

DR WILLIAM DAVIS

WHEAT BELLY

10-DAY DETOX

MEAL PLAN AND RECIPES
TO ACCOMPANY
THE AUDIO EDITION



HarperCollins *Publishers*



CONTENTS

10 Day Menu Plan	<i>1</i>
Recipes	<i>6</i>
Wheat Belly Detox Shakes	<i>6</i>
10-Day Menu Plan: Day 1	<i>13</i>
Day 2	<i>17</i>
Day 3	<i>21</i>
Day 4	<i>24</i>
Day 5	<i>27</i>
Day 6	<i>30</i>
Day 7	<i>32</i>
Day 8	<i>34</i>
Day 9	<i>36</i>
Day 10	<i>39</i>
Wheat Belly 10-Day Detox Secret Sauce: Fat Blasters, Snacks, and Healthy Waters	<i>42</i>
The Wheat Belly Family Detox: Secret Weapons to Convert Your Family to This Lifestyle	<i>59</i>
APPENDIX A: WHEAT BELLY DETOX SHOPPING LIST	<i>92</i>
APPENDIX B: ADDITIONAL RESOURCES	<i>101</i>

10-DAY MENU PLAN



DAY 1

BREAKFAST

Apricot Ginger “Granola” (page 13)

LUNCH

Cream of Broccoli Soup (page 14)

DINNER

Italian Sausage and Pepper Pizza (pages 15–16)

DAY 2

BREAKFAST

Berry Coconut Quick Muffin (page 17)

LUNCH

Egg salad or ham/turkey/beef with mayonnaise or mustard
on Wheat Belly Herbed Focaccia Bread (page 18)

DINNER

Aubergine Lasagna (pages 19–20)

Green salad with olive oil and balsamic vinegar

DAY 3

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Mediterranean “Pasta” Salad (page 21)

DINNER

Bacon-Topped Meat Loaf with Mushrooms and Gravy (page 22)

Mashed “Potatoes” (page 23) and green beans

DAY 4

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Spicy Italian Frittata (page 24)

DINNER

Spaghetti with Meatballs (page 25)

Baked olive oil–coated asparagus

DAY 5

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Curried Chicken Soup (page 27)

DINNER

Fettuccine Alfredo (page 28) with steamed broccoli
Chocolate Avocado Pudding (page 29)

DAY 6

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Aubergine Mini Pizzas (page 30)

DINNER

Pork Thai Stir-Fry (page 31)

DAY 7

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Chorizo, Pepper, and Avocado Fry-Up (page 32)

DINNER

Bacon-Wrapped Chicken Breasts Stuffed with Spinach, Mushrooms, and Roasted Red Peppers (page 33)

Green salad or vegetable side dish of your choice, such as steamed broccoli or green beans

DAY 8

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use only half of the green banana or raw potato called for in the recipe.

LUNCH

Spicy Minestrone (page 34)

DINNER

Prawn Fried “Rice” (page 35)

DAY 9

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Begin to use an entire green banana or raw potato.

LUNCH

Jumbo Gingerbread Nut Muffin (page 36)

DINNER

Bratwurst with Peppers and Sauerkraut (page 37)

“Potato” Salad (page 38)

DAY 10

BREAKFAST

Wheat Belly Detox Shake (flavor of your choice) (pages 9–12). Use an entire green banana or raw potato.

LUNCH

BLT Wrap (pages 39–40)

DINNER

Roasted Brussels Sprouts and Ham Fry-Up (page 41)

RECIPES



WHEAT BELLY DETOX SHAKES

These are no ordinary shakes. Wheat Belly Detox Shakes give you that extra boost to accelerate success in losing weight and undoing the harmful effects previously incurred by eating wheat and grains. They are also easy to prepare, delicious, and surprisingly filling.

Detox Shakes come in a variety of flavors and serve as a source of prebiotic fibers to nourish bowel flora. One Detox Shake per day provides your entire daily intake required to cultivate and nourish healthy bowel flora. Remember: A transition back to a healthier profile of bowel flora is part of the formula for success in this lifestyle because it furthers the health and metabolic benefits of wheat and grain elimination. When combined with the probiotic strategy discussed earlier, it cultivates the bowel flora diversity that is a marker for great health, and helps minimize or avoid disruptions in bowel habits, such as constipation and bloating, that can develop during the first few weeks of dietary changes. Note that you ideally *vary* the source of prebiotic fibers/resistant starches by using, for example, a green banana in your shake on Monday, a raw potato on Tuesday, etc., as this encourages species diversity in bowel flora, a feature that characterizes high levels of overall health. Recall that the healthiest, slenderest, most metabolically healthy people have the greatest species diversity, i.e., the widest number of healthy species in their intestines. Varying your source of prebiotic fibers from day to day encourages species diversity.

The healthy fats of the coconut oil in each shake induce satiety for many hours afterward. These shakes are filling so that

they easily can be consumed as stand-alone meals or meal replacements. They can also be used alongside a meal, but they truly are very filling and will reduce your need for other foods. Should you desire an even *more* filling meal replacement, add the pulp of one avocado, though you'll have to add 110 ml (4 fl oz) or more water or other safe liquid (e.g., more unsweetened coconut milk) to keep it drinkable rather than spoonable. But be warned: You will have an exceptionally filling meal that, if consumed for breakfast, may take you all the way to dinner and beyond.

The shakes are designed to make a substantial contribution to your daily requirement of magnesium from seeds. If pumpkin seeds are used, the shake adds 190 milligrams of (elemental) magnesium to your diet, while sunflower seeds add 117 milligrams. (It still helps to take a magnesium supplement as discussed in Chapter 5 of the audiobook.) An occasional person, in the midst of detoxifying and staging a gastrointestinal recovery from grains, encounters difficulty with the quantity of seeds in the Detox Shakes; if you experience discomfort, leave out the seeds during this early experience. The inclusion of coconut milk, green banana or raw potato, and the optional avocado also yields oodles of potassium that helps maintain bone health and makes a major contribution to controlling blood pressure.

Each shake variation can also be used to obtain unique health benefits: metabolic improvements, such as reduced blood pressure, from a big wallop of cocoa polyphenols in the Mocha Coconut Detox Shake; metabolic benefits and modestly enhanced weight loss from the Green Tea Ginger Detox Shake; anti-inflammatory benefits from the Tropical Storm Detox Shake; and blood sugar benefits from plentiful Ceylon cinnamon in the Cinnamon Apple Pie Detox Shake. Choose the shake flavor and/or benefit you like best, or vary from day to day.

I advise you to use a blender or food processor/chopper with a strong motor, strong enough to handle the tough green unripe banana or raw potato. Note that the banana must be *green and unripe*, providing fibers that are indigestible to humans but

digestible by bowel flora. One medium green, unripe banana yields up to 27 grams of indigestible fiber, while one medium (9 cm/3½ inches in length) raw potato yields 20 grams. Recall that we aim for a total prebiotic fiber intake of 20 grams per day, a target not achieved in our Detox Shakes until Day 9 and 10. We therefore start with half a banana or half a potato, or no more than 10 to 13 grams of indigestible fiber per day, on Day 3, then increase to a whole banana or potato on Day 9. If you jump to the whole banana or potato too soon, you may experience excessive bloating and abdominal discomfort. It is also important that you start taking your high-potency probiotic supplement beginning on Day 1 to “seed” your intestines with healthy species.

Note that if you experience abdominal discomfort with these shakes, you may need to stop and consult your doctor since this suggests that bowel flora may be severely disrupted from your previous diet and will not normalize with these simple, natural efforts. Thankfully, this is uncommon, but it’s critical to correct; correction may require an initial period of prescription antibiotics and/or other corrective strategies to eliminate the undesirable bacterial species that have dominated your bowel flora and begin with a clean “slate.” Functional medicine practitioners and naturopaths are most likely to be expert in this area.

Optionally, these shakes can be used as a means of supplementing liquid iodine and vitamin D drops. The optional vitamin D dose suggested can be adjusted to suit individual needs; because 5,000 international units (IU) is a common need for adult men and women, I listed this as the quantity in the recipes below, but this amount can be adjusted to your individual need. Likewise, 500 micrograms of iodine is specified, as I believe this is close to an ideal dose, but you may need to adjust your iodine intake to your individual needs.

You can further modify your shakes by adding, for instance, a teaspoon or two of inulin powder to supplement the prebiotic fiber content; spinach, chard, kale, or spirulina for a dose of green veggies; and other vitamins, minerals, or nutrients.

MOCHA COCONUT DETOX SHAKE

Cocoa in the form of cocoa powder is the most concentrated source of cocoa polyphenols that yield all the health benefits of cocoa and chocolate, including modest reductions in insulin and blood pressure and reduced cardiovascular risk. You can enjoy cocoa without guilt, as there is no added sugar to botch things up. An easy variation is to omit the coffee granules and replace them with 2 tablespoons of unsweetened, natural peanut butter to create a peanut butter cup flavor.

Makes 1

1 medium green banana or medium peeled raw white potato	2½ tablespoons unsweetened cocoa powder
60 ml (2 fl oz) coconut oil, melted	1 teaspoon instant coffee granules
240 ml (8 fl oz) unsweetened coconut, almond, or hemp milk	½ teaspoon vanilla extract
120 ml (4 fl oz) water	Potassium iodide drops or kelp powder to provide 500 mcg iodine;
30 g (1 oz) raw pumpkin or sunflower seeds	liquid vitamin D drops to provide 5,000 IU (optional)
Sweetener equivalent to 1 tablespoon sugar (e.g., ¼ teaspoon pure powdered stevia)	

If using a green banana, peel and coarsely chop it. It's easier to use a knife and cut the peel lengthwise first, then shell out the pulp. If using a potato, coarsely chop it. In a blender, combine the banana or potato, coconut oil, milk, water, seeds, sweetener, cocoa, coffee granules, vanilla, and iodine source and vitamin D (if using). Blend until well mixed and the banana or potato have been liquefied. Serve immediately.

If your shake is too thick, add 60 ml (2 fl oz) of water and blend briefly to mix.

Note: *Don't be fooled by the apparent high-carbohydrate count in these Detox Shakes. The carb grams quoted include the prebiotic fibers from the green banana or raw potato.*

Per serving: 911 calories, 18 g protein, 36 g carbohydrates, 82 g total fat, 55 g saturated fat, 9 g fiber, 32 mg sodium

GREEN TEA GINGER DETOX SHAKE

The polyphenols in green tea, as with cocoa, provide modest health benefits including reduced blood pressure, reduced insulin and blood sugar, facilitation of weight loss, and reduced fatty liver that typically accompanies a wheat belly. The powdered green tea used in this shake provides a wallop of green tea polyphenols because, unlike brewed tea in which the nutrients are extracted with hot water, you are actually consuming the powdered, ground tea leaves. You can find powdered matcha green tea in Asian food stores.

Makes 1

1 medium green banana or medium peeled raw white potato	1 teaspoon powdered matcha green tea
60 ml (2 fl oz) coconut oil, melted	½ teaspoon ground ginger
240 ml (8 fl oz) unsweetened coconut, almond, or hemp milk	Potassium iodide drops or kelp powder to provide 500 mcg iodine; liquid vitamin D drops to provide 5,000 IU (optional)
120 ml (4 fl oz) water	
30 g (1 oz) raw pumpkin or sunflower seeds	
Sweetener equivalent to 1 tablespoon sugar (e.g., ¼ teaspoon pure powdered stevia)	

If using a green banana, peel and coarsely chop it. It's easier to use a knife and cut the peel lengthwise first, then shell out the pulp. If using a potato, coarsely chop it. In a blender, combine the banana or potato, coconut oil, milk, water, seeds, sweetener, green tea, ginger, and iodine source and vitamin D (if using). Blend until well mixed and the banana or potato have been liquefied. Serve immediately.

If your shake is too thick, add 60 ml (2 fl oz) of water and blend briefly to mix.

Note: *Don't be fooled by the apparent high-carbohydrate count in these Detox Shakes. The carb grams quoted include the prebiotic fibers from the green banana or raw potato.*

Per serving: 892 calories, 16 g protein, 30 g carbohydrates, 81 g total fat, 55 g saturated fat, 4 g fiber, 39 mg sodium

Variation:

Replace the ground ginger with a mint leaf or 30 g (1 oz) of raspberries.

TROPICAL STORM DETOX SHAKE

This Tropical Storm Shake, as its name suggests, provides the refreshing tropical flavors of coconut and pineapple while providing a modest quantity of turmeric, a source of curcumin, which exerts anti-inflammatory and cancer-preventing effects. Ginger can also add to the anti-inflammatory benefits. The quantity of turmeric specified provides approximately 90 milligrams of active curcumin. (Additional anti-inflammatory benefits can be obtained by taking curcumin supplements, typically at a dose of 500 milligrams twice per day, a dosage that has been shown to yield modest benefits in rheumatoid arthritis, ulcerative colitis, and Crohn's disease, as well as prevention of cancer and dementia.)

Makes 1

1 medium green banana or medium peeled raw white potato	15 g (½ oz) unsweetened shredded coconut
60 ml (2 fl oz) coconut oil, melted	40 g (1½ oz) fresh chopped pineapple
240 ml (8 fl oz) unsweetened coconut, almond, or hemp milk	1½ teaspoons ground turmeric
120 ml (4 fl oz) water	½ teaspoon ground ginger
30 g (1 oz) raw pumpkin or sunflower seeds	Potassium iodide drops or kelp powder to provide 500 mcg iodine; liquid vitamin D drops to provide 5,000 IU (optional)
Sweetener equivalent to 1 tablespoon sugar (e.g., ¼ teaspoon pure powdered stevia)	

If using a green banana, peel and coarsely chop it. It's easier to use a knife and cut the peel lengthwise first, then shell out the pulp. If using a potato, coarsely chop it. In a blender, combine the banana or potato, coconut oil, milk, water, seeds, sweetener, coconut, pineapple, turmeric, ginger, and iodine source and vitamin D (if using). Blend until well mixed and the banana or potato have been liquefied. Serve immediately.

If your shake is too thick, add 60 ml (2 fl oz) of water and blend briefly to mix.

Note: *Don't be fooled by the apparent high-carbohydrate count in these Detox Shakes. The carb grams quoted include the prebiotic fibers from the green banana or raw potato.*

Per serving: 1,069 calories, 17 g protein, 40 g carbohydrates, 96 g total fat, 68 g saturated fat, 8 g fiber, 40 mg sodium

CINNAMON APPLE PIE DETOX SHAKE

If you desire the potential health benefits of cinnamon, such as modest reductions in blood sugar, choose the Ceylon variety that has been associated with such benefits. (Cassia, Viet Nam, Saigon, and Chinese cinnamons are flavorful and fragrant, but they lack the health benefits.) Specialty spice stores, gourmet shops, or health food stores are your best bets as sources.

Makes 1

1 medium green banana or medium peeled raw white potato	Sweetener equivalent to 1 tablespoon sugar (e.g., ¼ teaspoon pure powdered stevia)
65g (2½ oz) unsweetened apple purée	1½ teaspoons ground Ceylon cinnamon
60 ml (2 fl oz) coconut oil, melted	½ teaspoon vanilla extract
240 ml (8 fl oz) unsweetened coconut, almond, or hemp milk	Potassium iodide drops or kelp powder to provide 500 mcg iodine; liquid vitamin D drops to provide 5,000 IU (optional)
120 ml (4 fl oz) water	
30 g (1 oz) raw pumpkin or sunflower seeds	

If using a green banana, peel and coarsely chop it. It's easier to use a knife and cut the peel lengthwise first, then shell out the pulp. If using a potato, coarsely chop it. In a blender, combine the banana or potato, apple purée, coconut oil, milk, water, seeds, sweetener, cinnamon, vanilla, and iodine source and vitamin D (if using). Blend until well mixed and the banana or potato have been liquefied. Serve immediately.

If your shake is too thick, add 60 ml (2 fl oz) of water and blend briefly to mix.

Note: *Don't be fooled by the apparent high-carbohydrate count in these Detox Shakes. The carb grams quoted include the prebiotic fibers from the green banana or raw potato.*

Per serving: 918 calories, 16 g protein, 38 g carbohydrates, 81 g total fat, 55 g saturated fat, 7 g fiber, 33 mg sodium

DAY 1

APRICOT GINGER “GRANOLA”

Here’s your answer to breakfast cereal—but this “granola” has *none* of the problems of the products that line an entire aisle at your supermarket. Serve this granola mix with unsweetened coconut milk or almond milk, cold or hot.

This recipe makes use of a modest quantity of fruit sugar from apricots. If it’s not sweet enough for, say, your 7-year-old, a few raisins sprinkled on top or a bit of stevia or your choice of sweetener can be added. The use of dried apricots allows you to minimize the use of the sweetener, while adding only around 20 grams of net carbohydrates to the entire batch.

Use leftovers as a snack. This granola can be stored in an airtight container at room temperature and will keep for about a week.

Makes 10 servings

5 dried apricots	90g (3 oz) flaked raw almonds
60 ml (2 fl oz) coconut oil, melted	175 g (6 oz) unsweetened coconut flakes or shredded unsweetened coconut
2 teaspoons vanilla extract	
½ teaspoon almond extract	1 teaspoon ground ginger
250 g (9 oz) raw sunflower seeds	1 teaspoon ground allspice
250 g (9 oz) raw pumpkin seeds	Sweetener equivalent to 55 g (2 oz) cup sugar (optional)
125 g (4½ oz) chopped raw pecans	

Preheat the oven to 140°C/275°F/Gas mark 1.

In a food processor or food chopper, pulse the apricots until they’re reduced to very small fragments. In a small bowl, combine the apricots and coconut oil and mix thoroughly. Add the vanilla and almond extract and stir. Set aside.

