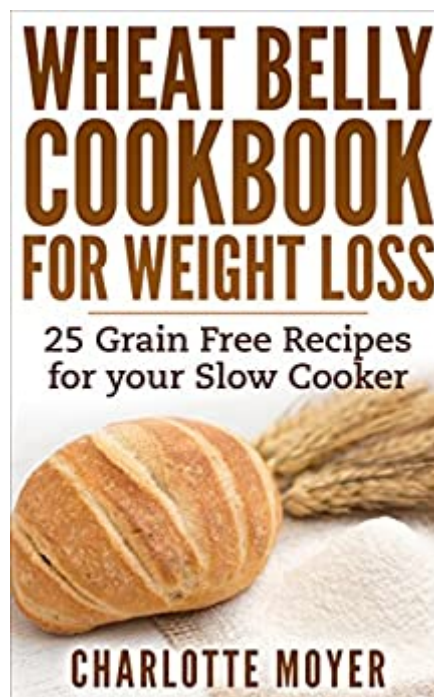




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Customer Reviews

Fascinating, healthy recipes! I am so eager to learn slow cooked meals, and this one is much better,

because the author specified the nutritional information along with every meals. More than the recipes provided, the wheat belly diet helps you reduce a few pounds and become healthier. This diet promotes modern and conducive guide of eating, and that is cutting out the wheat and other grains. I highly favor this ookbook most especially to mothers like me, who wanted to lose weight in a healthy and more likely, traditional way.

I am very happy that there are these recipes to the Wheat Belly cookbook. It allows for more variation which we all need when embarking on new dishes to try out! Thank you for taking the time to put these recipes in print. It has helped me learn how to cook without wheat flour.

I want to lose some weight that's why I've chosen this book. These dishes are healthy, delicious and easy-to-cook. It's a perfect thing for me. Recommended fo those who want to shed extra kilos in an easy way.

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