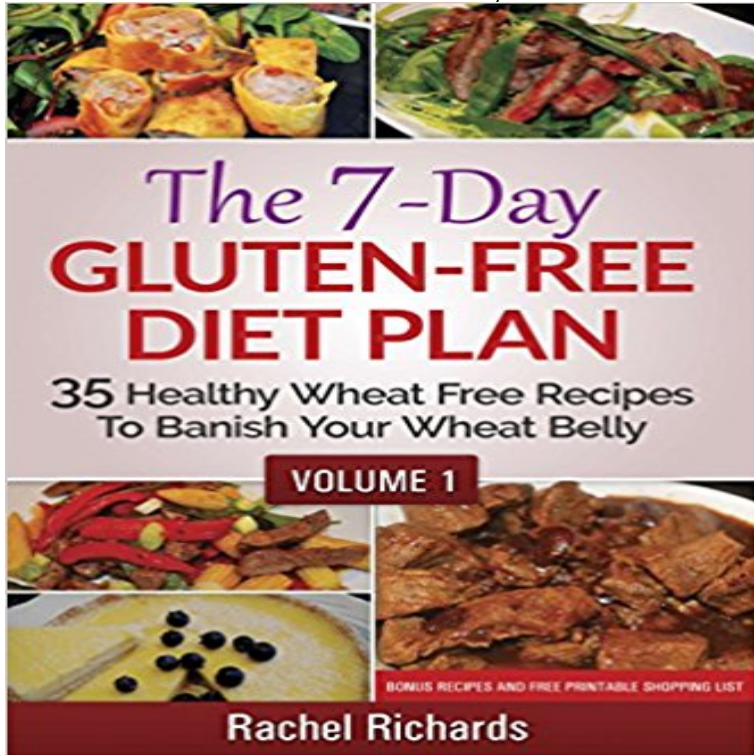


The 7-Day Gluten Free Diet Plan: 35 Healthy Wheat Free Recipes To Banish Your Wheat Belly - Volume 1



Lose that Wheat Belly with the 7-Day Gluten-Free Diet Plan. What is a gluten free diet? Although similar to the wheat belly diet where wheat is avoided, the gluten free diet also eliminates the use of rye and barley. Why gluten free? Perhaps you are suffering from a wheat allergy, celiac disease or simply wanting to cleanse your system or even embark on a weight loss diet. There are many reasons, including childhood problems such as autism and ADHD, but these are more complex than just practising a gluten free lifestyle. The desire for following a diet of this kind is growing on a daily basis, for all the above reasons. Many people are under the misconception that a gluten free diet plan will be restrictive, not tasty and hard to follow. You couldn't be more wrong! Other than wheat free baking, the list of foods available to you is vast you will be able to pick and choose from a huge variety of foods that will keep your interest at optimum level and you will never feel that you are missing anything. Not only that, all those nasty symptoms you experience with gluten sensitivity will disappear quite rapidly. Most commonly, the symptoms are gastrointestinal, but those suffering with a severe gluten intolerance problem will find that many other parts of their body or system react violently to the presence of gluten in any foodstuffs. Get into the habit of checking every label when shopping. Items marked gluten-free should be relatively safe, but it does not hurt to still check. Quite a few products that are purportedly gluten free, may contain a trace that could affect you. Plan your outing to the supermarket, and if at all possible, try to shop separately for your gluten-free produce. Make sure to get the free bonus of a printable shopping list to help before heading out to the grocery store. The bonuses also include two additional recipes (Braised Lamb Shanks with Butternut Squash and Gluten-Free Flour Mix) and a

free printable meal plan. You can get them here:

<http://gotorecipecookbooks.com/gluten-free-1/> The wheat free recipes in this book are meals made simple and have been kept slightly below the recommended daily allowance (RDA) in terms of calorie intake, to allow you to have a little more food on certain courses, or an extra small snack. If you are trying to lose that wheat belly as well as cut out gluten for health purposes, this will enable you to have a slow but steady weight loss without feeling too hungry, nothing dramatic. But do feel free to move the recipes around to accommodate your tastes, whilst still keeping on or below the RDA. Don't feel like you have to give up on your favorite foods. With recipes like the Thai Steak Salad, One Pot Beef Stew and Chocolate Almond Pudding, you can still eat most foods without feeling guilty. Inside this book are the following types of meals:
Breakfast - 7 recipes Snacks - 7 recipes
Lunch - 7 recipes Dinner - 7 recipes
Dessert - 7 recipes These recipes are organized to help you plan a full week of gluten-free meals for the family. It includes gluten free baking as well as recipes that require no cooking at all. Download the book to get started now.

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