In a large bowl, combine the sunflower seeds, pumpkin seeds, pecans, almonds, coconut, ginger, allspice, and sweetener (if using). Stir in the reserved apricot mixture until well mixed.

Spread the mixture in a large baking pan and bake for about 15 minutes, stirring halfway through, or until lightly browned. Remove and cool.

Per serving: 702 calories, 18 g protein, 21 g carbohydrates, 61 g total fat, 25 g saturated fat, 9 g fiber, 14 mg sodium

CREAM OF BROCCOLI SOUP

With the use of a blender, this wonderfully filling and simple variation on traditional cream of broccoli soup can be whipped up in just a few minutes. We put coconut milk to use to take advantage of its satiating and other health effects; it also makes this soup so tasty that you'll want to lick the spoon.

Makes 6 servings

60 g (2½ oz) butter, coconut oil, or extra-virgin olive oil	450 g (1 lb) fresh or frozen broccoli florets
1 medium onion, chopped	1 can (440 ml/14 fl oz) coconut milk
2 cloves garlic, minced	1 teaspoon sea salt
1 litre chicken stock	¼ teaspoon ground black pepper

In a large pot over medium-high heat, heat the butter or oil. Cook the onion and garlic until the onion is translucent. Increase the heat to high and add the stock. Bring the mixture to a boil, then reduce the heat to medium. Add the broccoli, coconut milk, salt, and pepper and cook, stirring occasionally, for 5 minutes, or until the broccoli is softened.

Pour the mixture into a blender and blend until smooth. Alternatively, a hand-held immersion blender can be used.

Per serving: 286 calories, 8 g protein, 14 g carbohydrates, 24 g total fat, 18 g saturated fat, 3 g fiber, 588 mg sodium

ITALIAN SAUSAGE AND PEPPER PIZZA

I purposely put this tasty pizza dish on your first day's menu. Even though it involves some preparation, you will be rewarded with a delicious pizza that will convince you and your family members that living the Wheat Belly way is rich and tasty!

If there are leftovers, you can save them for tomorrow's breakfast.

Makes 8 servings

250 g (9 oz) ground almonds/ flour	225 g (8 oz) Italian sausage, loose or removed from casing
300 g (11 oz) shredded mozzarella cheese, divided	1 onion, chopped
30 g (1 oz) ground golden flaxseeds	2 cloves garlic, minced
1 teaspoon onion powder	1 small red pepper, seeded and sliced
½ teaspoon sea salt	1 small green or yellow pepper, seeded and sliced
2 large eggs	250 g (9 oz) pizza sauce
120 ml (4 fl oz) extra-virgin olive oil, divided	¼ teaspoon crushed red chillies
120 ml (4 fl oz) water	¼ teaspoon salt
	⅛ teaspoon ground black pepper

Preheat the oven to 180°C/350°F/Gas mark 4.

In a large bowl, combine the ground almonds/flour, half the cheese, the flaxseeds, onion powder, and sea salt and mix well.

In a small bowl, whisk the eggs. Add half the olive oil and the water. Pour the egg mixture into the ground almonds/flour mixture and combine thoroughly.

Spread parchment paper over a pizza pan or baking sheet. Place the dough on the parchment paper. Coat your hands in olive oil and form the dough by hand into a 30 cm (12 in) diameter round or other desired shape. Alternatively, place a second sheet of parchment paper on top of the dough and flatten with a rolling pin into the desired shape and size; feel around the edges to gauge thickness. Remove the top layer of parchment paper carefully. Use a spatula or spoon to form the crust edge.

ITALIAN SAUSAGE AND PEPPER PIZZA – *continued.*

Bake for 20 minutes.

Meanwhile, in a large frying pan over medium-high heat, heat 1 tablespoon olive oil. Cook the sausage until no longer pink. Add the onion, garlic, and peppers and cook, stirring occasionally, until the onion is translucent and the peppers have softened. Remove from the heat.

Remove the pizza crust from the oven and spread with the pizza sauce. Top with the sausage mixture, remaining cheese, and remaining 3 tablespoons olive oil. Add the crushed chillies, salt, and black pepper. Bake for 10 minutes, or until the cheese has melted.

Per serving: 514 calories, 22 g protein, 15 g carbohydrates, 43 g total fat, 8 g saturated fat, 6 g fiber, 599 mg sodium

DAY 2

BERRY COCONUT QUICK MUFFIN

Quick muffins are single-serve muffins prepared in a mug or ramekin, minimizing preparation and cleanup time and perfect for a quick, on-the-run, healthy breakfast in the morning. While the directions call for cooking in a microwave, quick muffins can also be made in the oven using an ovenproof ramekin; bake the muffin at 190°C/375°F/Gas mark 5 for 15 minutes. As always, taste your batter before microwaving or baking to gauge sweetness and adjust as desired.

Makes 1

55 g (2 oz) ground almonds/flour	2 eggs
15 g (½ oz) shredded unsweetened coconut	2 tablespoons coconut oil, melted
1 teaspoon ground cinnamon	55 g (2 oz) fresh or frozen mixed berries
Sweetener equivalent to 1 tablespoon sugar	

In a large mug or ramekin, combine the ground almonds/flour, coconut, cinnamon, and sweetener. Add the eggs and coconut oil and mix well. Gently stir in the berries.

Microwave on high power for 2½ minutes, or until cooked through. (If using fresh berries, a shorter time is required, typically 30 seconds less.)

Per serving: 884 calories, 26 g protein, 25 g carbohydrates, 80 g total fat, 41 g saturated fat, 11 g fiber, 169 mg sodium

WHEAT BELLY HERBED FOCACCIA BREAD

Here is a quick, virtually foolproof flatbread that gets around the somewhat tricky effort to create “rise” in grain-free baking. Although this bread recipe is included to allow you to make the occasional sandwich, you may find this bread tasty enough to eat as is, or just dipped in extra-virgin olive oil sprinkled with some kosher or sea salt.

Makes 6 servings

150 g (5 oz) shredded mozzarella or other cheese	1½ teaspoons dried oregano
300 g (11 oz) ground almonds/flour	80 g (3 oz) black or kalamata olives, finely chopped or sliced
1½ teaspoons sea salt or kosher salt, divided	40 g (1½ oz) sun-dried tomatoes, finely sliced
1 teaspoon onion powder	2 large eggs
½ teaspoon garlic powder	120 ml (4 fl oz) extra-virgin olive oil, divided
1½ teaspoons dried rosemary	

Preheat the oven to 190°C/375°F/Gas mark 5.

In a medium bowl, combine the cheese, ground almonds/flour, ½ teaspoon of the salt, the onion powder, garlic powder, rosemary, oregano, olives, and tomatoes and mix together. Set aside.

In a small bowl, whisk the eggs. Add all but 1 tablespoon of the olive oil and stir to combine. Pour the egg mixture into the reserved ground almonds/flour mixture and mix thoroughly.

Grease a 43 × 28 cm (17 × 11 in) shallow baking pan. Place the dough on the pan and shape into a large rectangle by hand or by covering the dough with parchment paper and using a rolling pin to roll to a 1 cm (½ in) thickness. The dough may not fill the entire pan.

Bake for 12 minutes. Remove from the oven and use the blunt handle of a wooden spoon or other small rounded utensil to make small depressions in the surface every inch or so. Brush the surface with the remaining 1 tablespoon olive oil and sprinkle with the remaining 1 teaspoon salt. Bake for 8 to 10 minutes, or until lightly browned.

Using a pizza cutter, slice the bread into 6 pieces.

Per serving: 634 calories, 21 g protein, 13 g carbohydrates, 56 g total fat, 8 g saturated fat, 7 g fiber, 624 mg sodium

AUBERGINE LASAGNA

Rich and satisfying, this Aubergine Lasagna will make you forget you ever made the recipe before using grains.

As a time-saver, this recipe uses jarred marinara sauce, so choose the brand with the least sugar added, and certainly no high-fructose corn syrup. Nowadays, you can find many brands with no more than 10 to 12 grams of net carbs per 225 g (8 oz) on most store shelves. If you'd prefer to make your own sauce, see the Homemade Tomato Sauce recipe on page 26.

Makes 8 servings

2 medium aubergines	7g (¼ oz) chopped fresh oregano or 1 tablespoon dried
2 tablespoons sea salt	
240 ml (8fl oz) extra-virgin olive oil, divided	450g (1 lb) ricotta cheese
2 jars (375 g /13 oz) marinara sauce	50 g (2 oz) grated Parmesan cheese
2 tablespoons chopped fresh basil or 2 teaspoons dried	1 large egg
	450 g (1 lb) mozzarella cheese, sliced or shredded

With a sharp knife, remove the ends of the aubergines, then slice lengthwise into 5 mm (¼ in) slices. (These thinner slices will brown more readily and yield more tender “noodles.”) Cut the larger slices from the center in half to make narrower noodles. In a colander over the sink, toss the aubergine slices with the salt; let sit for at least 30 minutes to allow the water to drain.

Rinse the aubergine slices briefly to remove excess salt. Drain. In a large frying pan over medium-high heat, heat 2 tablespoons of the olive oil. Add aubergine slices in a single layer and cook for 2 to 3 minutes per side, or until lightly browned. (Several batches will be required; add additional oil as needed.) Set aside.

In a medium saucepan over medium heat, combine the marinara sauce, basil, and oregano. Simmer, stirring occasionally, for 5 minutes, or until heated through. Do not boil.

AUBERGINE LASAGNA – *continued.*

Preheat the oven to 190°C/375°F/Gas mark 5.

In a medium bowl, combine the ricotta, Parmesan, and egg and mix thoroughly.

Arrange 1 layer of aubergine in a 32 × 23 cm (13 × 9 in) baking dish. Top with the cheese mixture. Spread about half of the marinara sauce over the cheese layer. Top with the remaining aubergine, followed by the remaining marinara sauce. Sprinkle the top with the mozzarella.

Bake for 45 minutes, or until heated through and the cheese is golden.

Per serving: 632 calories, 24 g protein, 19 g carbohydrates, 51 g total fat, 17 g saturated fat, 6 g fiber, 1,044 mg sodium

DAY 3

MEDITERRANEAN “PASTA” SALAD

This recipe introduces spiral-cut courgettes, what some call courgetti because of their resemblance to spaghetti. You will need one of the inexpensive spiral-cutting devices, such as a Spirelli, Spiralizer, or one of the many others now on the market. While you could make do with a knife or mandoline, the spiral cutters are so much easier and quicker to use and generate thinner, more spaghetti-like slices. If you plan on having these “spaghetti” dishes with any regularity, it is well worth the modest investment.

Shorter spaghetti works best in this dish; spiral-cut the courgettes with short strokes to create lengths that are no more than 4–5 cm (1½ to 2 in). The flavors in this “pasta” salad are highlighted by the herbs, so choose fresh herbs whenever possible.

Makes 8 servings

450 g (1 lb) courgettes, spiral-cut with short strokes	2 tablespoons chopped fresh basil or 2 teaspoons dried
225 g (8 oz) cherry tomatoes, halved	1 tablespoon chopped fresh oregano or 1 teaspoon dried
1 medium cucumber, quartered and sliced	60 ml (2 fl oz) white vinegar
5–6 spring onions, finely sliced	60 ml (2 fl oz) extra-virgin olive oil
80 g (3 oz) black or kalamata olives, pitted, halved or sliced	25 g (1 oz) grated Parmesan or Romano cheese (optional)
225 g (8 oz) pepperoni, quartered and sliced	

In a large bowl, combine the courgetti, tomatoes, cucumber, spring onions, olives, pepperoni, basil, oregano, vinegar, and olive oil and toss until well mixed. Top with cheese, if using.

Per serving: 240 calories, 8 g protein, 5 g carbohydrates, 21 g total fat, 5 g saturated fat, 2 g fiber, 569 mg sodium

BACON-TOPPED MEAT LOAF WITH MUSHROOMS AND GRAVY

Here's a classic recipe tweaked to fit into the Wheat Belly lifestyle; I've replaced the bread crumbs found in traditional meat loaf with ground golden flaxseeds. I also introduce you to the useful practice of thickening gravy with coconut flour, rather than wheat flour or cornflour.

Save any leftovers for sandwiches served on Wheat Belly Herbed Focaccia Bread (see page 18).

Makes 8 servings

450 g (1 lb) minced beef	½ teaspoon ground black pepper
450 g (1 lb) minced pork	4 rashers bacon (preferably uncured)
2 eggs	2 tablespoons extra-virgin olive oil, coconut oil, or butter
65 g (2½ oz) ground golden flaxseeds	110 g (4 oz) button mushrooms, sliced
310 g (11 oz) shredded carrots	240 ml (8 fl oz) beef stock
1 medium onion, chopped	55 g (2 oz) coconut flour
1 green pepper, seeded and chopped	
1 teaspoon sea salt	

Preheat the oven to 180°C/350°F/Gas mark 4.

In a large bowl, combine the beef, pork, eggs, flaxseeds, carrots, onion, pepper, salt, and black pepper and mix thoroughly. Spread evenly into a 32 × 23 cm (13 × 9 in) baking dish or shape into a loaf about 6 cm (2½ in) high. Lay the bacon rashers over the top. Cover with foil and bake for 1 hour.

Meanwhile, in a medium frying pan over medium-high heat, heat the oil or butter. Cook the mushrooms, stirring frequently, until lightly browned and softened. Remove from the heat and set aside.

After the meat loaf has cooked for 1 hour, remove the foil and carefully pour the drippings into the frying pan with the mushrooms. Return the meat loaf to the oven, uncovered, and cook for 30 minutes, or until a thermometer inserted in the center registers 71°C (160°F) and the meat is no longer pink.

Place the mushroom mixture over low heat and stir in the stock. Add the coconut flour, 1 tablespoon per minute, stirring frequently, until the desired thickness is obtained. Add additional salt and pepper to taste. Slice the meat loaf and serve topped with the gravy.

*Per serving: 385 calories, 30 g protein, 12 g carbohydrates, 25 g total fat,
8 g saturated fat, 6 g fiber, 531 mg sodium*

MASHED “POTATOES”

Although not a grain, potatoes yield too many carbohydrates when cooked. This is a problem in your 10-Day Detox because excessive carbohydrates turn off your capacity to lose weight by triggering blood sugar and insulin to high levels. Rather than simply subtracting another common staple from your dinner table, here is a way to not just replace mashed potatoes, but to create something that tastes *even better*, but with none of the problems. Replace butter with extra-virgin olive oil for a dairy-free version.

Makes 4 servings

1 large head cauliflower, cut into
florets

¼ teaspoon sea salt

Ground black pepper to taste

60 ml (2 fl oz) canned coconut milk

2 tablespoons butter

Place a steamer basket in a large pot with 5 cm (2 in) of water. Bring to a boil, then reduce the heat to medium. Place the cauliflower in the basket, cover, and steam for 15 to 20 minutes, or until soft.

Remove from the heat and drain. In a blender, food processor, or food chopper, combine the cauliflower, coconut milk, butter, salt, and pepper. Blend or process until smooth.

Per serving: 131 calories, 4 g protein, 11 g carbohydrates, 9 g total fat, 6 g saturated fat, 4 g fiber, 214 mg sodium

DAY 4

SPICY ITALIAN FRITTATA

Here's a heavy-duty frittata that can fit into any meal. This Spicy Italian Frittata is used in this menu plan as a lunch dish, but it can fit just about anywhere.

Makes 6 servings

1 medium onion, chopped	1 teaspoon sea salt
2 cloves garlic, minced	⅛ teaspoon ground black pepper
225 g (8 oz) Italian sausage, loose or sliced	10 eggs
60 g (2½ oz) spinach leaves or kale	2 teaspoons hot-pepper sauce
1 red pepper, seeded and chopped	

Preheat the oven to 190°C/375°F/Gas mark 5.

In a large ovenproof frying pan over medium-high heat, cook the onion, garlic, and sausage, stirring frequently, until the onion is translucent and the sausage is no longer pink. Stir in the spinach or kale, pepper, salt, and black pepper and cook, covered, stirring occasionally, until the spinach or kale is wilted.

Meanwhile, in a large bowl, whisk the eggs. Stir in the hot sauce. Add the egg mixture to the sausage mixture and stir until evenly mixed. Cook without additional stirring for 3 minutes, or until the edges begin to firm. Transfer to the oven and bake for 15 minutes. Allow to cool slightly before serving.

Per serving: 192 calories, 17 g protein, 5 g carbohydrates, 11 g total fat, 4 g saturated fat, 1 g fiber, 644 mg sodium

SPAGHETTI WITH MEATBALLS

This perennial favorite remains a part of your menu simply by replacing conventional pasta with courgette spaghetti and not using bread crumbs in the meatballs.

This recipe is enormously simplified by using one of the spiral cutters discussed earlier in this section to create spaghetti. If you choose to use a store-bought tomato sauce, be sure to choose the brand with the least sugar and, whenever possible, choose brands that use BPA-free cans for tomatoes and tomato purée. Alternatively, make your own sauce from the recipe on the following page.

Makes 4 servings

700 g (1½ lb) minced beef	1 tablespoon extra-virgin olive oil
30 g (1 oz) ground golden flaxseeds	1 medium onion, chopped
1 egg	3–4 cloves garlic, minced
1 tablespoon chopped fresh basil or 1 teaspoon dried	700 g (1½ lb) courgettes, spiral-cut
1 tablespoon chopped fresh oregano or 1 teaspoon dried	2 jars (400 g/14 oz) tomato sauce or 1 recipe Homemade Tomato Sauce (following page)
1 teaspoon sea salt	

In a medium bowl, combine the beef, flaxseeds, egg, basil, oregano, and salt and mix by hand until thoroughly combined. Form into 2.5 cm (1 in) balls.

