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Wheat Belly Breakfast Cookbook: 30 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great (Paperback)

By Sarah Sophia

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Wheat Belly Breakfast Cookbook Do you feel like your are slow, sluggish, not getting the health your need? Your body is telling you something- you re not getting the weight loss, or positive outcome you re looking for. Well, you re going to love Wheat Belly Breakfast, the easiest way to learn how to cook meals that will help you start your day off on the right foot. Lose weight, feel better, and even be more productive. The problem with you diet lies in the ingredients you are putting into your body. Eliminate the ingredients that cause fat storage, slower cognitive(brain) functioning, and you will feel and look 10x better than you have ever before. Starting your morning with the proper breakfast shapes the rest of your day. In this book you ll learn: What is Wheat Belly? How to Cook without Wheat The benefits of eliminating Wheat Breakfast Recipes And much, much more! But not only that, you ll also get the easiest way to make this lifestyle a habit. So, stop starting your morning wrong with donuts and...



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