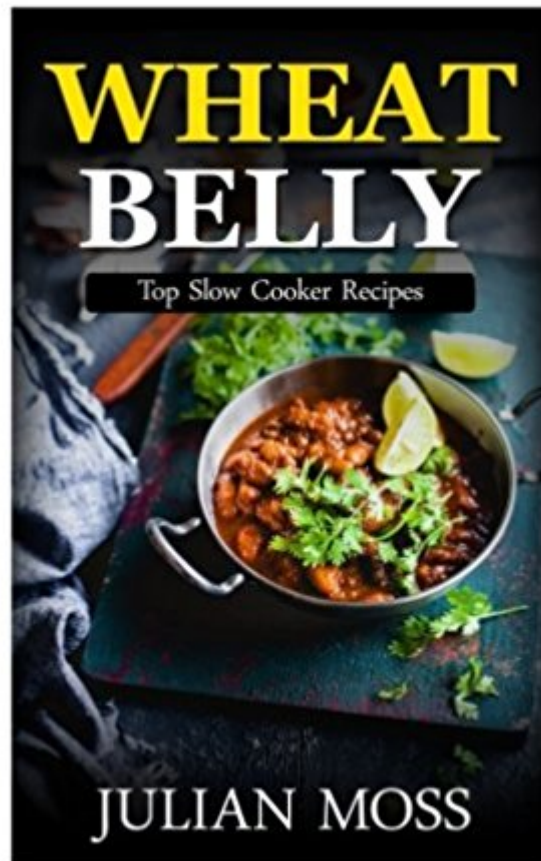


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# **Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes For Rapid Weight Loss With The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook)**





## 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

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

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