In a large frying pan over medium-high heat, heat the oil. Cook the onion and garlic until the onion is translucent. Add the meatballs and cook, turning occasionally to cook all surfaces, for 10 minutes, or until lightly browned on the outside and no longer pink on the inside. Using a slotted spoon, transfer the meatballs and onion mixture to a large serving bowl and cover to keep warm. Add the courgette “spaghetti” to the frying pan and cook, covered, tossing occasionally, for 3 minutes, or until softened but not limp. Serve the spaghetti topped with the meatballs and tomato sauce.

*Per serving: 537 calories, 40 g protein, 22 g carbohydrates, 33 g total fat,
11 g saturated fat, 7 g fiber, 1,578 mg sodium*

HOMEMADE TOMATO SAUCE

Makes 8 servings

4 tablespoons extra-virgin olive oil, divided	1 teaspoon sea salt
1 small onion, chopped	1 tablespoon chopped fresh basil or 1 teaspoon dried
3 cloves garlic, minced	1 tablespoon chopped fresh oregano or 1 teaspoon dried
4 cans (400 g/14 oz each) whole peeled tomatoes	Ground black pepper to taste
1 can (6 oz) tomato purée	

In a large pot over medium-high heat, heat 1 tablespoon of the olive oil. Cook the onion and garlic until the onion is translucent.

Meanwhile, in a blender, blend the tomatoes briefly until smooth.

Transfer the tomatoes to the onion mixture. Add the remaining 3 tablespoons olive oil, the tomato purée, and salt, cover, reduce the heat to medium-low, and simmer for 90 minutes. Stir in the basil, oregano, pepper, and additional salt to taste.

Per serving: 127 calories, 3 g protein, 13 g carbohydrates, 7 g total fat, 1 g saturated fat, 3 g fiber, 788 mg sodium

DAY 5

CURRIED CHICKEN SOUP

Here is a variation on chicken soup that's rich with the flavors of curry, shiitake mushrooms, and coriander. It's thickened with coconut milk to induce satiety. The best results are obtained by using homemade chicken stock, though store-bought (look for brands without wheat flour, cornflour, or other grain derivatives) still yields a delicious end result.

Makes 6 servings

60 ml (2 fl oz) coconut oil	4 tablespoons curry powder
450 g (1 lb) chicken breasts, cubed	2 tablespoons ground cinnamon
110g (4 oz) shiitake mushrooms, sliced	2 tablespoons chopped coriander
1 litre chicken stock	¼ teaspoon sea salt
2 cans (400 ml/14 fl oz) coconut milk	¼ teaspoon ground black pepper

In a large frying pan over medium-high heat, heat the coconut oil. Cook the chicken until lightly browned and no longer pink on the inside. Add the mushrooms and cook, stirring, for 1 to 2 minutes, or until softened.

Stir in the chicken stock and coconut milk. Add the curry powder, cinnamon, coriander, salt, and pepper. Stir until well mixed. Bring to a low simmer to heat through.

Per serving: 463 calories, 20 g protein, 10 g carbohydrates, 41 g total fat, 34 g saturated fat, 5 g fiber, 795 mg sodium

FETTUCCINE ALFREDO

Cheese and butter are among the most benign forms of dairy because of their high fat content and the processes used to create them. However, because this is a dairy-rich dish, you can cut back on your reliance on dairy products, if desired, by replacing the cream with canned coconut milk and the butter with extra-virgin olive oil. Serve with a green vegetable such as steamed green beans or broccoli, or with a salad.

Makes 4 servings

45 g (1½ oz) grated Parmesan cheese	120 ml (4 fl oz) double cream or canned coconut milk
90 g (3 oz) grated Romano or Parmesan cheese	¼ teaspoon sea salt
60 g (2½ oz) butter	Ground black pepper to taste
2 cloves garlic, minced	
900 g (2 lb) courgettes, spiral-cut into fettuccine	

In a large serving bowl, combine the Parmesan and Romano cheeses and mix. Set aside.

In a large frying pan over medium heat, melt the butter. Cook the garlic, stirring frequently, until it's just fragrant. Add the courgette fettuccine and cook, covered, tossing occasionally, for 3 minutes, or until softened but not wilted. Add the cream or coconut milk and bring to a low simmer, then remove from the heat. Season with the salt and pepper.

Pour the noodle mixture into the bowl with the cheeses, toss, and serve.

Per serving: 368 calories, 13 g protein, 9 g carbohydrates, 31 g total fat, 20 g saturated fat, 2 g fiber, 724 mg sodium

CHOCOLATE AVOCADO PUDDING

Here is a variation on chocolate pudding that is filling and healthy, without the sugar load typical of puddings. The avocados should be ripe so that the pudding is smooth and not bitter. Don't let the small serving size fool you: This pudding will fill you to bursting!

As with many Wheat Belly-style dishes, including goodies like this pudding, because all unhealthy ingredients like sugar and grains have been removed, you can have this pudding for breakfast or lunch as the meal itself. Because the pudding is not heated, it can also serve as a means to obtain prebiotic fibers/resistant starches by incorporating inulin powder, a green banana, or a raw potato. Because avocado is the main ingredient, this pudding is best consumed right away.

Makes 4 servings

3 large ripe avocados, halved and pitted	Sweetener equivalent to 115 g (4 oz) sugar
240 ml (8 fl oz) canned coconut milk	½ teaspoon ground cinnamon
60 g (2½ oz) unsweetened cocoa powder	3 tablespoons shredded unsweetened coconut or
1 teaspoon vanilla extract	110 g (4 oz) fresh berries (optional)

With a spoon, shell the avocado flesh into a blender. Add the coconut milk, cocoa, vanilla, sweetener, and cinnamon and blend until well mixed. Spoon into 4 individual serving bowls and chill in the refrigerator for 30 minutes. Top each serving with coconut or several fresh berries, if using.

Per serving: 342 calories, 6 g protein, 19 g carbohydrates, 32 g total fat, 16 g saturated fat, 12 g fiber, 19 mg sodium

DAY 6

AUBERGINE MINI PIZZAS

Here is an easy way to make a quick and portable single-serving-size pizza that can be handily transported to school or work. Of course, any number of variations are possible by adding different ingredients, such as green peppers, sausage, mushrooms, etc.

Makes 8

1 medium aubergine, sliced crosswise into 1 cm (½ in) thick slices	35 g (1 oz) shredded mozzarella cheese
250 g (9 oz) pizza sauce	3 tablespoons extra-virgin olive oil
50 g (2 oz) sliced pepperoni	

Preheat the oven to 190°C/375°F/Gas mark 5.

Arrange the aubergine slices on a baking sheet. Bake for 8 to 10 minutes, or until just lightly browned.

Remove from the oven and spread with the pizza sauce. Place 1 or 2 slices of pepperoni on each aubergine slice, then sprinkle generously with the cheese. Drizzle about 1 teaspoon olive oil over the top of each. Bake for 4 to 5 minutes, or until the cheese is melted.

Per serving: 176 calories, 7 g protein, 11 g carbohydrates, 12 g total fat, 4 g saturated fat, 4 g fiber, 275 mg sodium

PORK THAI STIR-FRY

If you love the flavors of garlic, ginger, curry, and coriander found in many Thai dishes, you'll love this Pork Thai Stir-Fry. This dish can be served alone or, to make it more substantial, served on top of "riced" cauliflower (cauliflower that has been steamed, then pulsed in a food processor or food chopper to reduce it to rice-size granules, as described in the Prawn Fried "Rice" recipe on page 35). Use your choice of pork, such as pork chop, loin, baby back ribs, or ham. All introduce their own unique flavors. Because the fish sauce typically comes quite heavily salted, it's usually not necessary to add additional salt to this dish. Nonetheless, taste your dish before serving to gauge the need for any additional salt.

Makes 4 servings

1 tablespoon coconut oil	110g (4 oz) shiitake mushrooms, sliced
2 cloves garlic, minced	
4–5 spring onions, chopped	120 ml (4 fl oz) coconut milk
450 g (1 lb) boneless pork or ham, cubed or thinly sliced	1 tablespoon red curry sauce
1 tablespoon grated fresh ginger	60 ml (2 fl oz) fish sauce
1 large head broccoli, cut into florets	2 tablespoons chopped coriander

In a large frying pan over medium-high heat, heat the coconut oil. Cook the garlic and spring onions until the garlic is fragrant. Add the pork or ham and the ginger. Cook, stirring occasionally, for 7 to 8 minutes, or until the pork is no longer pink.

Add the broccoli, mushrooms, coconut milk, curry sauce, and fish sauce and cook, covered, stirring occasionally, for 5 minutes, or until the broccoli is softened. Top with the coriander before serving.

Per serving: 289 calories, 31 g protein, 11 g carbohydrates, 14 g total fat, 10 g saturated fat, 5 g fiber, 1,565 mg sodium

DAY 7

CHORIZO, PEPPER, AND AVOCADO FRY-UP

We no longer confine breakfast dishes to breakfast, but have them for lunch or dinner, too. Breakfast fry-ups are often exploding with potatoes, but we don't want the blood sugar problems of their excessive starch. We use roasted radishes in place of potatoes. Don't be turned off by the radishes; their taste and texture change substantially with roasting, and they fill out your frying pan just like potatoes with none of the health problems. If you feel it requires too much time and effort to prepare during a busy week, swap this recipe for one of the easier lunch recipes and save this recipe for a weekend lunch when you have more time.

Makes 4 servings

450 g (1 lb) radishes, quartered	350 g (12 oz) chorizo sausage, sliced
4 tablespoons extra-virgin olive oil, divided	1 green pepper, seeded and coarsely sliced
½ teaspoon sea salt	60 g (2½ oz) sliced kale or spinach
½ teaspoon ground black pepper	4 large eggs
1 clove garlic, minced	1 large avocado, cut into small cubes
4 spring onions, sliced	

Preheat the oven to 220°C/425°F/Gas mark 7.

In a medium shallow baking pan, combine the radishes, 2 tablespoons of the olive oil, the salt, and black pepper and toss to coat evenly. Roast for 20 minutes. Reduce the heat to 180°C/350°F/Gas mark 4.

Meanwhile, in a cast-iron or other ovenproof frying pan over medium-high heat, heat the remaining 2 tablespoons olive oil. Cook the garlic and spring onions, stirring frequently, for 2 minutes, or until the garlic is fragrant. Add the sausage and pepper and cook, stirring occasionally, until the sausage is no longer pink. Add the kale or spinach, cover, and cook for 2 to 3 minutes, or until wilted. Stir the roasted radishes into the sausage mixture.

With a large spoon, make 4 depressions in the mixture, evenly spaced apart. Crack an egg into each depression. Place in the oven and bake for 10 minutes, or until the eggs set.

Remove from the oven, add additional sea salt and black pepper to taste, and sprinkle the avocado cubes over the top.

Per serving: 689 calories, 30 g protein, 15 g carbohydrates, 57 g total fat, 17 g saturated fat, 6 g fiber, 1,381 mg sodium

BACON-WRAPPED CHICKEN BREASTS STUFFED WITH SPINACH, MUSHROOMS, AND ROASTED RED PEPPERS

Here is a way to have a chicken dish that is nutritionally complete, including plenty of veggies. You might therefore find that just 1 of these stuffed chicken breasts is sufficient as a meal by itself. You can, of course, always add a side dish or salad to suit bigger appetites.

Makes 4 servings

4 boneless, skinless chicken breasts (approximately 900 g/2 lb)	170 g (6 oz) roasted red peppers
1 tablespoon extra-virgin olive oil	120 g (4 oz) fresh spinach or 275 g (10 oz) frozen spinach, thawed and squeezed dry
2 cloves garlic, minced	1 teaspoon sea salt
1 medium onion, chopped	½ teaspoon ground black pepper
110 g (4 oz) portobello mushrooms, sliced	8 rashers bacon (preferably uncured)

Preheat the oven to 180°C/350°F/Gas mark 4.

Lay each chicken breast flat and, with a sharp knife, cut a pocket in each breast by starting at the thickest part and then cutting horizontally, stopping short of cutting all the way through. Set aside.

In a large frying pan over medium-high heat, heat the oil. Cook the garlic and onion for 2 to 3 minutes, or until softened. Add the mushrooms, roasted peppers, spinach, salt, and black pepper and cook, covered, stirring occasionally, for 4 minutes, or until the mushrooms have softened and the spinach is wilted. Transfer to a large bowl and set aside.

Place the chicken breasts in the frying pan and cook for 4 to 6 minutes, turning once, or until both sides are browned. Remove from the heat and place on a large plate. Allow to cool for several minutes, then spoon the reserved spinach mixture into the pocket of each breast and close. Wrap each breast with 2 rashers of bacon in a spiral pattern. Place in a baking dish and bake for 25 minutes, or until the bacon is cooked and a thermometer inserted in the thickest portion of the chicken registers 74°C (165°F).

Per serving: 457 calories, 54 g protein, 6 g carbohydrates, 24 g total fat, 7 g saturated fat, 2 g fiber, 954 mg sodium

DAY 8

SPICY MINESTRONE

Don't you love how the flavors of the vegetables mingle in a good minestrone? Here, we jazz it up a bit further with some peppery hot sauce and basil. Look for BPA-free brands of chopped tomatoes and tomato purée.

Makes 6 servings

4 tablespoons extra-virgin olive oil, divided	1 can (425 g/15 oz) pinto beans, drained and rinsed
1 onion, chopped	110 g (4 oz) button mushrooms, sliced
2 cloves garlic, minced	1½ teaspoons sea salt
1 litre chicken stock	1 teaspoon ground black pepper
1 litre water	120 g (4 oz) chopped fresh spinach or 275 g (10 oz) frozen chopped spinach, thawed and squeezed dry
1 can (400 g/14 oz) chopped tomatoes	15 g (½ oz) cup fresh basil, chopped
1 can (175 g/6 oz) tomato purée	
2 teaspoons hot-pepper sauce	
2 celery sticks, chopped	
225 g (8 oz) green beans, cut into 2.5 cm (1 in) pieces	

In a large stockpot over medium-high heat, heat 1 tablespoon of the olive oil. Cook the onion and garlic, stirring frequently, for 2 to 3 minutes, or until softened.

Increase the heat to high and add the stock, water, tomatoes, tomato purée, hot sauce, celery, green beans, pinto beans, mushrooms, remaining 3 tablespoons olive oil, salt, and black pepper. Cover and bring to the boil. Reduce the heat and simmer, partially covered, for 15 minutes. Add the spinach and basil and cook for 10 minutes, or until the vegetables are tender. Taste and adjust the salt and black pepper, if needed.

Per serving: 201 calories, 7 g protein, 22 g carbohydrates, 11 g total fat, 1 g saturated fat, 6 g fiber, 1,583 mg sodium

PRAWN FRIED “RICE”

Absent any grains, this Prawn Fried “Rice,” as with many other dishes created for the Wheat Belly lifestyle, is deceptively filling. It can therefore be confidently served by itself for dinner or for another meal.

Makes 4 servings

1 head cauliflower, cut into florets	3 tablespoons gluten-free soy sauce or tamari
2 tablespoons coconut oil	
5–6 spring onions, chopped	2 tablespoons fish sauce
450 g (1 lb) cooked prawns, deveined and tails removed	2 tablespoons sesame oil
	2 eggs
1 tablespoon grated fresh ginger	Ground black pepper to taste
155 g (5½ oz) grated carrots	
1 green pepper, seeded and chopped	

Place a steamer basket in a large pot with 5 cm (2 in) of water. Bring to the boil over medium-high heat. Place the cauliflower florets in the basket and steam for 20 minutes, or until softened. Transfer to a food chopper or food processor and pulse to reduce to rice-size pieces.

Meanwhile, in a large frying pan over medium-high heat, heat the coconut oil. Cook the spring onions for 1 to 2 minutes, or until tender. Add the prawns, ginger, carrots, and pepper. Cook, covered, stirring occasionally, for 4 to 5 minutes, or until the carrots and pepper have softened.

Add the riced cauliflower, soy sauce or tamari, fish sauce, sesame oil, eggs, and black pepper and stir until well combined. Cook, covered, stirring occasionally, for 2 minutes, or until the eggs solidify.

*Per serving: 347 calories, 32 g protein, 16 g carbohydrates, 18 g total fat,
8 g saturated fat, 5 g fiber, 2,510 mg sodium*

DAY 9

JUMBO GINGERBREAD NUT MUFFINS

Once you try these jumbo-size, nut- and oil-rich muffins, you will appreciate how filling they are. They are made with eggs, coconut oil, almonds, and other nuts and seeds, so they are also very healthy. You can also add a schmear of cream cheese or a bit of unsweetened fruit butter for extra flavor. To fill out a lunch, add a chunk of cheese, some fresh berries or sliced fruit, or an avocado. While walnuts and pumpkin seeds are called for in the recipe to add crunch, you can substitute your choice of nut or seed, such as pecans, pistachios, or sunflower seeds.

A jumbo muffin tin is used in this recipe, but a smaller muffin tin can be substituted. If a smaller tin is used, reduce baking time by about 5 minutes, though always assess doneness by inserting a wooden pick into the center of a muffin and making sure it comes out clean. If you make the smaller size, pack 2 muffins for lunch.

Makes 6

60 g (2½ oz) ground almonds/flour	1 tablespoon ground ginger
60 g (2½ oz) shredded unsweetened coconut	1 teaspoon ground nutmeg
60 g (2½ oz) chopped walnuts	½ teaspoon ground cloves
65 g (2½ oz) pumpkin seeds	1 teaspoon sea salt
Sweetener equivalent to 170 g (6 oz) sugar	3 eggs
2 teaspoons ground cinnamon	120 ml (4 fl oz) coconut oil, melted
	1 teaspoon vanilla extract
	120 ml (4 fl oz) water

Preheat the oven to 180°C/350°F/Gas mark 4.

Place paper liners in a 6-cup jumbo muffin tin or grease the cups with coconut or other oil.

