



**WHEAT BELLY DIET FOR BEGINNERS:
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Allen Houston

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“Why am I not losing weight after following so many types of diet, pills and supplements? Couldn’t figure out what is the missing puzzle of food to avoid to achieve better results? Wasting money on weight loss products that doesn’t help much?”

”What is the missing puzzle? All my friends had successfully lost weight, why not me!?”

“Inside Wheat Belly Diet For Beginners, the author covers a wide range of topics to achieve losing 30 pounds in 3 – 6 months time. From the basics of wheat belly diet to in depth modern wheat contents to choosing the type of foods for the diet.”

No more spending huge amount of money on trying to lose weight. It is already available in our daily life. Know the types of food to avoid and the types of food to consume for a better health. Details you need to know when dining out or doing your groceries shopping for you and your family. This book will save you both time and money and achieve the results you want.

Wheat Belly Diet For Beginners - Shave Off That Belly, Lose Weight, Lower Blood Pressure And Achieve A Healthy Lifestyle

Wheat Belly Diet For Beginners - Shave Off That Belly, Lose Weight, Lower Blood Pressure And Achieve A Healthy Lifestyle Include Recipes For Your Meal Plans:

- Wheat Free Breakfast Recipes
- Wheat Free Lunch Recipes
- Wheat Free Dinner Recipes
- Wheat Free Dessert Recipes
- **BONUS RECIPE!**

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Daryl Sanders:

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