

# 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: tofu, 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

**M Walker**



**Wheat Belly:**

## Unveiling the Magic of Words: A Review of "**Wheat Belly**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Wheat Belly**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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