



# **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**

*William Davis*

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

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