

Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

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Summary:

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This cookbook companion to the New York Times bestseller Wheat Belly serves up 150 great tasting wheat-free recipes to help readers lose weight and beat disease. Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects-ranging from minor rashes and high blood sugar to the buildup of stubborn belly fat (so-called "wheat bellies")-could be banished forever with one simple step: Saying goodbye to wheat. The Wheat Belly Cookbook takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised Pot Roast with Vegetables, velvety Peanut Butter Pie-and surprising wheat-free hits like Blueberry French Toast, Bruschetta Chicken on Angel Hair, Spaghetti Bolognese and velvety Scones.

Additionally, readers will also learn how to:

- Dodge symptoms of "wheat withdrawal" experienced by about 10 percent of dieters, ensuring a smooth transition to this new healthy eating plan
- Set up their wheat-free kitchen, including important prep techniques, shopping lists, and strategies to get the whole family on board
- Avoid regaining a wheat belly while eating out at restaurants and parties-plus exciting meal ideas guests will love

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