



Wheat Belly: 21 Day Wheat-Free Meal Plan, Full of Quick and Nutritious Recipes with Complete Food List (Paperback)

By Charlotte Moyer

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A 21-Day Meal Plan That Will Skyrocket Your Physical Well-Being **Get this book by Amazon Best Selling Author Charlotte Moyer** Let me ask you a few questions: Are you looking for an effective way to lose weight while eating healthier? Would you like to follow a safe and enjoyable diet that isn't hard to follow? Are you tired of weight loss schemes that don't bring the advertised results? The Wheat Belly Diet is designed to help you lose weight by substituting wheat foods with other, healthier options. These won't only help you lose weight fast, but they will also take care of your nutritional needs. And supply your body with all the essential nutrients it needs to work at peak performance! Here Is A Short Preview Of What You Are Going To Learn In This Life Changing Book: The Basics Of The Wheat Belly Diet6 Breakfast Recipes That Will Kick Start Your Day With Tons Of EnergyDelicious Wheat Free Lunch Recipes For Weight LossWheat Belly Main Course RecipesHow To Start Your 21 Day Meal Plan Now! Don't miss this...



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