In a large bowl, combine the ground almonds/flour, coconut, walnuts, pumpkin seeds, sweetener, cinnamon, ginger, nutmeg, cloves, and salt. Mix well.

In a medium bowl, whisk the eggs. Stir in the coconut oil, vanilla, and water. Pour the egg mixture into the ground almonds mixture and combine thoroughly.

Divide the batter evenly among the muffin cups. Bake for 30 minutes, or until a wooden pick inserted in the center of a muffin comes out clean.

Per serving (1 muffin): 893 calories, 25 g protein, 26 g carbohydrates, 82 g total fat, 30 g saturated fat, 12 g fiber, 333 mg sodium

BRATWURST WITH PEPPERS AND SAUERKRAUT

Living in Milwaukee has turned me on to the flavors of German-style bratwurst, but any spicy sausage (such as Italian, chorizo, or a smoked sausage) will do just fine in this recipe. The quality of the brat or sausage makes the dish, so choose your favorite. The spices used in various sausages will vary, so I kept the spices and flavors of the sauerkraut mixture light. However, this makes the choice of bratwurst or sausage the crucial component of this dish. You can also add ground coriander, nutmeg, and other herbs and spices if compatible with your choice of sausage.

Makes 4 servings

1 teaspoon caraway seeds	2 green peppers, seeded and sliced
½ teaspoon celery seeds	¼ teaspoon sea salt
2 tablespoons extra-virgin olive oil	Ground black pepper to taste
450 g (1 lb) bratwurst or other spicy sausages	300 g (11 oz) sauerkraut, drained
1 onion, chopped	

Using a mortar and pestle, grind the caraway and celery seeds. Set aside.

In a large frying pan over medium heat, heat the olive oil. Cook the sausages for 15 minutes, or until lightly browned on the outside and barely pink on the inside. (Alternatively, cook on a grill until nearly done.) Add the onion, peppers, reserved caraway and celery seeds, salt, and black pepper. Cover and cook for 5 to 7 minutes, or until the onion is translucent, the peppers are tender, and the sausages are no longer pink.

Add the sauerkraut and toss briefly before serving.

Per serving: 533 calories, 18 g protein, 16 g carbohydrates, 44 g total fat, 15 g saturated fat, 4 g fiber, 1,524 mg sodium

“POTATO” SALAD

To keep with the tradition of having potato salad with bratwurst, here is a way to re-create this dish without incurring the weight-packing effect of potatoes, which are replaced in this recipe with turnips. Before you wrinkle your nose, try it—I predict that you will be surprised. The only hurdle you might encounter is the bitterness that some people perceive with turnips. To minimize the bitter effect, use salt a bit more liberally and choose smaller turnips.

Makes 4 servings

4 litres water	2 teaspoons Dijon mustard
2 teaspoons sea salt	2 tablespoons white vinegar
900 g (2 lb) turnips, stems and roots removed	1 teaspoon ground paprika
250 g (9 oz) mayonnaise	½ teaspoon ground black pepper
½ white onion, chopped	2 eggs, hard-boiled and sliced
2 medium dill pickles, chopped	½ teaspoon sea salt

In a large pot, bring the water and salt to a boil.

Meanwhile, chop the turnips into approximately 2.5 cm (1 in) pieces. Add to the boiling water, cover, and cook for 8 to 10 minutes, or until tender. Drain. Allow to cool for 5 minutes, or run under cold running water briefly and drain.

In a large bowl, combine the turnips, mayonnaise, onion, pickles, mustard, vinegar, paprika, pepper, eggs, and salt. Mix well and serve.

Per serving: 492 calories, 5 g protein, 13 g carbohydrates, 47 g total fat, 7 g saturated fat, 4 g fiber, 1,130 mg sodium

DAY 10

BLT WRAP

Here is a way to enjoy a wrap filled with your favorite ingredients. In this simple recipe, we fill the wrap with perennial favorites bacon, lettuce, and tomato. This recipe works best as a weekend lunch at home, rather than a lunch consumed at work or school, since this BLT Wrap should be assembled just before consuming or it will become soggy.

The key with making the flaxseed wrap is cooking time: undercooked and it will be runny; overcooked and it will be too stiff to wrap around the fillings. In the microwave, the amount of time that was just right for me was 90 seconds, or 8 minutes in the oven at 180°C/350°F/Gas mark 4. You may have to modify your cooking time slightly to accommodate your microwave. But once you get the hang of it, you will be rewarded with a delicious, sturdy wrap.

It's not a BLT without mayonnaise, so choose your mayonnaise carefully and make sure it does not contain wheat flour, cornflour, or other grain ingredients. If it is made with less-than-perfect oils, such as soya or safflower, the small quantity required should not be a concern.

Makes 1

30 g (1 oz) ground golden flaxseeds	1 tablespoon water
½ teaspoon onion powder	1 tablespoon mayonnaise
Generous dash of sea salt	20 g (¾ oz) lettuce or spinach leaves
1 egg	2 rashers bacon, cooked
1½ tablespoons extra-virgin olive oil or coconut oil, melted	1 slice tomato, quartered

Generously grease a 23 cm (9 in) microwaveable or ovenproof pie plate and set aside.

In a small bowl, combine the flaxseeds, onion powder, and salt. Mix well. Stir in the egg, oil, and water and combine thoroughly. The consistency should be that of a thick but pourable liquid. If it's too thick, add a teaspoon of water and mix.

BLT WRAP – *continued*.

Pour the mixture into the pie plate and tilt and rotate to cover the entire bottom, or use a spoon to spread. Microwave on high power for 90 seconds. (Cooking time may vary depending on your microwave oven; adjust as needed.) Alternatively, cook the mixture on the hob in a greased 25 cm (10 in) frying pan over medium-low heat for 2½ to 3 minutes. Turn the wrap and cook the other side for 30 seconds.

Allow to cool for 2 minutes. Using a spatula, lift the edges carefully and transfer the wrap to a plate, rough side up.

With a spoon, spread a stripe of mayonnaise down the center of the wrap. Arrange the lettuce or spinach, bacon, and tomato along the stripe, then roll.

Per serving: 580 calories, 19 g protein, 11 g carbohydrates, 53 g total fat, 8 g saturated fat, 9 g fiber, 637 mg sodium

ROASTED BRUSSELS SPROUTS AND HAM FRY-UP

Here is another example of having breakfast for dinner. (The opposite concept—dinner for breakfast—works equally well in this lifestyle.) After all, we have turned the traditional notion of a grain-based breakfast inside out, breaking all the former “rules” of what is for breakfast and what is for dinner.

I snuck a sweet potato into this recipe for a bit of beta-carotene and flavor; it adds only 5 grams net carbs per serving. The eggs are optional in this recipe, in case you don’t want to take the breakfast-for-dinner idea all the way through.

Makes 4 servings

2 tablespoons extra-virgin olive oil or coconut oil	1 medium sweet potato, cut into 1 cm (½ in) cubes
2 cloves garlic, minced	1 teaspoon sea salt
1 onion, chopped	350 g (12 oz) ham, cubed
450 g (1 lb) Brussels sprouts, halved	4 eggs (optional)
110 g (4 oz) portobello mushrooms, sliced	25 g (1 oz) grated Parmesan cheese (optional)

Preheat the oven to 180°C/350°F/Gas mark 4.

In a large ovenproof frying pan over medium-high heat, heat the oil. Cook the garlic and onion for 2 minutes, or until the onion is translucent. Add the Brussels sprouts, mushrooms, sweet potato, and salt and stir. Cook, covered, stirring occasionally, for 7 to 8 minutes, or until the Brussels sprouts and mushrooms soften. Stir in the ham.

If desired, use a spoon to form 4 small evenly spaced depressions in the mixture. Crack an egg into each. Sprinkle the cheese over the top, if using.

Transfer the frying pan to the oven and bake for 10 minutes.

Per serving: 247 calories, 19 g protein, 20 g carbohydrates, 11 g total fat, 3 g saturated fat, 6 g fiber, 929 mg sodium

WHEAT BELLY 10-DAY DETOX SECRET SAUCE



Fat Blasters, Snacks, and Healthy Waters

MOM LIKELY HAD a secret sauce. Grandma had a secret sauce, maintaining a curious silence when pressed for the recipe. Even fast-food restaurants have a secret sauce.

Well, here is *your* secret sauce—several additional strategies that further compound your success in navigating the week and a half of the Wheat Belly 10-Day Detox. None of these are truly “secret,” but they are unusual and uncommon, yielding a number of unique advantages in your detox process, even beyond the considerable benefits obtained with the nutritional supplement and prebiotic fiber strategies discussed earlier. The Wheat Belly Detox Secret Sauce strategies compound the benefits of this lifestyle, while also providing a way to obtain some of the nutrients recommended in the audiobook. They can be consumed during the 10 days of your detox program or anytime

afterward. You can make a limited supply to suit your own purposes, or you can whip up larger batches so that they can be shared with everyone in the family.

In this section, you will find recipes for Fat Blasters, simple snacks packed with satiating fats that can come to your rescue whenever cravings strike during your detox process. If hunger or cravings overcome you during the detox—or at any other time, for that matter—*always* consider inadequate fat intake; Fat Blasters are a quick, convenient, and tasty way to remedy your lack of fat. There are also recipes for portable snack balls that are safe for consumption during your 10-day detox and will not disrupt

JOAN, 50, travel agent, New York

"I love pasta, rice, and grains. I could live on those and veggies. I'm not a big meat eater, so giving up grains was giving up a *major* part of my diet.

"I began the detox feeling tired, headachy, lethargic, not myself. I had to take Advil to get rid of the headaches; they wouldn't go away on their own. After 2 days, I felt a lot better. I have had a feeling of peace. I have felt calmer.

"I'm not hungry anymore; I'm eating healthy food and feeling completely satisfied. My cravings for food have gone away—big time. As Dr. Davis mentioned, you can sometimes go a long time without eating. I had become a big sweets eater over the years, and, incredibly, by eating grain-free, I've noticed that my cravings have gone away. I have to admit, I didn't think that could happen to me.

"Sleep: There has been a pretty big change here. I have been dreaming just about every night, like when I was a kid. I think that means I am getting a deeper sleep than I was previously.

"The detox takes a lot of planning, a lot of shopping, and a lot of cleaning up, so I think you have to be organized. You have to get yourself prepared on the weekend for the week ahead."

By the end of her detox experience, Joan had lost 5.2 pounds, or 3.4 percent of her starting body weight.

weight loss or health efforts. Eat as many Fat Blasters or detox snacks as you like. Remember: We do *not* worry about calories or portion sizes in the Wheat Belly lifestyle. (You will quickly discover how filling these snacks are, and eating even two or three can be a challenge.)

There is also a simple recipe for Coconut Magnesium Water that you can use as a convenient and surprisingly effective way to obtain magnesium to prevent or relieve muscle cramps and gain faster relief from health issues such as migraine headaches, high blood pressure, and even heart rhythm disorders. There is also a simple recipe for Coconut Electrolyte Replacement Water that can be used to replace electrolytes, such as potassium and magnesium, without the expense of the electrolyte waters sold in stores. Lastly, I provide some creative ways to liven up your drinking water to ensure that you are taking in sufficient fluids and sodium, which is especially important during the withdrawal process of your detox.

WHEAT BELLY DETOX FAT BLASTERS

Fat Blasters are bite-size wallops of healthy fat that give you a feeling of fullness without triggering insulin—the hormone of weight gain—thereby allowing weight loss to proceed unimpeded, or even accelerating the process. Fat Blasters are high in calories and high in fat grams—and that’s *good*.

Fat Blasters can be eaten as a snack, or you can eat two or three (or more) as a meal replacement. (In general, of course, you should be sure to have real, whole foods for most meals to ensure full nutrient intake. Fat Blasters are meant to be an occasional component of your diet.) Fat Blasters can be especially useful when you are in the process of losing weight and want to reverse the metabolic distortions of a wheat belly, especially visceral fat, high blood sugars, and fatty liver, the accumulation of fat in the liver that accompanies visceral fat. (Remember: It’s not fat that

causes fat accumulation in the liver; it's sugar and the amylopectin A of grains.) Fat Blasters can help push you closer to the power of ketosis, the natural physiologic process that develops in response to carbohydrate elimination that accelerates weight loss and helps reverse many health conditions. Achieving metabolic ketosis is *not* necessary to succeed in the Wheat Belly 10-Day Detox, but it is an optional means of accelerating your success. Contrary to popular opinion, achieving ketosis does not require greater protein intake; it requires greater *fat* intake while maintaining near zero intake of carbohydrates. Wheat Belly Detox Fat Blasters can be used to take you a step or two closer to this effect.

Note that, because the melting point of coconut oil is 24°C (76°F), these goodies are best stored in the refrigerator; otherwise, you will have a gooey mess at room temperature. (This is one of the reasons that food manufacturers will hydrogenate coconut oil to keep foods solid at room temperature, but we don't want any hydrogenated or trans fats in our diet.)

Because we live in an era in which most people have been misled by fat phobia, it is often tough to get all the fat we need when eating outside the home. Meats will often be served lean, for instance, with the fat removed. To be sure you get the fat you need to succeed in this lifestyle, you can carry Fat Blasters with you in small containers. If stored at cooler temperatures below the melting point, they will remain solid. If carried at higher temperatures, however, you will have to drink your Fat Blaster. It will taste the same, and the health and satiety effects still apply, but be sure to choose sealable containers that won't leak should the oil liquefy.

For ease of removal and cleanup, use paper or silicone cupcake liners placed in mini muffin tins. Standard muffin tins also work just fine, though you will end up with a smaller number of larger Blasters with these recipes. If you don't have a muffin tin, you can use an ice cube tray.

Because Fat Blasters are nearly pure oil, it is best to choose liquid sweeteners, such as pure liquid stevia or monk fruit. Dry sweeteners do not dissolve easily in oil. If your sweetener comes in crystalline form, pulse a batch of sweetener in a food chopper or food processor to reduce it to the consistency of confectioners' sugar; this will prevent the crystals from yielding an undesirable crunchy effect.

PEANUT BUTTER CUP FAT BLASTERS

Does it get much better than this? You will get better results if you refrigerate the peanut butter for at least 1 hour prior to using it. The stiffer texture will allow it to remain between the chocolate layers and not disperse into the mix.

Makes 20

225 g (8 oz) unsweetened chocolate
(100% cacao), broken into pieces
240 ml (8 fl oz) coconut oil, melted
Sweetener equivalent to 115 g (4 oz)
sugar

125 g (4½ oz) unsweetened natural
peanut butter, chilled
80 g (3 oz) finely chopped dry-
roasted peanuts, walnuts, or
pecans (optional)

Place paper liners in 20 cups of a mini muffin tin.

In a microwaveable bowl, microwave the chocolate on high power in 20-second increments, stirring after each interval, until melted. Alternatively, melt the chocolate in a double boiler. Add the coconut oil and sweetener and mix thoroughly.

Spoon 1 teaspoon of the mixture into each lined cup, tilting the pan to coat the sides. Place the muffin tin in the freezer for 10 minutes.

Remove the muffin tin from the freezer. Spoon approximately 1 teaspoon of the chilled peanut butter into the center of each cup. Divide the remaining chocolate mixture evenly among the cups, covering the peanut butter. Sprinkle the nuts over the top of each, if using.

Refrigerate for at least 1 hour before eating, or place in the freezer for 30 minutes.

Store in the refrigerator.

Per serving (1 blaster): 195 calories, 3 g protein, 5 g carbohydrates, 21 g total fat, 14 g saturated fat, 2 g fiber, 25 mg sodium

Per serving (1 blaster with optional peanuts): 216 calories, 4 g protein, 5 g carbohydrates, 22 g total fat, 14 g saturated fat, 3 g fiber, 25 mg sodium

RASPBERRY CHEESECAKE FAT BLASTERS

You'll think you've died and gone to heaven with these little morsels of cheesecake. You can easily substitute any berry, such as strawberries or blueberries, for the raspberries.

Makes 20

225 g (8 oz) organic cream cheese, at room temperature	Sweetener equivalent to 115 g (4 oz) sugar
180 ml (6 fl oz) coconut oil, melted	1 teaspoon vanilla extract
60 g (2½ oz) raspberries	

Place paper liners in 20 cups of a mini muffin tin.

In a large bowl, using an electric mixer, blend the cream cheese, coconut oil, raspberries, sweetener, and vanilla until thoroughly combined.

Evenly divide the mixture among the lined cups and refrigerate for at least 1 hour before eating, or place in the freezer for 30 minutes.

Store in the refrigerator.

Per serving (1 blaster): 114 calories, 1 g protein, 1 g carbohydrates, 12 g total fat, 9 g saturated fat, 0 g fiber, 36 mg sodium

ORANGE CREAM FAT BLASTERS

While this version features orange and is meant to mimic the flavor of an orange Creamsicle, you can easily substitute lemon extract and lemon peel for a lemony variation.

Makes 20

225 g (8 oz) organic cream cheese, at room temperature	1 tablespoon orange peel
120 ml (4 fl oz) coconut oil, melted	Sweetener equivalent to 115 g (4 oz) sugar
1 tablespoon orange extract	

Place paper liners in 20 cups of a mini muffin tin.

In a large bowl, using an electric mixer, blend the cream cheese, coconut oil, orange extract, orange peel, and sweetener until thoroughly combined.

Evenly divide the mixture among the lined cups and refrigerate for at least 1 hour before eating, or place in the freezer for 30 minutes.

Store in the refrigerator.

Per serving (1 blaster): 88 calories, 1 g protein, 1 g carbohydrates, 9 g total fat, 7 g saturated fat, 0 g fiber, 36 mg sodium

CHOCOLATE COCONUT FAT BLASTERS

Makes 20

225 g (8 oz) unsweetened chocolate
(100% cacao), broken into pieces

30 g (1 oz) shredded unsweetened
coconut

120 ml (4 fl oz) + 1 tablespoon
coconut oil, melted, divided

20 whole dry-roasted almonds

Sweetener equivalent to 115 g (4 oz)
cup sugar

Place paper liners in 20 cups of a mini muffin tin.

