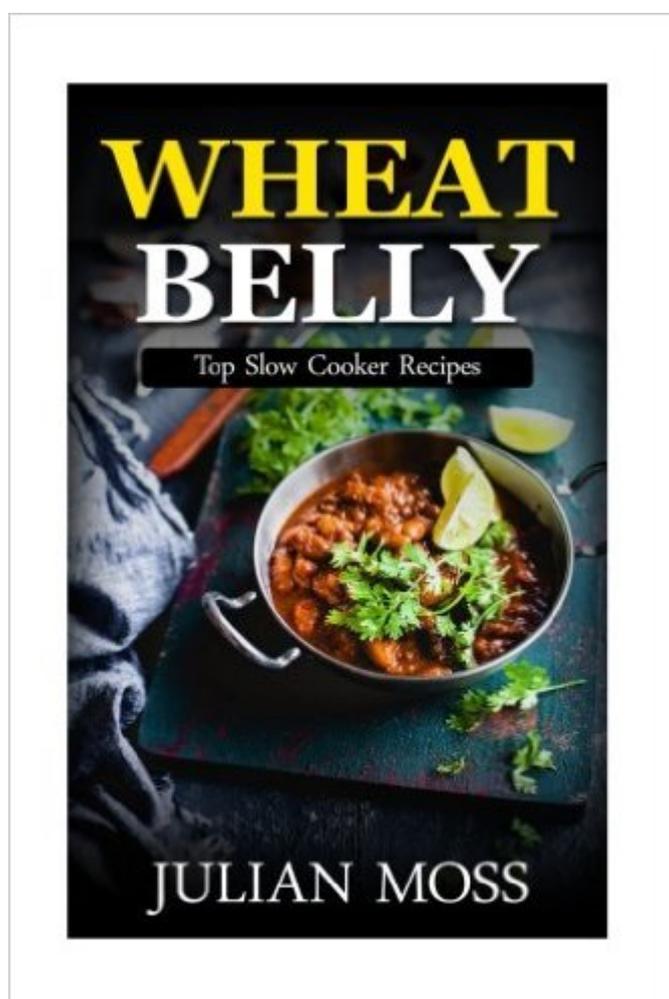


The book was found

**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)**





## Synopsis

Hundreds of Creative Wheat & Gluten Free Slow Cooker Recipes Await! Introducing The Revolutionary Wheat Belly Diet... Over 230+ Approved Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss. Wheat & Grains have been at the Heart of humankind's diet for a few thousands of years now. This cornerstone crop has been the foundation of civilization. This age-old agricultural tradition has been traced back more than 10 000 years by historians. But in the last few generations, something's gone VERY wrong. The modern induction of GMO's as well as industrialised processing has given rise to a New Silent Killer. Purchase this book to find out scientifically proven & practical strategies to repair the Destructive chronic illnesses that modern day Wheat, Grains & Flour have caused to your body. Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Wheat-Free Meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Wholesome Dinner is ready without any mess or dishes to clean! This book contains HUNDREDS of Wheat & Gluten Free Slow Cooker recipes! Some of the Profound Benefits You are Guaranteed to Experience: Cure Digestive Tract Disorders, Eliminate Allergies, Increase Energy Levels & Vitality, Accelerated Fat Loss, Lower Blood Sugar & Cholesterol, Hormonal Balance, Reverse Diabetes, Normalised Sleeping Patterns, Reduced Anxiety and Stress. Think of the Wheat Belly Diet like pushing the "reset" button with your overall health and relationship with your food habits. Here Is A Preview Of The Wholesome recipes you will find in this book: Chives and Bacon Breakfast Omelet, Courgette Sausages and Bacon Casserole, Breakfast Pizza, Crockpot Turkey and Eggplant Braise, Smoked Paprika Pork Tenderloin, Soupe a L'oignon, Crockpot Spinach-Feta Stuffed Chicken Breasts, Slow Cooker Ground Beef and Pumpkin Chili, Seafood Soup, Slow Cooker Lobster Bisque, Hungarian Rhapsody Cabbage Stew, Braised Apple Cider Pork, Peppermint Lamb with Green Beans, Seafood Chowder (Crock Pot), Slow Cooker Grouper and Shrimp Soup, Mediterranean Monkfish Stew, Slow Cooker Lamb with Mushrooms, Haricot. Comes with One Full Month Meal Plan to Jump-start your new Wheat Belly Lifestyle... Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!

## Book Information

Series: The Wheat-Free Cookbook

Paperback: 190 pages

Publisher: CreateSpace Independent Publishing Platform (September 5, 2016)

Language: English

ISBN-10: 1537572350

ISBN-13: 978-1537572352

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #414,074 in Books (See Top 100 in Books) #106 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #515 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#) #554 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#)

## Customer Reviews

As I read through this book, I found clean, fresh, healthy slow cooker recipes bursting with flavor that are, as this book says, 100 percent natural and that will rev up your metabolism. The wheat belly diet expounds on a practical and sustainable way to nourish our bodies to maintain life-long health, physical performance and overall wellness. These recipes were able to show me that the secret to the healthiest and tastiest meals is using fresh, natural, organic and wholesome ingredients. All the things I needed for this wheat belly diet.

After reading the introduction of this book, I was convinced that I wanted to reduce the amount of wheat that I consume. The author clearly convinced me of the importance of cutting back or completely eliminating wheat from my diet. This is more than just a book of wheat free recipes. It has plenty of educational content on why too much wheat is bad for you.

Leaner body is what everyone's need and we can only achieve that if we will do diet and exercise. If you are looking for a diet program that is very effective you must try this grains recipes. This wheat belly is a summary of all delicious wheat recipes that will remove big belly in our body. You must try it now before its too late.

Excellent! The writer provides very new-to-me type of information on the benefits ongoing full wheat. No only does it help you lose weight, which let alone is amazing the book makes you healthier mentally also. This book has really helped us get all of that under control. It took a lot of the guesswork out of what she should and should not be doing/eating. Now that we've followed everything here, she is much better and has seen great improvements in weight loss as well! This book made me happy. This book is for you.

Of all the cookbooks that I have purchased, I can say that this recipe book is one of the best. Wheat belly diet has a lot of benefits to our health and one of them which is the reason why I am on this diet is the ability to treat digestive tract disorders. I have been having digestive problems for how many months now but this book just gave me the hope that it can be cured. Really amazing!

I'm so glad I read this book. Anyone interested in their health needs to read this book. Absolutely fabulous! I'm sure nearly everybody will see a big improvement in their life! I believe wheat is the root cause for most of our illness in this country. Recipes are easy to prepare as well as easy to follow. Please read this book for your own sake!

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

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 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: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! 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) Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) 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) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Everyday Grain-Free Baking: Over 100 Recipes for

Deliciously Easy Grain-Free and Gluten-Free Baking 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) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) 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 Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free

[Dmca](#)