



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, 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, dessert--and even special occasions.

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