In a microwaveable bowl, microwave the chocolate on high power in 20-second increments, stirring after each interval, until melted. Alternatively, melt the chocolate in a double boiler. Stir in the 120 ml (4 fl oz) of the coconut oil and the sweetener and mix thoroughly.

Spoon 1 teaspoon of the mixture into each lined cup, tilting the pan to coat the sides. Place the muffin tin in the freezer for 10 minutes.

Meanwhile, in a small bowl, combine the coconut and remaining 1 tablespoon coconut oil. Mix together.

Remove the muffin tin from the freezer. Spoon about 1 teaspoon of the shredded coconut mixture into each cup, then place 1 almond on top of each. Divide the remaining chocolate mixture evenly among the cups, covering the shredded coconut and almond.

Refrigerate for at least 1 hour before eating, or place in the freezer for 30 minutes.

Store in the refrigerator.

Per serving (1 blaster): 137 calories, 2 g protein, 4 g carbohydrates, 15 g total fat, 11 g saturated fat, 2 g fiber, 2 mg sodium

WHEAT BELLY DETOX SNACK BALLS

Here are healthy Snack Ball recipes that fit into your detox process. Snack Balls are compact packets of calories and fat—because we don't limit either—that are easy to carry and portable. They're also tasty and filling and thereby serve as useful snacks.

Having an arsenal of healthy snacks can be important because it gives you healthy options to turn to instead of the unhealthy snacks that can booby-trap your detox program while you're at work or school, traveling, or in other situations where healthy food is unavailable. These Snack Balls fit easily into your 10-day detox to consume as you like, but be warned: They are exceptionally filling. (You'll find additional safe goodies in the next section.)

As part of our effort to cultivate bowel flora species diversity for improved overall health, I included inulin powder in each of these recipes sufficient to provide approximately 1 gram of prebiotic fibers/resistant starch per ball. Feel free to increase the inulin or fructooligosaccharide (FOS), especially as you get deeper into the detox program and onward, as a convenient means of obtaining your daily dose of prebiotic fibers. The inulin and FOS are optional, however, and can be included or excluded without affecting the recipe.

With any of these snacks, taste your dough before rolling it into balls and adjust the sweetener to taste. Remember that your sense of sweetness is going to change the further into your detox you go, so you will need less sweetener as time passes.

TRAIL MIX BALLS

Here are bite-size morsels of fat, protein, fiber, and flavor that will satisfy any wild sweet-tooth impulse that breaks through, especially during your first week of the detox process. Like all Wheat Belly recipes, however, these Trail Mix Balls are also healthy choices for situations outside of your detox experience and can therefore serve as a healthy snack for just about any situation. The use of refrigerated almond butter makes forming the balls easier.

Makes 20

130 g (4½ oz) raw pumpkin seeds	1 teaspoon ground cinnamon
100 g (3½ oz) pecans	1 tablespoon inulin or FOS powder
60 g (2½ oz) shredded unsweetened coconut	Sweetener equivalent to 55 g (2 oz) sugar
30 g (1 oz) raisins	240 g (8 oz) almond butter, chilled

In a food chopper or processor, combine the pumpkin seeds, pecans, coconut, and raisins. Pulse until reduced to granules. Transfer to a large bowl.

Add the cinnamon, inulin or FOS, and sweetener and mix thoroughly. Stir in the almond butter until completely mixed. Divide the dough into twenty 2.5 cm (1 in) balls. Store in the refrigerator.

Per serving (1 ball): 201 calories, 6 g protein, 7 g carbohydrates, 18 g total fat, 4 g saturated fat, 3 g fiber, 31 mg sodium

COCONUT SNACK BALLS

Because it's full of healthy fat and potassium, coconut figures prominently in the Wheat Belly lifestyle. These little balls make the best of coconut-based ingredients and turn them into bite-size snacks.

Makes 20

100 g (3½ oz) pecans	1 tablespoon inulin or FOS powder
125 g (4½ oz) raw sunflower seeds	240 g (8 oz) almond butter, chilled
90 g (3 oz) shredded unsweetened coconut, divided	60 ml (2 fl oz) coconut oil, melted
Sweetener equivalent to 2 tablespoons sugar	1 teaspoon vanilla extract
	1 teaspoon natural coconut extract

In a food chopper or processor, combine the pecans, sunflower seeds, and two-thirds of the coconut. Pulse until reduced to granules. Transfer to a large bowl.

On a medium plate, pour the remaining coconut and spread evenly. Set aside.

Add the sweetener, inulin or FOS, almond butter, coconut oil, vanilla, and coconut extract to the pecan mixture and mix thoroughly. Divide the dough into twenty 2.5 cm (1 in) balls and roll each ball in the coconut on the plate. Refrigerate for at least 1 hour before serving. Store in the refrigerator.

Per serving (1 ball): 218 calories, 5 g protein, 7 g carbohydrates, 20 g total fat, 7 g saturated fat, 4 g fiber, 3 mg sodium

PB&J SANDWICH BALLS

These balls taste like mini peanut butter and jelly sandwiches that you can just pop in your mouth as a healthy snack. Because of the natural sweetness of the strawberries and peanut butter, the use of a sweetener is optional.

Makes 20

25 g (1 oz) freeze-dried strawberries	120 g (4 oz) dry-roasted peanuts, chopped
1 cup walnuts	
130 g (4½ oz) raw pumpkin seeds	1 tablespoon inulin or FOS powder
30 g (1 oz) shredded unsweetened coconut	Sweetener equivalent to 2 teaspoons sugar (optional)
185 g (6 oz) unsweetened natural peanut butter, chilled	

In a food chopper or processor, combine the strawberries, walnuts, pumpkin seeds, and coconut. Pulse until reduced to granules. Transfer to a large bowl.

Add the peanut butter, peanuts, inulin or FOS, and sweetener (if using) and stir until thoroughly mixed. Form into twenty 2.5 cm (1 in) balls. Refrigerate for at least 1 hour before serving. Store in the refrigerator.

Per serving (1 ball): 206 calories, 7 g protein, 9 g carbohydrates, 17 g total fat, 3 g saturated fat, 3 g fiber, 3 mg sodium

MAGNESIUM WATER, ELECTROLYTE REPLACEMENT WATER, AND FLAVORED WATERS

Here are two very easy ways to obtain healthy magnesium in a highly absorbable form and electrolytes when needed, such as with strenuous exercise, excessive sweating, or a diarrheal illness. These waters are also inexpensive, saving money over the considerable expense of store-bought magnesium supplements and electrolyte drinks.

COCONUT MAGNESIUM WATER

This simple recipe shows you how to make a healthy coconut water rich in magnesium bicarbonate, the most highly absorbable form of magnesium that effectively restores magnesium in the body while yielding the least potential for diarrhea (since most magnesium supplements are plagued by a laxative effect, causing even more magnesium lost with the diarrhea—not a good strategy). Use Coconut Magnesium Water *in place of magnesium supplements* (don't take both) to avoid long-term magnesium overload.

A 120 ml (4 fl oz) serving of Coconut Magnesium Water provides 90 milligrams of elemental magnesium; 120 ml (4 fl oz) twice per day thereby adds an additional 180 milligrams of elemental magnesium to your daily intake. You can drink up to 450 ml (16 fl oz) per day, which provides a total of 360 milligrams of magnesium per day, which is especially useful during the 10 days of your detox to rapidly restore magnesium.

I find this Coconut Magnesium Water yields an advantage over magnesium in tablet or capsule form. The magnesium bicarbonate from this water is better absorbed and yields better and faster relief from muscle cramps and migraine headaches, and even abnormal heart rhythms—benefits that are more likely to occur with the higher 360 milligrams per day dose.

Note that the milk of magnesia used in the recipe *must* be unflavored, as flavorings block the reaction creating the magnesium bicarbonate. Be sure to label your bottle of Coconut Magnesium Water to prevent any unexpected guzzling by someone unaware that it is magnesium water (which can result in diarrhea). Magnesium water does not need to be refrigerated if consumed within 1 week.

COCONUT MAGNESIUM WATER – *continued*.

The recipe as written suggests adding coconut extract for a light coconut flavor, but you can substitute any natural extract, such as orange, lemon, or berry. If light sweetness is desired, you can use one of the flavored stevias available in place of the coconut extract; I used 20 drops of berry-flavored SweetLeaf Sweet Drops that yielded a light and pleasant sweetness, subtle enough to allow sipping over ice without being overly sweet.

Makes 8 servings or 16 servings

1 bottle (2 litres) soda water	1 tablespoon coconut extract
3 tablespoons unflavored milk of magnesia	

Uncap the soda water and pour off a few tablespoons. Shake the milk of magnesia, then pour out 3 tablespoons. (Most brands come with a handy little measuring cup that works perfectly.) Slowly pour the milk of magnesia into the soda water, followed by the coconut extract.

Cap the bottle securely, then shake until all of the sediment has dissolved. Allow to sit for 15 minutes to clarify. If any sediment remains, shake again. Drink 110 ml (4 fl oz) to 225 ml (8 fl oz) twice per day.

COCONUT ELECTROLYTE REPLACEMENT WATER

The Coconut Magnesium Water (page 55), while a terrific option to supplement magnesium, is intended only as a way to obtain magnesium; it does not replace electrolytes such as potassium and sodium lost during strenuous exercise, summer-time sweating, or a diarrheal illness, or through the fluid loss that develops with the wheat and grain withdrawal process. Here is a way to take advantage of the Coconut Magnesium Water you've made and use it as the basis for an electrolyte-rich but sippable water that you can use to rehydrate and replenish electrolytes. Additional sweetness or flavor can be obtained with stevia and/or flavored stevia drops.

We use conventional coconut water as a source of potassium; it is important to choose an unsweetened brand to minimize sugar. The bicarbonate of soda provides a means of alkalinizing this solution, helping to counteract the excessive acidity that can contribute to many health conditions.

Drink this electrolyte-rich water just as you would any other water.

Makes 5 servings (5 cups)

1 litre water	120 ml (4 fl oz) unsweetened coconut
120 ml (4 fl oz) Coconut Magnesium	water
Water (page 55)	½ teaspoon bicarbonate soda

In a large bottle, combine the water, Coconut Magnesium Water, coconut water, and bicarbonate of soda. Shake well. Store in the refrigerator.

*Per serving: 4 calories, 0 g protein, 1 g carbohydrates, 0 g total fat,
0 g saturated fat, 0 g fiber, 158 mg sodium*

HERB- AND FRUIT-FLAVORED DRINKING WATERS

Every so often, as I steer people back to making plain water their dominant fluid intake, someone will say, “But I can’t stand plain water!” Well, first recognize that this, like the desire for excessive sweetness, may be a wheat/grain-induced perception that may disappear along with the grains. But, if your aversion to plain water persists and you don’t find enough variety in teas, infusions (“teas” made from herbs, dried fruit, spices, or flowers), and coffee, try making your own herb- and fruit-flavored waters. Recall that the process of wheat and grain withdrawal can involve loss of water and reversal of inflammation that can lead to dehydration. Therefore, it’s important to increase our intake of fluids, as well as sodium, during the detox process. This is why a modest quantity of sodium is added to our waters as sodium bicarbonate, or baking soda.

Start with either plain (filtered, spring, or distilled) water or Coconut Electrolyte Replacement Water (see previous page). In a 2-litre or larger pitcher or a glass water dispenser you keep on your counter, add 1 teaspoon bicarbonate of soda per litre of water if starting with plain water. (Skip the bicarbonate of soda if you’re starting with Coconut Electrolyte Replacement Water.) Then add:

Lemon Ginger Water: half of a thinly sliced lemon and 1 tablespoon coarsely grated fresh ginger

Cucumber Lime Water: one-quarter of a thinly sliced cucumber and half of a thinly sliced lime

Strawberry Mint Water: 3 to 4 large thinly sliced strawberries and 6 to 8 fresh mint leaves

Adjust the quantity of herbs and fruit to suit the size of your pitcher or dispenser; the quantities listed above will be sufficient for 2 litres of water.

You get the idea. Other flavor possibilities include halved and sliced oranges, quartered and sliced grapefruit, sliced kiwifruit, peach wedges, or fresh basil. If you’d prefer a bit of sweetness, place the fruit in the bottom of the pitcher first, mash lightly to express the juice, and then add the water. Alternatively, you can add a few drops of plain or flavored stevia or liquid monk fruit.

Another variation is to start with a sun tea, which is a tea brewed over several hours of sitting in bright sunlight. (Choose a clear glass container covered with a lid to keep out pests.) Sun tea can be drunk as is over ice or used as the base for one of the herb- or fruit-flavored waters above. Specialty tea shops now sell an astounding variety of delicious flavors that can be brewed as regular tea or sun tea, but using them as the base for herb- and fruit-flavored waters really opens up endless possibilities to suit your personal tastes.

THE WHEAT BELLY FAMILY DETOX



Secret Weapons to Convert Your Family to This Lifestyle

LET'S FACE IT: You may discover levels of health and weight loss that you previously thought unattainable, effortlessly slipping into a new size 8 dress or the old pair of jeans you thought would never fit again, or just feeling and looking better and younger than you have in years . . . but your spouse and family may blow this all off as just another rant, fad, or too much trouble to follow your lead. After all, you're threatening to take away their beloved pizza, pretzels, and beer.

The many thousands of people who have shared their experiences with me and encountered up-front resistance from others report that all it often takes to create believers is for your spouse and family to observe *your* health and weight transformation, your newly found calm and great mood, clear skin, youthfulness, and slenderness, and they will be convinced that they should follow your example and embrace this lifestyle as well. After all, by

following this lifestyle, husbands can lose their bellies and man breasts, rediscover youthful energy, and reverse erectile dysfunction, while kids can increase their attention spans and get better grades, experience freedom from bellyaches and emotional excesses, and reduce or eliminate teenage acne.

But sometimes it takes *more* than that to persuade your spouse and kids that this lifestyle puts them back in control of their appetite, health, and weight without depriving them of familiar foods. As with the hard-hitting, rapid-fire 10-Day Menu Plan in this book, these “Secret Weapons” are new to the Wheat Belly program, fresh and ready to be unbundled and used to your advantage.

The recipes for the Secret Weapons provided in this section therefore can be used to help convert your family to this lifestyle. These Secret Weapons don’t take the form of threatened physical violence or passive-aggressive withholding of favors, but instead are irresistible wheat- and grain-free recipes for foods such as

JENNIFER, 48, homemaker, Connecticut

“I felt great for the first 3 or 4 days. I thought I was going to be one of the lucky ones who escapes all symptoms. But then, for the next 3 days, I felt like I got hit by a truck. Really low energy, headaches and fogginess, and irritability. It was ugly and I was discouraged. About midway through Day 8, it all lifted and I felt great—energized, focused, ready to go. It was worth waiting for!

“To relieve my headaches, I took over-the-counter pain relievers. Other than that, I tried to get plenty of rest and drank a ton of water.

“My husband has noticed that I’ve lost weight, and when I was out with some girlfriends, they told me my skin looked great. I didn’t have any makeup on, and they were unaware of my detox, so that was nice!”

Jennifer lost 7.8 pounds with her detox experience, along with an impressive 6.25 total inches lost off her measurements.

Deep-Dish Pepperoni Pizza, Peanut Butter Cookies, and other great persuaders, all created to be safe and consistent with this lifestyle. All of these recipes are also safe for you to include during or after your 10-day detox experience since they are consistent with the Wheat Belly lifestyle. You can, for instance, use any of the dishes in our Secret Weapon arsenal as a substitute for any of the dishes in the 10-Day Menu Plan (except for Detox Shakes, which provide prebiotic fibers).

WHEAT BELLY: GREAT PERSUADERS

Many people do not want to engage in this lifestyle if they (1) do not appreciate the magnitude of health benefits that develop, (2) believe that food will become dull and tasteless and that many former indulgences will be banished, and (3) fear that, by following this lifestyle, their entire lives will become boring, colorless failures with all their friends vacating the scene.

You now understand that the elimination of wheat and grains is unmatched in its potential to help children as well as adults regain health and normal weight, while also the furthest thing from dull. Recall that, minus the taste-distorting effect of wheat and grains, foods actually *taste better* than they did before you undertook your detox, a reflection of the tongue-to-colon recovery of gastrointestinal health. It's not uncommon, for instance, for kids who formerly hated broccoli or Brussels sprouts to begin *loving* them.

Despite your epiphany, you may be encountering the skeptical looks of family who have watched you attempt (and fail) other diets and fads in the past, and who dismiss this as just another passing whim that you will soon fail at and forget. So maybe you don't even tell the family that they are eating wheat- and grain-free. (They may have observed your frantic clearing of the cupboards and refrigerator of all things wheat and grains, but they

may not appreciate that a specific dish conforms to your new lifestyle.) Just serve these unique dishes and let them tell you how terrific they smell and taste and how satisfying they are. Tell them to eat more pizza and cheesecake, *then* reveal your secret!

Following are a handful of recipes for what I call the Great Persuaders, or what you and I might secretly call the Great Grain Dissuaders, since after just one taste, the eater will understand that deprivation is not a requirement to enjoy the benefits of this lifestyle. Some are sweet, others are savory: Choose the ones that you believe will pack the greatest punch at those Wheat Bellies in the family—during the 10-day detox and beyond.

BUFFALO CHICKEN WINGS

Is the path to the heart paved in game-time goodies? Maybe so, so here is an option to help please those engaged in Saturday Night Football while staying true to your wheat- and grain-free lifestyle.

Be sure to choose a safe mayonnaise for the blue cheese dressing, one free of wheat flour and cornflour, as well as other unhealthy additives. As a time-saver, you can purchase a blue cheese dressing that doesn't contain any undesirable ingredients.

