



Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free)

Whitney Beckett

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Do You Feel Overweight, Tired, and Have High Cholesterol?

The Wheat Belly diet was founded by cardiologist William Davis, MD who was on a mission to **determine how to lose weight and have more energy** so he could spend more quality time with his family. While doing a self-analysis, he noticed that he often **felt sluggish after a breakfast of bagels, toast, or waffles**, even after 8 hours of sleep; and that when he had **eggs for breakfast, he felt energetic**. He noticed that his blood was **high in cholesterol** and in a diabetic sugar range, and therefore he was determined to make a change.

Davis continued to **give up wheat for 3 months**, and asked his patients to do the same, and reports showed that the majority of his patients **lost a significant amount of weight, and their blood sugar levels significantly decreased**, putting them back in normal range. His patients also said they had **improved energy, better focus, deeper sleep, better lung, joint, and bowel health**, among other things.

Inside You Will Discover:

- A Delicious 14-Day Wheat Belly Diet Plan (including breakfast, lunch, dinner, snacks, and dessert - Over 75 Delicious Recipes!

Here Are Some Of The Recipes:

Day 1

Breakfast

Chorizo and Corn Breakfast Casserole

Lunch

Tangy Ginger Grilled Salmon

Dinner

Lamb and Vegetables Stew

Sides Dish

Quinoa Stuffed Mushrooms

Snacks / Desserts

Coconut and Seed Squares

Day 2

Breakfast

Creamy Berry Cereal

Lunch

Chicken with Green Beans

Dinner

Beef Soup with Rice and Vegetables

Side Dish

Roasted Sweet Potatoes with Basil Pesto

Snacks/Dessert

Apple-Pear Salad with Poppy Seed Dressing

Day 3

Breakfast

Breakfast Parfait

Lunch

Roasted Pork Belly with Apples

Dinner

Cheesy Beef Rolls with Seeds, Nuts, Olives, and Capers

Side Dish

Turkey Tortilla Soup

Snacks/Dessert

Delicious Trail Mix

Day 4

Breakfast

Oatless "Oatmeal"

Lunch

Savoury Shrimp Fajitas

Dinner

Raspberry Balsamic Chicken

Side Dish

Stir-fried Chayote Squash

Snacks/Dessert

Sugar-free Chocolate Cake

Day 5

Breakfast

Asparagus-zucchini Breakfast Casserole

Lunch

Pork Loin Stuffed with Apricot and Nuts

Dinner

Halibut and Asparagus in Foil

Side Dish

Roasted Cauliflower with Chia seeds

Snacks/Dessert

Coconut Flour Double-Chocolate Brownies

Day 6

Breakfast

Mushroom and Broccoli Omelette with Feta Cheese

Lunch

Rice Pilaff

Dinner

Herbed Meatloaf

Side Dish

Grilled Avocado with Tomato Salsa

Snacks/Dessert

Mini Spinach Quiches

Day 7

Breakfast

Smoked Salmon Egg Omelette

Lunch

Grilled Collards- Wrapped Salmon

Dinner

Turkey Meatloaf

Side Dish

Grilled Potato, Peppers and Onion, with Arugula

Snacks/Dessert

Green Smoothie

Day 8

Breakfast

Breakfast Granola

Lunch

Lamb shanks with Roasted Parsnips and Carrots

Dinner

Creamy Pork Chop Slow Cooker

Side Dish

Fiddlehead Ferns Salad with Nuts and Cheese

Snacks/Dessert

Lemony Donuts

Day 9

Breakfast

Mushroom Omelette with Smashed Tomato

Lunch

Pork and Rice Noodles

Dinner

Baked White Fish on Zucchini, Tomatoes and Olives

Side Dish

Pressure Cooker Red Beans with Fennel Seed

Snacks/Dessert

Cauliflower Piccata

Day 10

Breakfast

Seed and Nut Breakfast Loaf

Lunch

Braised Duck Legs with Winter Squash

Dinner

Chicken with Eggplant

Side Dish

Banana Bread with Date and Flaxseed

Snacks/Dessert

Cookies with a lot of Nuts and Fruits

Day 11

Breakfast


Breakfast Herbed Turkey Sausage

Lunch

Roasted Chicken and Vegetables
Dinner
Shrimp Salad with Crispy Green Beans, Apple, and Avocado
Side Dish
Spinach Salad with Cherries and Goat Cheese
Snacks/Dessert
Chocolate Gelato
Day 12
Breakfast
Low Carb Breakfast Balls
Lunch
Spiced Shellfish Stew
Dinner
Turkey Burgers with Crispy Kale
Side Dish
Green Salad with Avocado
Snacks/Dessert
Beet Carrot Apple Juice

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