

WHEAT BELLY DIET

FOODS

FOODS TO EAT



Fresh veggies: cruciferous veggies, leafy greens, peppers, mushrooms, asparagus, artichoke



Fresh fruit: berries, apples, melon, citrus fruits, pineapple, papaya, mango, banana



Healthy fats: coconut oil, olive oil, raw nuts and seeds, avocado, coconut milk, olives, cocoa butter, grass-fed butter or ghee



Grass-fed meat and eggs



Wild-caught fish



Full-fat cheeses



Fermented foods: kefir or yogurt, pickled or cultured vegetables, and in moderation, tempeh, miso, natto



Unprocessed grains in moderation: quinoa, millet, buckwheat, brown rice, amaranth

FOODS TO AVOID



Grain-based desserts: cakes, cookies, donuts, pies, crisps, cobblers, granola bars



Breads



Most cereals



Pizza



Pasta and noodles



Chips and crackers



Wheat tortillas, wraps, burritos and tacos



Fast food & Trans fats, fried foods and cured meats



Take-out, including most Mexican or Italian dishes, burgers and deli sandwiches



Breaded proteins like chicken cutlets, processed meats, hot dogs and frozen veggie burgers



Added sugar, including high-fructose corn syrup, sucrose, dried fruit, juices and sugary beverage



Processed rice and potato products

Wheat Belly

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Table of Contents Wheat Belly

1. Understanding the eBook Wheat Belly
 - The Rise of Digital Reading Wheat Belly
 - Advantages of eBooks Over Traditional Books
2. Identifying Wheat Belly
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Wheat Belly
 - User-Friendly Interface
4. Exploring eBook Recommendations from Wheat Belly
 - Personalized Recommendations
 - Wheat Belly User Reviews and Ratings
 - Wheat Belly and Bestseller Lists
5. Accessing Wheat Belly Free and Paid eBooks
 - Wheat Belly Public Domain eBooks
 - Wheat Belly eBook Subscription Services
 - Wheat Belly Budget-Friendly Options
6. Navigating Wheat Belly eBook Formats
 - ePub, PDF, MOBI, and More
 - Wheat Belly Compatibility with Devices
 - Wheat Belly Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Wheat Belly
 - Highlighting and Note-Taking Wheat Belly
 - Interactive Elements Wheat Belly
8. Staying Engaged with Wheat Belly

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Wheat Belly
- 9. Balancing eBooks and Physical Books Wheat Belly
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Wheat Belly
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Wheat Belly
 - Setting Reading Goals Wheat Belly
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Wheat Belly
 - Fact-Checking eBook Content of Wheat Belly
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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