Makes about 6 servings (4 wings each)

WINGS

125 g (4½ oz) butter, melted
9 tablespoons hot-pepper sauce
2 tablespoons white or apple cider vinegar
1 teaspoon sea salt
1.35 kg (3 lb) chicken wings

BLUE CHEESE DRESSING

250 g (9 oz) mayonnaise
115 g (4 oz) crumbled blue cheese
250 g (9 oz) sour cream
½ teaspoon sea salt
Celery and/or carrot sticks (optional)

To make the wings: In a small bowl, combine the butter, hot sauce, vinegar, and salt. Mix well. Reserve 3–4 tablespoons and set aside. Pour the remaining marinade into a large bowl. Add the wings and toss to coat with the marinade. Marinate in the refrigerator for 60 minutes, turning occasionally.

To make the dressing: Meanwhile, in a small bowl, combine the mayonnaise, blue cheese, sour cream, and salt. Mix well. Refrigerate until serving.

Place an oven rack approximately 20 cm (8 in) from the grill. Preheat the grill. Cover a rimmed baking sheet with foil. Arrange the wings on the baking sheet with space between each wing. Grill for 14 to 16 minutes, turning once, or until the wings are crispy. Watch the wings closely to avoid burning.

Transfer the wings to a serving plate and spread the reserved hot sauce mixture over the top. Serve with the blue cheese dressing and celery and/or carrot sticks, if using.

Per serving: 893 calories, 42 g protein, 2 g carbohydrates, 79 g total fat, 24 g saturated fat, 0 g fiber, 1,301 mg sodium

CHICAGO-STYLE DEEP-DISH PEPPERONI PIZZA

Here's a real winner in the Wheat Belly lifestyle—a thick, luscious Chicago-style pizza that is virtually guaranteed to wow the family.

Even more than with conventional pizza crusts, it is important to use a thick pizza sauce to minimize water that can otherwise yield a soggy crust. If your sauce is too thin, simmer it over low heat for at least 30 minutes, stirring occasionally, to remove the excess moisture.

We use a cast-iron or other ovenproof frying pan in this recipe, but a deep-dish pizza pan works well, too.

Makes 4 servings

200 g (7 oz) ground almonds/flour	120 ml (4 fl oz) extra-virgin olive oil, divided
½ teaspoon sea salt	60 ml (2 fl oz) water
1 teaspoon dried basil	1 small onion, finely chopped
2 teaspoons dried oregano	1 small pepper, chopped
150 g (5 oz) shredded mozzarella cheese, divided	400 g (14 oz) pizza sauce
2 eggs	110 g (4 oz) pepperoni, sliced

Preheat the oven to 190°C/375°F/Gas mark 5.

In a medium bowl, combine the ground almonds/flour, salt, basil, oregano, and half of the cheese. In a small bowl, whisk the eggs with 2 tablespoons of the olive oil. Stir in the water.

Pour the egg mixture into the ground almonds/flour mixture and mix thoroughly. Set aside.

In a 25.5 cm (10 in) diameter cast-iron or other ovenproof frying pan over medium-high heat, heat 1 tablespoon of the olive oil. Cook the onion and pepper for 3 minutes, or until the onion is translucent. Remove from the heat and transfer the onion mixture to a bowl. Pour off and discard any liquid from the bowl.

CHICAGO-STYLE DEEP-DISH PEPPERONI PIZZA – *continued.*

Allow the frying pan to cool for several minutes. When cooled, grease the frying pan with about 1 tablespoon of the olive oil. Use a spatula or large spoon to press the reserved dough evenly into the pan, tracking up the sides at least 2.5 cm (1 in). Bake for 15 minutes.

Remove the crust from the oven and top with the pizza sauce, onion and pepper mixture, pepperoni, and the remaining cheese. Drizzle with the remaining olive oil. Bake for 10 minutes, or until the cheese is melted.

Per serving: 938 calories, 32 g protein, 22 g carbohydrates, 80 g total fat, 15 g saturated fat, 9 g fiber, 1,092 mg sodium

MOZZARELLA CHEESE STICKS

For the sake of long-term family health and harmony, we are going to break one of our long-standing Wheat Belly lifestyle rules and allow a moment of deep-frying—but it’s for a good cause!

The key with fried mozzarella sticks is to not let the cheese begin to liquefy from the hot oil. I’ve specified 30 seconds of frying time in the recipe, but be prepared to cut back just a bit. Each stick should emerge lightly browned, with its “bread-ing” intact and the cheese a little floppy but not outright liquid.

Makes 12

Coconut oil, avocado oil, or lard	1 teaspoon garlic powder
2 eggs	350 g (12 oz) block of mozzarella cheese, cut into 12 sticks
100 g (3½ oz) ground almonds/flour	185 g (6 oz) tomato sauce (optional)
1½ tablespoons grated Parmesan cheese	
2 teaspoons dried oregano	

In a small frying pan wide enough to accommodate the length of the cheese sticks, pour the oil deep enough to cover the cheese. Heat to 190°C/375°F/ Gas mark 5.

Meanwhile, in a medium bowl, whisk the eggs. In another medium bowl, combine the ground almonds/flour, Parmesan, oregano, and garlic powder. Mix well.

Using tongs, roll a cheese stick in the eggs, then the ground almonds/flour mixture. Fry for about 30 seconds, or until lightly browned. Transfer to a plate lined with kitchen paper to drain (this will preserve crispness). Repeat with each cheese stick.

Serve plain or with tomato sauce for dipping.

Per serving (1 stick): 154 calories, 9 g protein, 3 g carbohydrates, 12 g total fat, 5 g saturated fat, 1 g fiber, 225 mg sodium

PEANUT BUTTER COOKIES

Use the perennial favorite of kids (and husbands), peanut butter, to win them over to your grain-free side.

For an extra-special treat, dip half of each cookie into melted 85% cacao chocolate.

Makes 20

100 g (3 ½ oz) ground almonds/flour	500 g (1 lb 2 oz) unsweetened natural peanut butter, at room temperature
60 g (2½ oz) finely chopped walnuts	
1 teaspoon ground cinnamon	125 g (4½ oz) butter or coconut oil, melted
Sweetener equivalent to 170 g (6 oz) sugar	1 tablespoon molasses
2 eggs	1 teaspoon vanilla extract

Preheat the oven to 180°C/350°F/Gas mark 4. Line a baking sheet with parchment paper.

In a large bowl, combine the ground almonds/flour, walnuts, cinnamon, and sweetener. Mix well. In a medium bowl, whisk the eggs. Add the peanut butter, butter or coconut oil, molasses, and vanilla and stir thoroughly.

Pour the peanut butter mixture into the ground almonds/flour mixture and mix thoroughly.

Spoon the dough onto the baking sheet in approximately twenty 4–5 cm (1½ in to 2 in), 2 cm (¾ in) high mounds, pressing and shaping with a large spoon. Bake for 15 minutes, or until very lightly browned.

Per serving (1 cookie): 264 calories, 8 g protein, 8 g carbohydrates, 23 g total fat, 5 g saturated fat, 2 g fiber, 146 mg sodium

KEY LIME TRUFFLES

These bite-size morsels burst with the flavor of limes. Serve them after dinner or leave them out for a snack, and they will bring any Wheat Belly naysayers to their knees.

Makes 24

240 g (8 oz) shredded unsweetened coconut	½ teaspoon ground cardamom (optional)
Sweetener equivalent to 230 g (8 oz) sugar	2 tablespoons lime juice
2 egg whites	2 teaspoons grated lime peel
225 g (8 oz) cream cheese (preferably organic), at room temperature	

Preheat the oven to 150°C/300°F/Gas mark 2. Line a baking sheet with parchment paper.

In a large bowl, combine the coconut and sweetener and toss to mix thoroughly.

In another bowl, using an electric mixer on high speed, whip the egg whites until stiff peaks form. With the mixer on low speed or by hand, gently stir in the cream cheese, cardamom (if using), and lime juice. Pour the egg white mixture into the coconut mixture and mix well.

With a 2.5 cm (1 in) cookie scoop or a large spoon, scoop the mixture onto the baking sheet in 24 mounds. Sprinkle lime zest over the top of each truffle. Bake for 20 minutes, or until the truffles just begin to brown.

Per serving (1 truffle): 142 calories, 2 g protein, 4 g carbohydrates, 13 g total fat, 10 g saturated fat, 2 g fiber, 41 mg sodium

AMARETTO TRUFFLES

If you love the almond flavor of the popular liqueur amaretto, you will love these melt-in-your-mouth Amaretto Truffles. There is no alcohol, of course, so these tasty treats are appropriate for kids as well as adults. They're heavenly with coffee or hot tea.

Makes 16

240 ml (8 fl oz) whipping cream or canned coconut milk (see note)	60 g (2½ oz) slivered almonds
120 g (4 oz) shredded unsweetened coconut	Sweetener equivalent to 55 g (2 oz) sugar
	1 teaspoon almond extract

In a large bowl, whisk the cream or coconut milk until stiff peaks form. With a spoon, gently stir in the coconut, almonds, sweetener, and almond extract.

With a cookie scoop or spoon, scoop the mixture onto a plate in 16 mounds and shape as desired. Refrigerate for at least 1 hour before serving.

Note: *If using canned coconut milk, refrigerate it for several hours first, then use only the solid that separates, saving the remaining water for other uses such as making Coconut Electrolyte Replacement Water (page 57).*

Per serving (1 truffle): 150 calories, 2 g protein, 4 g carbohydrates, 14 g total fat, 10 g saturated fat, 2 g fiber, 9 mg sodium

DARK CHOCOLATE COCONUT CLUSTERS

If you're prone to chocolate attacks, here is your solution. You and your family will be pleasantly surprised that such rich candies fit into a healthy lifestyle.

Use the darkest chocolate you can to minimize sugar exposure, preferably 85, 90, or even 100% cacao. (Depending on the cacao content, you'll just have to compensate with greater reliance on your choice of sweetener.)

If you replace the liquid stevia or monk fruit sweetener with a crystalline or solid sweetener, you may have to reduce it to the consistency of icing sugar by pulsing it in your food chopper or processor before adding it to the recipe. Otherwise, you could encounter a gritty consistency from the sweetener crystals.

Makes 10

225 g (8 oz) chocolate (85% cacao or greater)	40 g (1½ oz) whole almonds
30 g (1 oz) shredded unsweetened coconut	Liquid stevia or monk fruit to taste (optional)

Lay out 10 cupcake liners.

In a small microwaveable bowl, break the chocolate into fragments.

Microwave on high power in 20-second increments, stirring after each interval. Alternatively, you can use a double boiler.

Stir in the coconut and almonds. Add sweetener to taste, if using. Evenly divide among the cupcake liners.

Cool in the refrigerator for at least 30 minutes before serving.

Per serving (1 cluster): 188 calories, 3 g protein, 12 g carbohydrates, 14 g total fat, 8 g saturated fat, 3 g fiber, 6 mg sodium

STRAWBERRIES 'N' CREAM MINI CHEESECAKES

All doubts over how delicious a wheat-free lifestyle can be will crumble with these irresistible mini cheesecakes served for dessert or a snack. They are also great packed into a lunch.

Makes 12

CASE

200 g (7 oz) ground almonds/flour
Sweetener equivalent to
1 tablespoon sugar
1 teaspoon ground cinnamon
60 ml (2 fl oz) coconut oil or butter,
melted

FILLING

350 g (12 oz) cream cheese
(preferably organic), at room
temperature
225 g (8 oz) sour cream, Greek
yogurt, or canned coconut milk
3 eggs
Sweetener equivalent to 170 g (6 oz)
sugar
400 g (14 oz) strawberries, chopped
or reduced to a pulp in a food
chopper or processor
30 g (1 oz) shredded unsweetened
coconut

Preheat the oven to 180°C/350°F/Gas mark 4. Place paper liners in a 12-cup muffin tin.

To make the case: In a large bowl, combine the ground almonds/flour, sweetener, cinnamon, and coconut oil or butter. Mix thoroughly. Evenly divide among the paper liners. Press flat with a spoon or your fingers. If the mixture is too crumbly or sticky to work with, chill it in the refrigerator for 20 to 30 minutes first, then press firmly with a spoon. Set aside.

To make the filling: In a large bowl, combine the cream cheese; sour cream, yogurt, or coconut milk; eggs; sweetener; and strawberries. Using an electric mixer, blend thoroughly. Evenly divide among the crusts. Bake for 25 minutes, or until lightly browned.

Sprinkle the top of each cheesecake with some of the coconut.

Per serving (1 cheesecake): 338 calories, 8 g protein, 10 g carbohydrates, 31 g total fat, 15 g saturated fat, 3 g fiber, 132 mg sodium

1-MINUTE BLUEBERRY ICE CREAM

I recognize that our effort to get away from processed food products and return to real, single-ingredient foods involves time and effort. Here is a way to make your own ice cream that requires almost no effort. Note that, for this time-saving shortcut to work, the blueberries must be frozen. And, as always, adjust the quantity of sweetener to the tastes of your family, depending on how far along the wheat-free process they have progressed.

Add a green, unripe banana to the mix if you want to add about 27 grams of prebiotic fibers to the treat.

Makes 4 servings (2 cups)

240 ml (8 fl oz) double or whipping
cream or canned coconut milk

Sweetener equivalent to
1 tablespoon sugar

155 g (5½ oz) frozen blueberries

½ teaspoon vanilla extract

In a blender, combine the whipping cream or coconut milk, blueberries, sweetener, and vanilla. Blend until the mixture thickens.

Per serving (½ cup): 229 calories, 1 g protein, 7 g carbohydrates, 22 g total fat, 14 g saturated fat, 1 g fiber, 23 mg sodium

HOMEMADE IRISH CREAM

How about surprising your spouse with an after-dinner Irish Cream digestif served as is or in coffee? Here is how you re-create the popular liqueur without sugar or dairy products. If you'd like, sprinkle the top with shaved dark chocolate just before serving.

Makes 8 servings (2 cups)

3 eggs (see note)	1 tablespoon instant coffee granules
1 can (400 g/14 oz) coconut milk	½ teaspoon ground cinnamon
3½ tablespoons unsweetened cocoa powder	240 ml (8 fl oz) unflavored rum
Sweetener equivalent to 115 g (4 oz) sugar	

In a blender, combine the eggs, coconut milk, cocoa, sweetener, coffee granules, cinnamon, and rum. Blend until well combined.

Store any leftovers in an airtight container in the refrigerator.

Note: *If you're concerned about the safety of raw eggs, consider using pasteurized eggs.*

Per serving (¼ cup): 202 calories, 4 g protein, 4 g carbohydrates, 13 g total fat, 10 g saturated fat, 1 g fiber, 34 mg sodium

WHEAT BELLY DETOX WINNING LUNCHES

Lunches provide a special challenge, since most of us have become accustomed to bringing something portable to the workplace or classroom that can be delivered to the mouth with a food delivery “device,” such as sandwich bread or a pita. While one solution can be to get away from such notions, carrying soup in a thermos, for instance, we can also re-create portable yet healthy alternatives that will please the kids and spouse if they carry their lunches. It can be especially helpful to have some divided plastic lunch containers or bento box sets to fill with a variety of foods.

I didn’t specifically address this issue in previous *Wheat Belly* books, and readers have told me that they did a fair amount of searching for alternatives to conventional lunches. I therefore provide some easy, healthy lunch solutions here. As with all other recipes in your Secret Weapon arsenal, all the lunches provided here are consistent with the Wheat Belly detox, as well as a long-term Wheat Belly lifestyle, and can therefore be used to replace any of the lunches (or other meals, though not your Detox Shakes) in the Menu Plan. You can therefore use any of these recipes to create your own portable lunches during your detox experience, and you can also use them to pack lunches for the family.

Any sandwich can, of course, be re-created using the Wheat Belly Herbed Focaccia Bread (see page 18). That alone opens up a world of possibilities, such as Reuben sandwiches, BLT sandwiches, ham and Swiss cheese sandwiches, and egg salad sandwiches. To save on time and effort, you can make a double batch of Focaccia Bread on the weekend; if you store it in the refrigerator, it will last for several days. Some of the recipes provided in your 10-Day Menu Plan can be used as packed lunches,

such as the “Potato” Salad, Apricot Ginger “Granola,” Cream of Broccoli Soup, leftover Italian Sausage and Pepper Pizza, Mediterranean “Pasta” Salad, and Roasted Brussels Sprouts and Ham Fry-Up. The Detox Snack Balls are also perfect to pack for lunch. Always consider any breakfast or dinner leftovers as a lunch possibility, also.

Here are a number of other possibilities for quick, easy-to-prepare, and tasty alternatives for lunch that will help keep your kids and spouse—as well as you—on track.

TURKEY-WRAPPED PICKLES AND OLIVES. Slice a pickle in half lengthwise, wrap it in a slice of turkey meat, place an olive on top, and fix the entire stack with a wooden pick. Pack several for each lunch.

HARD-BOILED EGGS OR DEVILED EGGS. Hard-boiled or deviled eggs are perfect to pack for lunch. Also consider other egg-based dishes for lunch. For example, whenever you prepare a frittata, save the leftovers for lunches.

CHEESE. Cheeses, cut up into squares, are perfect finger foods to pack. Always look for organic *full-fat*, not skim, reduced, or low-fat.

SLICED FRUIT AND RAW VEGGIES. Kids have more leeway in their tolerance to the sugars from fruit, so sliced apples, pears, peaches, orange wedges, and other fruit easily fit into their diets. (If packing your own lunch, however, stick with berries. If you pack other fruits, such as an apple or peach, don’t forget to adhere to our 15 gram net carb cutoff in order not to booby-trap your detox program.) Pack some into one of their lunch container compartments. Likewise, sliced celery, green peppers, carrots, cucumbers, and broccoli are among the choices for portable veggies. If you pack sliced fruit, consider adding a dab of peanut butter, almond butter, or other nut butter for dipping. For veggies, consider including some hummus, guacamole, ranch dressing, or salsa.

