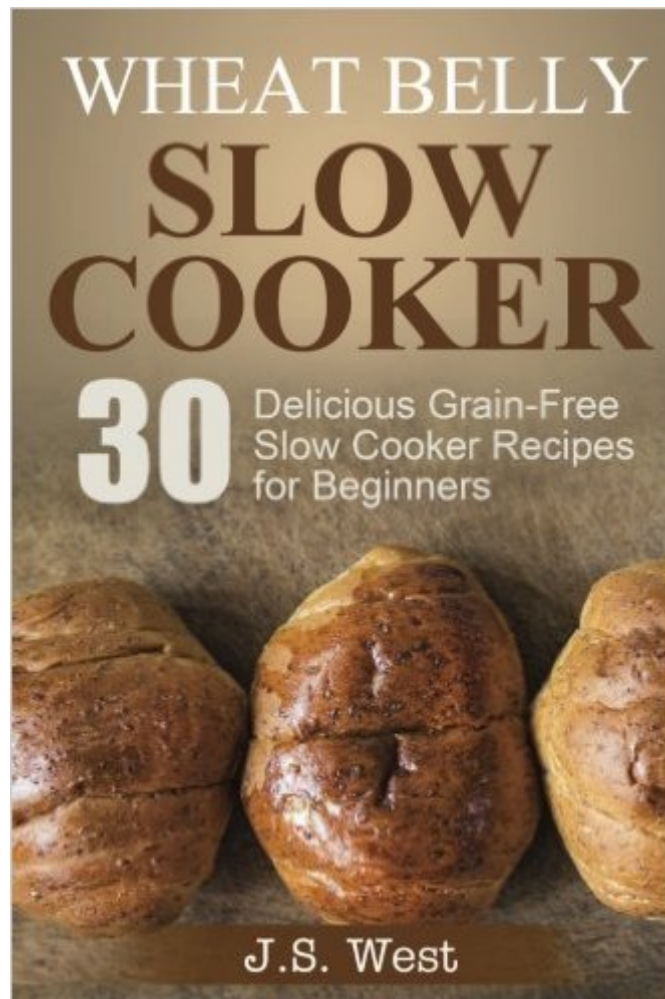


The book was found

Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes For Beginners



Synopsis

After reading this book you will learn all about wheat belly slow cooker diet and lifestyle The Health and Wellness Benefits Will Be Incredible! Ever heard of wheat belly? Whether you are new to the concept of wheat belly or if you are an old hat when it comes to avoiding wheat in your diet, this book will provide you with thirty delicious new and exciting recipes that you can try out on your weight loss program. The first chapter of this book will provide you a very brief outline of what wheat belly is, what it is not, and what you can and cannot eat when you follow this dieting plan. Wheat belly is a great way to lose weight, but it is important to understand what the diet entails before you get started. If you are already on a wheat belly diet, chances are this information is not news to you, but it may be nice to refresh yourself anyhow! The following three chapters are comprised of recipesâ ten Chicken & Turkey recipes, ten Pork & Lamb recipes, and ten Beef recipes. These pages will provide you with plenty of delicious meal options to help get you thinking creatively about what you can and should eat on your wheat belly dieting program! After reading this book, you will be well equipped to start cooking immediately. Even if you are a beginner to cooking, these recipes have been created with you in mind! They are very simple, require very little prep time, and all of the steps have been outlined in a very simple and easy to understand way. The ingredients are easy to find at your local market, and by following the steps outlined in each of the recipes, youâ™ll be creating amazing dinners in no time with the help of your slow cooker. The last chapter of this book provides a week-long meal plan and accompanying daily shopping lists to help you get started on wheat belly slow cooking. Feel free to follow this plan exactly, or to modify it as you see fit! This is A Preview Of What You'll Learnâ | what what belly is 30 delicious recipes amazing recipes a week-long meal plan and shopping list and much, much more! Would You Like To Know More? Download your copy today! Take action NOW and download "Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginnersâ • for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. Â© 2014 All Rights Reserved Tags: paleo kitchen, paleo, paleo weight loss, paleo diet, low carb, paleo low carb diet, paleo cookbook, paleo recipe book, paleo slow cooker, paleo diet cookbook, paleo low carb, paleo mediterranean recipes, paleo mediterranean cookbook, paleo for beginners, beginners paleo recipes, paleo style, paleo lifestyle, paleo approach, paleo living, paleo life, paleo, free kindle book paleo, paleo slow cooker, paleo diet for beginners, paleo diet free kindle books, paleo diet food list, paleo diet for athletes, paleo approach, paleo for weight loss, paleo diet for weigh loss, paleo diet free books, Atkins Diet, Low Carb, Paleo Diet, Paleo, Wheat Belly, Slow Cooker, William Davis

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Customer Reviews

The author of this poorly-put-together book is not Dr. Davis, the founder of the Wheat Belly Diet, nor is it endorsed by him. The "book" is nothing more than one continuous word document, where the recipes all run together and are extremely difficult to view. The recipes seem boring and uninteresting and there is not one picture to prove otherwise. Even at three bucks, this book is a complete waste of money.

Chapter 1- The 3rd paragraph is a repeat of the first paragraph. The 4th paragraph is a repeat of the 2nd paragraph!
The Stuffed Chicken recipe - "...option white wine." Not "white win.
Firewood Chicken - I think it's easier to do #8 "Place garlic inside chicken cavity." Before #7 "Top with chicken." Which means top the vegetables you already put in the crock pot.
Plantain Pork - "Place plantains in slow cooker and puree while adding coconut milk." My slow cooker does not puree!!!
Carnitas - How much olive oil to you sear the pork strips in?
Stroganoff - I don't understand why you need to cook this in the slow cooker for 8 hours when the ground beef is cooked on the stove first.
Swiss Steak - How do you peel a carrot?
I have cooked 80% of these recipes and they are great. I just hate everything I mentioned.

Recipes are good and tasty I did not try a few like blizzard and tongue ones or the Korean cabbage one. The daily exact breakfast and last night's dinner for lunch may be great for glucose and weight control but it was a bore as well.

Learned a bit, but most recipe ingredients not available in small town America.

Very informative book, learned so much on how wheat affects our health. Recommend this book to most everyone .

Very basic recipes. Nothing outstanding. More of a pamphlet than a book.

Recipes look easy to make and delicious. I use my slow cooker a lot, and these have been added to my collection.

Some nice recipes.

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