

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

Roman Wölfel



Wheat Belly:

Decoding **Wheat Belly**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Wheat Belly**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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