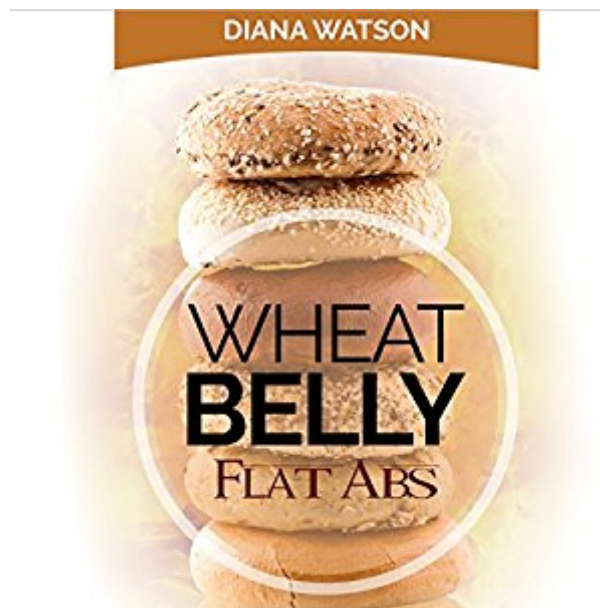




The book was found

# Wheat Belly Flat Abs: Burn The Wheat & Burn The Pounds



## Synopsis

Wheat Belly Flat Abs: Burn the Wheat & Burn the Pounds includes four amazing cookbooks in one amazing book to help you lose that stubborn belly fat and get the abs of your desire. These bundled books are: Weight Watchers Smart Points Cookbook Ketogenic Diet for Beginners 10 Day Ketogenic Cleanse This book will not only show you all the ways that wheat is making you sick, making you fatter, and ruining your weight loss and health goals, but also deliver cookbook recipes that will cater to that very goal of cutting wheat from your diet and replacing them with healthy and delicious alternatives.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 7 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jonathan Wee

Audible.com Release Date: May 5, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B0716KDP1S

Best Sellers Rank: #43 in Books > Cookbooks, Food & Wine > Regional & International > European > Russian #136 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #321 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

## Customer Reviews

This is a great book on Wheat Belly Flat Abs. All of the things and tips that I need to know about Burn the Wheat & Burn the Pounds are already included and well written inside. Diana Watson has done a good job in compiling and creating this book. Also the unique part of this book is the compilations of the "Tips on how to eliminate wheat, and encourage weight loss". Very informative and helpful. The book is worthy of attention! I highly recommend this book to all.

Very interesting book. Good to understanding what is wheat and why it is bad. Information about ketogenic diet is also very helpful. Consist a lot of useful tips and tricks about diet. Recipes are very easy and looks very delicious. You can cook breakfast, lunch and dinner from this book and have delicious meal.

I learned so much. I took Wheat out of my diet for a few weeks and when I ate it again, I immediately cramped up. The subject is well explained and interesting enough to keep listening. The subject is vital to everyone's health. It's not just about gluten anymore.

Informative with a lot of recipes and a narrator that is easy to listen to. Great value. !!!

I've been following a low-wheat-diet plan since a very long time. In the past year I had let some grains back into my diet. I followed the plans in this book by heart and down one pant size, feel awesome! Now I am following a straight and narrow diet plan which say, no grains, limited carbs, no sugar and this book definitely gave me the abs I wanted.

Wheat Belly Flat Abs: Burn the Wheat & Burn the Pounds covering the crucial aspects of weight-reduction plan. The e-book starts with description of wheat belly weight loss program, errors to avoid whilst on weight loss program..You can still locate plenty of recipes, whilst on eating regimen. Recipes are tasty, easy to put together and they're healthy.

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Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Wheat Belly Flat Abs: Burn the Wheat & Burn the Pounds Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your

Abs! Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Paleo Diet: Learn How to Eat Healthy and Eliminate Disease (Fibromyalgia, Diabetes, Gluten Free, Wheat, Belly, Grain, Brain, ketogenic, Belly Fat, Best Diet, autoimmune, celiac, candida) Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly for Life!

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