

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

David Kirk



Wheat Belly:

Wheat Belly Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Wheat Belly**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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