NUTS AND SEEDS. Nuts and seeds figure fairly prominently in the Wheat Belly lifestyle, and fortunately, they easily fit into packable lunches (provided that nuts are not prohibited at your child's school). Some raw or dry-roasted almonds, walnuts, pecans, macadamia nuts, pistachios, Brazil nuts, or hazelnuts in one of the lunch box compartments can be an easy and filling finger food.

HEALTHY BEVERAGES. You can find stainless steel water bottles decorated for kids in most department stores. (Avoid plastic bottles.) Fill them with a healthy drink such as homemade chocolate milk (sweetened with stevia drops), fruit-infused water, or almond or coconut milk.

SOME ADDITIONAL KID-FRIENDLY LUNCH RECIPES

CHICKEN NUGGETS

Pack these Chicken Nuggets plain or with some ketchup, honey mustard, or your child's favorite salad dressing (the least sugary option!) for dipping.

Makes 4 servings

450 g (1 lb) boneless, skinless
chicken breasts

2 eggs

125 g (4½ oz) butter, melted

65 g (2½ oz) ground golden flaxseeds

25 g (1 oz) grated Parmesan cheese

½ teaspoon onion powder

Preheat the oven to 190°C/375°F/Gas mark 5. Line a baking sheet with parchment paper.

Cut the chicken into bite-size pieces.

In a small bowl, whisk the eggs and butter. In a shallow bowl, combine the flaxseeds, cheese, and onion powder. Mix well.

Coat each chicken piece in the egg mixture, then roll in the flaxseed mixture and transfer to the baking sheet.

Bake for 20 minutes, turning once, or until no longer pink and the juices run clear.

Per serving: 451 calories, 32 g protein, 5 g carbohydrates, 34 g total fat, 17 g saturated fat, 4 g fiber, 446 mg sodium

FRANKS 'N' BEANS

I've loosened the carbohydrate limit just a bit for the kids once again, since they tolerate carbs better than us big kids. Still, these Franks 'n' Beans will be heavier on the franks, lighter on the beans, but still tasty—certainly tastier than something out of a can or a frozen dinner.

Makes 4 servings

2 teaspoons butter or extra-virgin olive oil	2 tablespoons molasses
1 medium onion, chopped	1 teaspoon yellow mustard
3 rashers bacon, chopped into 1 cm (½ in) pieces	2 tablespoons tomato purée
1 can (425 g/15 oz) pinto beans with or without pork	450 g (1 lb) nitrate- and preservative-free frankfurters, sliced into 2.5 cm (1 in) pieces

In a large frying pan over medium-high heat, heat the butter or olive oil. Cook the onion and bacon for 3 minutes, or until the onion is translucent and the bacon is cooked through. Stir in the pinto beans, molasses, mustard, tomato purée, and frankfurters. Reduce the heat to low and simmer for about 5 minutes, stirring occasionally, or until heated through.

Per serving: 446 calories, 22 g protein, 27 g carbohydrates, 27 g total fat, 10 g saturated fat, 7 g fiber, 609 mg sodium

“MAC” ’N’ CHEESE

This “Mac” ’n’ Cheese will need to be reheated when served. You can pack it in a microwaveable container (provided your child is reliable enough to bring it back home) or just save it for a weekend lunch.

Makes 4 servings

1 head cauliflower, broken into florets and cut into 2.5 cm (1 in) pieces	120 ml (4 fl oz) double cream 1 teaspoon dry mustard
¼ cup butter	
375 g (13 oz) shredded Cheddar cheese	

Preheat the oven to 160°C/325°F/Gas mark 3.

Place a steamer basket in a large pot with 5 cm (2 in) of water. Bring to a boil over medium-high heat. Place the cauliflower in the basket, cover, and steam for 15 to 20 minutes, or until soft.

Meanwhile, in a large ovenproof frying pan over low heat, heat the butter, cheese, cream, and mustard, covered, stirring occasionally, for 10 minutes, or until the cheese is melted.

Transfer the cauliflower to the cheese mixture and mix well. Bake, uncovered, for 20 minutes, or until the top is lightly browned.

Per serving: 586 calories, 25 g protein, 9 g carbohydrates, 51 g total fat, 32 g saturated fat, 3 g fiber, 683 mg sodium

PIZZA ROLL-UPS

These little Pizza Roll-Ups are deceptively filling, even if only 1 or 2 fit into your child's lunch container. For a more pronounced tomato flavor, add more sun-dried tomatoes. Those soaked in olive oil work best (rather than dried).

Makes 4 servings

200 g (7 oz) ground almonds/flour	60 ml (2 fl oz) extra-virgin olive oil
225 g (8 oz) shredded mozzarella cheese, divided	1 teaspoon dried oregano
40 g (1½ oz) sun-dried tomatoes, finely chopped	1 teaspoon dried basil
2 eggs	50 g (2 oz) pepperoni, thinly sliced

Preheat the oven to 180°C/350°F/Gas mark 4. Line a baking sheet with parchment paper.

In a large bowl, combine the ground almonds/flour, two-thirds of the cheese, and the sun-dried tomatoes.

In a small bowl, whisk the eggs. Stir in the olive oil. Pour the egg mixture into the ground almonds/flour mixture and mix thoroughly until a thick dough forms.

Spread the dough out on the baking sheet to form an approximately 25 × 25 cm (10 × 10 in) square no more than 1 cm (½ in) thick. (Dip your hands in oil or water to make spreading the dough easier.) Sprinkle the oregano and basil over the top. Arrange the pepperoni and then the remaining cheese over the top.

Carefully roll the dough, lifting the parchment paper from 1 end to start. Repair any tears by hand. Bake for 22 minutes, or until lightly browned.

Allow to cool for 5 minutes before slicing into 2.5 cm (1 in) thick slices.

Per serving: 728 calories, 30 g protein, 13 g carbohydrates, 62 g total fat, 12 g saturated fat, 7 g fiber, 557 mg sodium

TRAVEL AND ENTERTAINING

As we've discussed, you ideally conduct the 10 days of your detox while at home and not traveling, or at least limit travel to short day trips so that you maintain access to your own kitchen. However, should you need to travel during your detox, or desire some additional dishes after the detox period is over, maintaining a healthy wheat- and grain-free lifestyle is entirely doable. Here are some additional ideas for foods to take along with you while traveling, as well as dishes that can be useful for entertaining, even if those you are entertaining are not following this lifestyle.

Staying true to this lifestyle means ordering carefully at restaurants by choosing simple dishes such as a steak or baked fish rather than complex dishes with breading, sauces, and reductions. Even though most "gluten-free" ingredients are incompatible with the Wheat Belly lifestyle, be aware that a growing number of restaurants are serving (or at least trying to serve) gluten-free choices, and it can be helpful to play this gluten-free game. Be careful here, though: Avoid gluten-free breads, rolls, pizza, and sandwiches, as the quantity of gluten-free cornflour, potato flour, tapioca starch, and rice flour required to create these foods will reverse many of the benefits you've obtained with this lifestyle. But if, say, you request a salad or baked fish that is gluten-free (without croutons or breading), then you are likely safe, as any quantity of gluten-free ingredient is likely to be very small or negligible.

The Apricot Ginger "Granola" from the Menu Plan makes a perfect travel snack packed in resealable plastic bags or plastic containers. The Snack Balls and portable versions of the Fat Blasters on pages 47–53 also make easy-to-take-along snacks for traveling, as do many of the dishes provided as the Great Persuaders, such as the Strawberries 'n' Cream Mini Cheesecakes, Peanut Butter Cookies, Key Lime or Amaretto Truffles, and Dark Chocolate Coconut Clusters. Simply pack them in a resealable plastic

container or carefully pack them in plastic wrap and keep them chilled in a cooler. The Jumbo Gingerbread Nut Muffins from the recipe in the Menu Plan are also great for travel, if packed carefully. The recipe can be altered by using conventional, rather than jumbo, muffin pans to make standard-size muffins that are easier to carry in, say, your purse or carry-on luggage.

You will also find that most of the Great Persuaders can double as useful dishes for entertaining. Your grain-consuming friends are unlikely to notice that your Chicago-Style Deep-Dish Pepperoni Pizza, Strawberries 'n' Cream Mini Cheesecakes, or Amaretto Truffles are free of all problem ingredients (though they may notice that your dishes are unusually filling and, unlike eating elsewhere, do not result in weight gain). Likewise, many of the dishes provided in the 10-Day Menu Plan can easily be served as meals for entertaining, such as the Chorizo, Pepper, and Avocado Fry-Up served for brunch, or Bacon-Topped Meat Loaf with Mushrooms and Gravy or the Pork Thai Stir-Fry for dinner.

You can also convert many of your own favorite recipes to safe versions by adhering to the Wheat Belly Detox guidelines of using no wheat or other grains, with each serving providing no more than 15 grams net carbohydrates, and including no other problem ingredients such as added sugar, excessive use of sweeteners like honey, or unhealthy oils such as corn oil. Almond meal or flour, for example, can be substituted for conventional flour; a mixture of ground golden flaxseeds and grated Parmesan cheese can be used as “breeding” on meats; and stevia or monk fruit can be used in place of sugar. A bit of trial and error may be involved, however, to get the proportions and cooking times right, as most recipes cannot be re-created with an ingredient-for-ingredient, grams for grams swap but instead require some adjustments. Nonetheless, very few dishes cannot be converted to healthier versions. (Also, see the *Wheat Belly Cookbook* and

Wheat Belly 30-Minute (or Less!) Cookbook for oodles of recipes that are useful for entertaining, as well as additional kid-friendly recipes, in which proportions and cooking times have already been worked out.)

In a world of unsafe, unhealthy processed foods, finding snack foods that are safe is a perennial challenge for us. Here are fun and tasty snacks that are easily portable to take with you while traveling. While plain raw or dry-roasted nuts can be carried as is, after that habit gets old, here are some new alternatives to carry with you when you are in an airport or during long car rides. These recipes can also be served anytime that you and your family want a snack that you can eat without worrying about negative health implications or going off your detox program.

Some safe snacks include:

- Cheese: Simply cut it into cubes and store them in a plastic container.
- Nut butters: These can be purchased in single-serve packets. Avoid purchasing those with added sugars or other unhealthy ingredients.
- Jerky: Look for the brands with the least sugar and no wheat or cornflour, of course.
- Dark chocolate: Preferably, choose varieties that are 85 percent cacao or greater.

If you are into dehydrating foods, dehydrated apples, peaches, bananas, and other fruit make excellent snacks. While fresh fruit is high in sugar, sliced dehydrated fruit tends to be consumed in much smaller quantities and is therefore a safe choice.

For even greater variety, here are a few recipes for portable snacks, or snacks that can be served to guests even if they do not engage in the same lifestyle as you. As with all of the other recipes provided here and elsewhere in this book, these snacks fit into your 10-day detox program, as well as afterward.

BERRY COCONUT CRUNCH MIX

This wonderfully easy snack provides a unique, tasty flavor and travels easily, while also looking exotic and delicious as a light snack for entertaining.

Look for the dehydrated berries in health food shops. You could, of course, dehydrate berries yourself and save considerably on cost.

Makes 8 servings

60 g (2½ oz) dehydrated cranberries,
strawberries, blueberries, or
other berries

60 ml (2 fl oz) coconut oil, melted
Sweetener equivalent to
115 g (4 oz) sugar

220 g (7 oz) unsweetened coconut
flakes

Preheat the oven to 140°C/275°F/Gas mark 1.

In a food chopper or food processor, pulse the dehydrated berries until they're reduced to powder and small fragments.

In a large bowl, combine the powdered berries, coconut flakes, coconut oil, and sweetener. Mix thoroughly.

Spread the mixture in a shallow baking pan and bake for 14 to 16 minutes, stirring once, or until very lightly browned. Be careful not to allow the coconut to burn.

*Per serving: 391 calories, 3 g protein, 13 g carbohydrates, 36 g total fat,
31 g saturated fat, 6 g fiber, 14 mg sodium*

DARK CHOCOLATE-DIPPED COCONUT MACAROONS

Carry a few of these rich macaroons on trips to fill you and your family up. Or serve them to family and friends as a light dessert after a meal. You should hear no complaints about missing candy bars or ice cream!

Makes 8

3 egg whites	Sweetener equivalent to
120 g (4 oz) shredded unsweetened coconut	115 g (4 oz) sugar
	110 g (4 oz) chocolate (85% cacao or greater), broken into pieces

Preheat the oven to 180°C/350°F/Gas mark 4. Line a baking sheet with parchment paper.

In a large bowl, using an electric mixer on high speed, beat the egg whites until stiff peaks form. Gently fold the coconut and sweetener into the egg white mixture.

Scoop the mixture onto the baking sheet to form 8 mounds. Bake for 15 minutes, or until golden and slightly firm to the touch. Allow to cool.

Meanwhile, in a small microwaveable bowl, microwave the chocolate on high power in 15-second increments, stirring after each interval, until melted. Alternatively, melt the chocolate in a double boiler. Carefully dip the bottom third of each macaroon into the chocolate and place back on the parchment paper to cool.

Per serving (1 macaroon): 254 calories, 4 g protein, 13 g carbohydrates, 21 g total fat, 16 g saturated fat, 4 g fiber, 30 mg sodium

CHOCOLATE CRACKERS

Making your own crackers involves a bit of work, certainly more than tearing open a package of Ritz crackers and dipping in. But these delicious crackers dipped in dark chocolate are well worth it.

If you're packing the crackers for traveling, keep them cool so that the chocolate doesn't melt. I've specified 85% cacao chocolate, but you can add additional liquid sweetener, such as liquid stevia or monk fruit, to sweeten it up if, say, kids will be eating them.

Makes approximately 24

200 g (7 oz) almond flour	2 eggs
30 g (1 oz) coconut flour	120 ml (4fl oz) coconut, almond, or hemp milk
Sweetener equivalent to 115 g (4 oz) sugar	2 teaspoons vanilla extract
½ teaspoon sea salt	60 g (2½ oz) butter, cold and sliced
1 teaspoon ground cinnamon	110 g (4 oz) chocolate (85% cacao), broken into pieces
1 teaspoon bicarbonate of soda	

Line a baking sheet with parchment paper.

In a large bowl, combine the almond flour, coconut flour, sweetener, salt, cinnamon, and bicarbonate of soda. Mix well.

In a cup or small bowl, whisk the eggs. Add the milk and vanilla and mix well. Add the egg mixture to the almond flour mixture and mix thoroughly. Cut in the butter using a pastry blender or fork. Form into a large ball, wrap in clingfilm, and refrigerate for 30 minutes.

Preheat the oven to 180°C/350°F/Gas mark 4.

CHOCOLATE CRACKERS – *continued*.

Place the unwrapped dough on the baking sheet. Flatten to about a 2.5 mm ($\frac{1}{8}$ in) thickness with a rolling pin. (If the dough sticks to the rolling pin, use a second sheet of parchment paper on top and remove it before baking.)

Bake for 30 minutes, or until lightly browned at the edges. Cool. Using a pastry or pizza cutter, cut into desired shapes and sizes.

In a small microwaveable bowl, microwave the chocolate on high power in 15-second increments, stirring after each interval, until melted. Alternatively, melt it in a double boiler and then transfer the melted chocolate to a small bowl. Carefully dip each cracker into the chocolate until half covered, then place on a platter or large plate lined with greaseproof paper. Refrigerate for at least 10 minutes before serving.

Per serving (1 cracker): 120 calories, 3 g protein, 5 g carbohydrates, 10 g total fat, 3 g saturated fat, 2 g fiber, 112 mg sodium

CHIPOTLE CHILLI CRACKERS

Pack these spicy Chipotle Chilli Crackers for your next trip and bring along a small container of hummus, salsa, guacamole, or artichoke dip for dipping. Be sure to examine the label of the chipotle seasoning you choose and avoid those with any problem ingredients, such as “modified food starch.”

Makes approximately 20

130 g (4½ oz) finely ground golden flaxseeds	1 tablespoon chipotle seasoning
50 g (2 oz) grated Parmesan cheese	1 teaspoon onion powder
1 teaspoon sea salt	½ teaspoon cayenne pepper
	300 ml (11 fl oz) water

Preheat the oven to 190°C/375°F/Gas mark 5. Grease a 28 × 20 cm (11 × 8 in) shallow baking pan.

In a large bowl, combine the flaxseeds, cheese, salt, chipotle seasoning, onion powder, and cayenne pepper. Mix well.

Pour in the water and mix *quickly* until just combined. Pour into the baking pan and spread evenly. If the dough begins to firm up before you can spread it, use a large spoon, wetted under hot water if necessary, to spread the dough to a uniform thickness.

Bake for 15 minutes. Turn the oven off but leave the pan in the oven for an additional 30 minutes. Remove from oven and, using a pizza cutter, cut into about 20 crackers.

Per serving (1 cracker): 34 calories, 2 g protein, 2 g carbohydrates, 2 g total fat, 0.5 g saturated fat, 2 g fiber, 167 mg sodium

HOT AND SPICY NUT MIX

Have a glass of water nearby when you eat these nuts. Pack this Hot and Spicy Nut Mix in a resealable plastic bag or plastic container and take it along with you when you travel. It's certainly tastier and a lot less expensive than the nuts sold at airports or other travel shops. If making it for the kids, add cashew fragments to your choice of nuts. (Adult versions should avoid cashews or minimize them due to potentially excessive carbohydrate exposure.)

If you start with whole nuts, you can reduce them to smaller pieces in your food chopper, food processor, or coffee grinder by pulsing briefly.

