



Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners

J.S. West

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After reading this book you will learn all about wheat belly slow cooker diet and lifestyle

The Health and Wellness Benefits Will Be Incredible!

Ever heard of wheat belly? Whether you are new to the concept of wheat belly or if you are an old hat when it comes to avoiding wheat in your diet, this book will provide you with thirty delicious new and exciting recipes that you can try out on your weight loss program. The first chapter of this book will provide you a very brief outline of what wheat belly is, what it is not, and what you can and cannot eat when you follow this dieting plan. Wheat belly is a great way to lose weight, but it is important to understand what the diet entails before you get started. If you are already on a wheat belly diet, chances are this information is not news to you, but it may be nice to refresh yourself anyhow! The following three chapters are comprised of recipes—ten Chicken & Turkey recipes, ten Pork & Lamb recipes, and ten Beef recipes. These pages will provide you with plenty of delicious meal options to help get you thinking creatively about what you can and should eat on your wheat belly dieting program! After reading this book, you will be well equipped to start cooking immediately. Even if you are a beginner to cooking, these recipes have been created with you in mind! They are very simple, require very little prep time, and all of the steps have been outlined in a very simple and easy to understand way. The ingredients are easy to find at your local market, and by following the steps outlined in each of the recipes, you'll be creating amazing dinners in no time with the help of your slow cooker. The last chapter of this book provides a week-long meal plan and accompanying daily shopping lists to help you get started on wheat belly slow cooking. Feel free to follow this plan exactly, or to modify it as you see fit!

This is A Preview Of What You'll Learn...

- what wheat belly is
- 30 delicious recipes
- amazing recipes
- a week-long meal plan and shopping list
- and much, much more!

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