

# Download Flatten Your Wheat Belly Delicious

Do your recipes always cause weight loss? Since my husband had half of his stomach removed about 20 years ago, his stomach doesn't absorb the nutrients he needs, so he has the symptoms you describe in your book. I have the Wheat Belly Cookbook, and I love it. I've made the "Basic Bread" twice now ... with an odd result. Both times the bottom edges of the loaf turned a subtle shade of green – the rest of the bread is tasty, but the green part has a distinct metallic taste. If You're Trying to Get Rid of Belly Fat, Eat Any of These 14 Delicious Breakfasts Blueberry Pineapple Overnight Oats Flat-Belly Smoothie Sweet Potato, Tofu, and Avocado Breakfast Bowl Peanut ... By Erin Palinski-Wade, Tara Gidus, Kristina LaRue . Many foods and nutrients can be powerful belly-fat fighters, helping to shrink and slim your waistline.