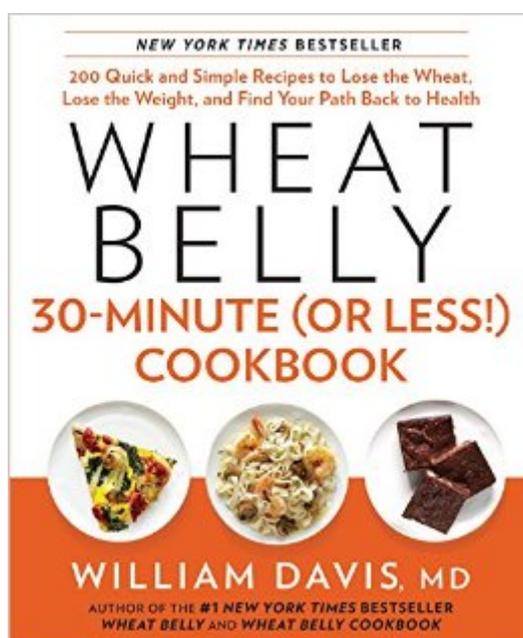


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# Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick And Simple Recipes To Lose The Wheat, Lose The Weight, And Find Your Path Back To Health



## Synopsis

Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effectsâ€”from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")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 weekdaysâ€”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, dessertsâ€”and even special occasions.

## Book Information

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Best Sellers Rank: #2,763 in Books (See Top 100 in Books) #3 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #13 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#) #18 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

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 not 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.

I waited four weeks to review this book. Over all I like it and it has been very good for my health and weight loss goals. Pros: The ingredients are easy to find. The recipes are delicious. You are eating good food. Dishes are filling. Cons: Doesn't count prep time in the totally time. (Plan an extra 15 minutes) Recipes aren't detailed enough. (example: 2 cans of tuna, but not the ounces or size of cans, also a packaged of something but not the ounces or size)

Being wheatless and sugarless for a few years now, I'm always looking for new recipes. Of the recipes I've tried so far, they are VERY VERY good! The "bread" recipes are particularly good and are slightly different from what I've found online over the years. The chocolate/coconut pie is also to die for. Note: The recipes throughout often call for sweeteners and there is an explanation about this up front; I've become accustomed to not having things sweet and even the dessert recipes easily adapt to very minimal sweetener...this is a good thing!

First of all, you need to purchase WHEAT BELLY by Dr. William Davis, M.D. That is the book that will change your life for the better! I bought it 29 months ago and have lost 62 pounds (and have kept it off). In addition, 28 months ago I quit taking prescription meds for arthritis & acid reflux-all as the result of adopting the Wheat Belly lifestyle! Those are only a few of the health benefits I have experienced since reading Wheat Belly. Naturally, a lifestyle change like this requires a whole new way of eating. The addition of the two Wheat Belly Cookbooks made a world of difference in assuring continued success in being totally wheat free--in fact totally grain free. Wheat Belly is a low carb, medium protein, and high fat way of eating. This cookbook has delicious and easy to prepare recipes. HIGHLY RECOMMENDED,

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