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Wheat Belly 30-Minute (Or Less!) Cookbook written by cardiologist William Davis and beautifully illustrated with photographs made by Linda Pugliese is a book that combines scientific facts with beautifully presented recipes, therefore much more than just another cookbook that talks about preparing wheat-free meals.

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I love Wheat Belly 30- Minute (Or Less!) Cookbook. My husband and I decided 6 weeks ago to go wheat free. This book has lots of different recipes that only take 30 minutes and covers every meal.

Wheat Belly 30-Minute (Or Less!) Cookbook - Indigo Chapters

With the latest research, success stories and tips and tricks, the Wheat Belly 30-Minute (or Less!) Cookbook features 200 delicious new recipes for breakfast, lunch, dinner, side dishes, snacks, desserts and even special occasions.

Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and ...

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[New Bargains on Wheat Belly 30-Minute \(or Less!\) Cookbook ...](#)

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.

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In his New York Times best-seller *Wheat Belly*, renowned cardiologist William Davis explained how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges and reverse myriad health problems. Now with his 30-minute (or less!) Cookbook you can put his advice into practice and