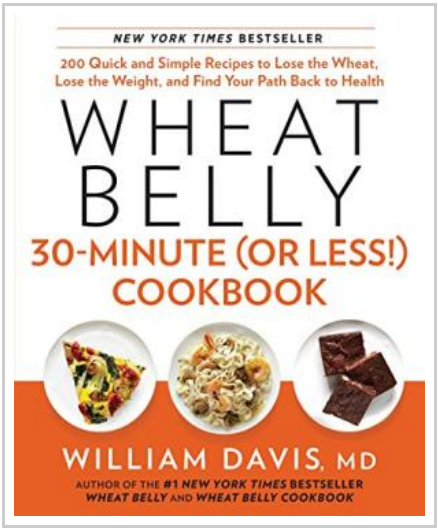

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Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

By Davis, William

Rodale Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Renowned cardiologist and New York Times bestselling author, William Davis (Wheat Belly) invites readers to welcome the New Year with 200 quick and guiltless wheat-free recipes. 'Lose the wheat, lose the weight, and find your path back to health' with this new tasty, nutritious and wheatless cookbook. Beautiful photographs accompanied by comprehensive recipes and nutritional information make it easier than ever to eat wheat-free. Delectable recipes for a variety of tastes, meals and occasions include Brussels sprouts gratin, Cajun turkey burgers, key lime cupcakes, eggplant caprese stacks, ginger sesame pepper steak, strawberry and coconut biscuits and cognac truffles. These satisfying and delicious dishes can conveniently all be prepared in 30 minutes or less. In addition to including recipes for breakfast, lunch, dinner, side dishes, snacks, and desserts, the book also includes a guide to prepping a wheat-free kitchen, a sample 14-day menu, plus numerous menu plans for special occasions. Davis provides readers with a health conscious, user-friendly, and wheat-free companion. This collection of fulfilling and healthy wheat-free recipes can become the staple cookbook for any busy and healthy household." PUBLISHER'S WEEKLY...

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Reviews

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-- ***Morgan Bashirian***

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Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

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HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...