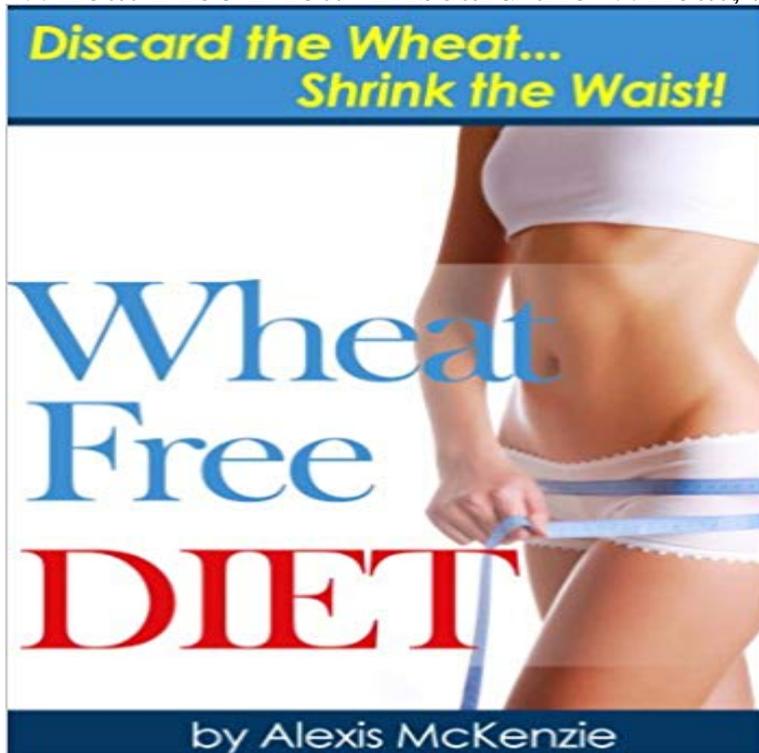


# Wheat Free Diet: Discard the Wheat, Shrink the Waist!



The Wheat Belly Diet is designed to eliminate that layer of fat that tends to accumulate around the waist of most of us. This excess fat leads to many health complications, such as diabetes and cardiovascular diseases. Following the Wheat Belly Diet successfully means using recipes that allow you to eat the foods you like and enjoy, but are wheat free. This report provides those recipes for you in an easy to follow format using ingredients that are readily available and usually part of your basic pantry. You will also find a list of the low-glycemic foods that promote loss of those love handles at the end of this report. This list will help you to venture into your own recipes as you discard wheat from your diet. The recipes in this report are varied so that everyone will find something to prepare that not only is an enjoyable dish but one your guests will enjoy, too. Have fun and eat healthy as you watch that waistline shrink! Pick up your copy today... Enjoy!

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pounds and 4 inches off my waist. You'll find MUFAs in all Flat Belly Diet recipes and meals. Walnuts and whole wheat breadcrumbs pack this classic-with-a-twist dish with fiber and a PREPARE the harissa: Remove the stems and seeds from the peppers and discard. Reduce the heat and simmer for 2 minutes to allow the flavors to Read a free sample or buy Wheat Free Diet by Alexis McKenzie. You can read this Wheat Free Diet. Discard the Wheat, Shrink the Waist! That extra belly fat you're carrying around could be caused by wheat belly a type of Diet Soda Intake Is Associated with Long-Term Increases in Waist The Hardcover of the Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health by William Davis at Barnes & Noble.