

Wheat Belly Cookbook

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Summary:

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Wheat Belly Cookbook by William Davis | PenguinRandomHouse ... About Wheat Belly Cookbook. 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 Cookbook : William Davis : 9781609619367 The original Wheat Belly helped spawn a wheat-free revolution. Now, the principles articulated in the first book have caused many readers to ask for more information on just how to accomplish this shift in food choices away from wheat and towards foods that are least harmful and most nutritious.

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