Makes 16 servings

130 g (4½ oz) raw pumpkin seeds	120 ml (4 fl oz) cup coconut oil, melted
125 g (4½ oz) raw sunflower seeds	1 tablespoon chilli powder
125 g (4½ oz) raw walnut pieces	2 tablespoons hot-pepper sauce
125 g (4½ oz) raw pecan pieces	½ teaspoon sea salt

Preheat the oven to 140°C/275°F/Gas mark 1.

In a large bowl, combine the pumpkin seeds, sunflower seeds, walnuts, pecans, coconut oil, chilli powder, hot sauce, and salt. Toss to mix thoroughly.

Spread the mixture on a large baking sheet. Bake for 20 minutes, stirring once. Cool before serving.

*Per serving: 253 calories, 6 g protein, 5 g carbohydrates, 24 g total fat,
8 g saturated fat, 2 g fiber, 97 mg sodium*

“HONEY” NUT MIX

Here's a slightly sweet nut mix to pack for travel or use as a breakfast cereal. Despite the name, there's no real honey in this recipe, only the taste and feel of it. If you're making it for the kids, add cashew fragments to your choice of nuts. (Adult versions should avoid cashews or minimize them due to potentially excessive carbohydrate exposure.)

If you start with whole nuts, you can reduce them to smaller pieces in your food chopper, food processor, or coffee grinder by pulsing briefly.

Makes 24 servings (6 cups)

1 cup raw pumpkin seeds	1 teaspoon vanilla extract
125 g (4½ oz) raw sunflower seeds	2 teaspoons ground cinnamon
125 g (4½ oz) raw walnut pieces	1 teaspoon ground nutmeg
125 g (4½ oz) raw pecan pieces	½ teaspoon ground cloves
120 ml (4 fl oz) coconut oil, melted	Sweetener equivalent to
120 g (4 oz) shredded unsweetened coconut	2 teaspoons sugar

Preheat the oven to 140°C/275°F/Gas mark 1.

In a large bowl, combine the pumpkin seeds, sunflower seeds, walnuts, pecans, coconut oil, shredded coconut, vanilla, cinnamon, nutmeg, cloves, and sweetener. Toss to mix thoroughly.

Spread the mixture on a large baking sheet. Bake for 20 minutes, stirring once. Cool before serving.

Per serving: 232 calories, 5 g protein, 5 g carbohydrates, 23 g total fat, 10 g saturated fat, 2 g fiber, 4 mg sodium

STILL NOT CONVERTED?

What if you've launched the Wheat Belly Detox Secret Weapons to convert the unconverted, yet they remain stubbornly unconvinced that this lifestyle is the most powerful thing that has come along to reachieve health and weight in, oh, the last 10,000 years?

Well, then you will need the tincture of time. There may be reasons that the people close to you remain resistant: They may be unwilling to confront their addiction to gliadin protein-containing grains and the withdrawal process that follows their elimination; they may—incredibly—still fear that they will be deprived of tasty comfort foods; or they may be reluctant to accept the fact that so much conventional nutritional advice is worthless, even destructive, dashing their faith in advice from “higher” sources.

Preparing dishes consistent with the Wheat Belly lifestyle will usually go unnoticed by most family members. In other words, if you prepared, say, chicken wings or a stir-fry that adheres to the Wheat Belly principles, most family members will simply enjoy the meal and *never even notice*. They may not agree with the dietary approach you are following, but they can certainly enjoy the wonderful foods you prepare.

Secret weapons or no, the most important persuader remains observing *your* success. If they observe you losing, say, 43 pounds without trying, taking on an entirely new physical appearance because you have divorced yourself from the inflammation, water retention, and added pounds of grain consumption, while regaining energy and vigor that you thought you'd lost 20 years earlier, well, how can they *not* notice? They may also observe that you are eating rich, delicious foods without worrying about calories or portion size and not gaining a pound, while they seem to struggle with weight gain, fatigue, and dependence on prescription drugs. Witnessing your transformation and that of anyone else around you who embraces this lifestyle should, over time, open their eyes. *You* are therefore the ultimate secret weapon of persuasion to adopt this empowering lifestyle.

APPENDIX A

Wheat Belly Detox Shopping List

IF YOU WERE to equip your kitchen with just about everything you needed to create the recipes in the Wheat Belly 10-Day Detox Menu Plan, as well as other dishes that fit into a Wheat Belly lifestyle, this is what it would contain. I would not advise you to use this as an actual shopping list, however, as not all ingredients are used in the 10-Day Menu Plan; they are included more as a reference to determine whether an ingredient fits into this lifestyle or not.

Your shopping list, the one you actually bring with you to the grocery store as you proceed through the detox, is best compiled on the day(s) when or immediately preceding the day you will actually make the dishes, to ensure freshness of your ingredients. The day-by-day shopping list follows this more comprehensive list.

- Almond milk, unsweetened
- Baking powder
- Bicarbonate of soda
- Cauliflower
- Cheeses (preferably full-fat, organic)
- Chia seeds
- Chocolate—100% chocolate, 85% cacao or greater
- Chocolate chips, dark
- Cocoa powder, unsweetened
- Coconut, shredded and unsweetened; coconut flakes

Coconut flour
Coconut milk—canned for thickness; carton for drinking
Courgettes
Dried fruit, unsweetened
Extracts—natural almond, coconut, vanilla, and peppermint
Flaxseeds, preferably ground golden
Ground almonds/flour
Ground nuts—ground pecans, walnuts, hazelnuts
Inulin powder
Nut and seed butters—almond butter, peanut butter, sunflower seed butter
Nuts—raw almonds, pecans, walnuts, pistachios, hazelnuts, Brazil nuts; chopped walnuts or pecans for baking
Oils—extra-virgin olive, coconut, organic butter, ghee, avocado, flaxseed, walnut, extra-light olive, nonhydrogenated lard or tallow
Seeds—raw sunflower, raw pumpkin, sesame, and chia
Shirataki noodles (in the refrigerated section)
Spaghetti squash
Sweeteners—liquid stevia, powdered stevia (pure or with inulin, not maltodextrin), monk fruit, powdered erythritol, xylitol

10-DAY MENU PLAN DAY-BY-DAY SHOPPING LIST

Here are the ingredients required if you adhere to the 10-Day Menu Plan as written. Obviously, to save time and effort, shop for several days at a time. The ingredients that are used repeatedly or in more than one recipe are listed at the top as “Frequently Used

Ingredients.” Each day’s shopping list assumes that you have already purchased the frequently used ingredients and that your kitchen is already stocked with common items such as eggs and ground pepper.

Be prepared for greater up-front costs as you discard grain products and restock your kitchen with grain-free, healthy ingredients. Once you stock your shelves and refrigerator and accumulate all the tools you need, the costs will drop.

Frequently Used Ingredients

Ingredients for Detox Shakes—white potatoes, green bananas, inulin powder, unsweetened coconut/almond/hemp milk, coconut oil, raw pumpkin seeds, stevia drops or your choice of safe sweetener, as well as the ingredients for each unique shake (e.g., unsweetened cocoa powder, unsweetened apple purée, unsweetened pineapple chunks)

Coconut oil

Extra-virgin olive oil

Butter, organic

Vinegar—white, apple cider, balsamic

Hot-pepper sauce

Mayonnaise

Gluten-free soy sauce or tamari

Vanilla extract

Almond extract

Coconut milk, canned

Onions

Garlic cloves

Parmesan or Romano cheese, grated

Raw sunflower seeds

Raw pumpkin seeds

Raw almonds, sliced

Raw pecans, chopped or whole

Raw walnuts, chopped or whole

Shredded unsweetened coconut

Ground almonds/flour

Ground golden flaxseeds

Coconut flour

Curry powder

Ground ginger

Onion powder

Ground cinnamon

Ground cloves

Ground nutmeg

Dried rosemary

Dried basil

Dried oregano

Garlic powder

Sea salt

Sweetener—your choice of liquid stevia, powdered stevia,
monk fruit, erythritol, xylitol, inulin, Truvia, Swerve, Wheat-
Free Market Foods Sweetener

DAY 1

Apricot Ginger “Granola”—dried apricots (5), allspice

Cream of Broccoli Soup—chicken stock (1 litre), broccoli (450 g/1 lb)

Italian Sausage and Pepper Pizza—shredded mozzarella cheese (300 g/11 oz), Italian sausages (loose or in casing, 225g/8 oz), red pepper (1), green or yellow pepper (1), pizza sauce (1 cup), crushed red chillies

DAY 2

Berry Coconut Quick Muffin—fresh or frozen mixed berries (55 g/2 oz)

Wheat Belly Herbed Focaccia Bread—shredded mozzarella cheese (150 g/5 oz), black or kalamata olives (80 g/3 oz), sun-dried tomatoes (40 g/1½ oz, preferably in oil)

Aubergine Lasagna—aubergines (2 medium), tomato (marinara) sauce (2 × 375 g/13 oz jars), fresh or dried basil, fresh or dried oregano, ricotta cheese (450 g/1 lb), mozzarella cheese (450 g/1 lb)

DAY 3

Mediterranean “Pasta” Salad—courgettes (450 g/1 lb), cherry tomatoes (225 g/8 oz), cucumber (1 medium), spring onions (5–6), black or kalamata olives (80 g/3oz), pepperoni (225 g/8 oz), fresh or dried basil, fresh or dried oregano

Bacon-Topped Meat Loaf with Mushrooms and Gravy—minced beef (450 g/1 lb), minced pork (450 g/1 lb), carrots (310 g/11 oz shredded), green pepper (1), bacon (4 rashers), button mushrooms (110 g/4 oz), beef stock (240 ml/8 fl oz)

Mashed “Potatoes”—cauliflower (1 large head)

DAY 4

Spicy Italian Frittata—Italian sausages (225 g/8 oz loose or in casing), spinach or kale (60 g/2½ oz), red pepper (1)

Spaghetti with Meatballs—minced beef (700 g/1½ lb), fresh or dried basil, fresh or dried oregano, courgettes (700 g/1½ lb), tomato sauce (2 × 400 g/14 oz)

DAY 5

Curried Chicken Soup—chicken breasts (450 g/1 lb), shiitake mushrooms (110 g /4 oz), chicken stock (1 litre), coriander (2 tablespoons chopped)

Fettucine Alfredo—courgettes (900 g/2 lb), double cream or canned coconut milk (120 ml/4 fl oz)

Chocolate Avocado Pudding—avocados (3 large ripe), unsweetened cocoa powder (60 g/2½ oz), optional fresh berries (110 g/4 oz)

DAY 6

Aubergine Mini Pizzas—aubergine (1 medium), pizza sauce (250 g/9 oz), pepperoni (50 g/2 oz), shredded mozzarella cheese (35 g/1 oz)

Pork Thai Stir-Fry—spring onions (4–5), pork (your choice of cut, e.g., pork chop, loin, ham; 450 g/1 lb), fresh ginger (1 tablespoon grated), broccoli (1 large head), shiitake mushrooms (110 g/4 oz), red curry sauce (1 tablespoon), fish sauce (60 ml/2 fl oz), coriander (2 tablespoons chopped)

DAY 7

Chorizo, Pepper, and Avocado Fry-Up—radishes (450 g 1 lb), spring onions (4), chorizo sausage (350 g/12 oz), green pepper (1), kale or spinach (60 g/2½ oz), avocado (1 large)

Bacon-Wrapped Chicken Breasts Stuffed with Spinach, Mushrooms, and Roasted Red Peppers—chicken breasts (4 breasts, about 900 g/2 lb), portobello mushrooms (110 g/4 oz), roasted red peppers (170 g/6 oz), spinach (120 g/4 oz fresh or 275 g/10 oz frozen), bacon (8 rashers)

DAY 8

Spicy Minestrone—chicken stock (1 litre), chopped tomatoes (400 g/14 oz can), tomato purée (175 g/6 oz can), celery (2 sticks), green beans (225 g/8 oz), pinto beans (425 g/15 oz can), button mushrooms (110 g/4 oz), spinach (120 g/4 oz chopped fresh or 275 g/10 oz frozen chopped), fresh basil (15 g/½ oz)

Prawn Fried “Rice”—cauliflower (1 head), spring onions (5–6), prawns (450 g/1 lb cooked), fresh ginger (1 tablespoon grated), carrots (155 g/5½ oz grated), green pepper (1), fish sauce (2 tablespoons), sesame oil (2 tablespoons)

DAY 9

Jumbo Gingerbread Nut Muffins—all ingredients are in the Frequently Used Ingredients list

Bratwurst with Peppers and Sauerkraut—caraway seeds (1 teaspoon), celery seeds (½ teaspoon), bratwurst or other spicy sausage (450 g/1 lb), green peppers (2), sauerkraut (300 g/11 oz)

“Potato” Salad—turnips (900 g/2 lb), white onion (1), dill pickles (2), Dijon mustard (2 teaspoons), paprika (1 teaspoon)

DAY 10

BLT Wrap—lettuce or spinach (20 g/³/₄ oz), bacon (2 rashers), tomato (1)

Roasted Brussels Sprouts and Ham Fry-Up—Brussels sprouts (450 g/1 lb), portobello mushrooms (110g/4 oz), sweet potato (1 medium), ham (precooked, 350 g/12 oz)

KITCHEN DEVICES

- A spiral-cutting device to create “spaghetti” from courgettes, such as Spirelli, a spiralizer, Veggetti, the Benriner Spiral Cutter, or the Sur La Table Vegetable and Fruit Spiral Slicer.
- A grinding device: While a food processor works great to grind nuts and other foods, cleanup can be a hassle. I use a simple food chopper (KitchenAid sells one, among others) to grind efficiently with quick cleanup. Even a coffee grinder can get the job done with less cleanup.
- A powerful blender: It helps to have a blender with a motor powerful enough to not stall when we make our Wheat Belly Detox Shakes, which include ingredients like a coarsely chopped potato or green banana. A Vitamix handles these ingredients easily. I also used a less powerful NutriBullet, which handled the job without problems.
- Parchment paper: Grain-free baking involves less hassle with quicker cleanup if you use parchment paper to bake pizzas and other dishes.

APPENDIX B

Additional Resources

RECOGNIZE HIDDEN SOURCES OF WHEAT AND GRAINS

You will see from the following lists that grains come in an incredible variety of forms, often hidden as some additive, thickener, or coating. The variety of colorful names can falsely lull you into thinking that no wheat is present: couscous, matzo, orzo, graham, faro, panko, and bran, for example. But all are wheat. A similar situation applies to corn.

Be aware of the potential for grain contamination from utensils, airborne particles, or liquids. Cross-contamination is most problematic for people with extreme gluten sensitivities or an allergy to a grain component. If a food is labeled “gluten-free,” then it should have been prepared in a facility where cross-contamination would not have occurred. Very few restaurants have the ability to avoid cross-contamination, though an increasing number are taking on the challenge as the market for these foods grows.

To qualify as “gluten-free” according to FDA criteria, products must be both free of gluten and produced in a gluten-free facility. The FDA’s cutoff for qualifying as gluten-free is that the food should contain no more than 20 parts per million. This means that, for the seriously sensitive, even an ingredient label that does not list wheat or any buzzwords for wheat such as “modified food starch” can still contain some measure of gluten. When in doubt, contact the customer service department for the product to inquire whether a gluten-free facility was used. More

and more manufacturers are starting to specify whether products are gluten-free or not gluten-free on their Web sites.

Note that “wheat-free” does not equate with “gluten-free” in food labeling. “Wheat-free” can mean, for instance, that barley malt or rye is used in place of wheat, but both are sources of gluten and other grain-sourced contaminants. Also recognize that, even though corn products are often used in gluten-free foods, the zein protein of corn can mimic many of the effects of the gliadin protein of wheat; we therefore avoid all sources of corn.

Here are some not-so-obvious foods that can contain wheat, as well as some wheat-based ingredients in foods that might appear benign. A question mark (?) following an item means it is either variable (some products contain wheat while others do not) or uncertain (given manufacturers’ reluctance or inability to specify the source).

Hidden Sources of Wheat

Baguette

Beignet

Bran

Brioche

Bulgur

Burrito

Caramel coloring (?)

Caramel flavoring (?)

Couscous

Crepe

Croutons

Dextrimaltose

Durum

Einkorn
Emmer
Emulsifiers
Farina
Faro
Focaccia
Fu (gluten in Asian foods)
Gnocchi
Graham flour
Gravy
Hydrolyzed vegetable protein
Hydrolyzed wheat starch
Kamut
Maltodextrin
Matzo
Modified food starch (?)
Orzo
Panko (a bread crumb mixture used in Japanese cooking)
Ramen
Roux (wheat-based sauce or thickener)
Rusk
Rye
Seitan (nearly pure gluten used in place of meat)
Semolina
Soba (mostly buckwheat but usually also includes wheat)
Spelt
Stabilizers
Strudel
Tabbouleh

Tart
Textured vegetable protein (?)
Triticale
Triticum
Udon
Vital wheat gluten
Wheat bran
Wheat germ
Wraps

Hidden Sources of Corn

Identifying sources of corn is also not always so straightforward. While foods like corn on the cob, cornmeal, high-fructose corn syrup, and popcorn are obvious, there are also many hidden or nonobvious sources of corn.

One of the difficulties with corn products is that, in addition to the above sources, there are literally hundreds of common food ingredients derived from corn—such as dextrose, dextrin, maltodextrin, high-fructose corn syrup, fructose, maltitol, polydextrose, ethanol, caramel coloring, and artificial flavorings—that will not be identified as being sourced from corn. However, the process to generate these products from corn reduces protein content to negligible levels, and they are therefore generally not a problem for grain exposure for the majority (though these products, especially sugars, pose other problems of their own). Also note that many medications and nutritional supplements contain wheat or corn.

Because of the many ways that corn-derived ingredients can make their way into processed foods, the best policy for the ultra-sensitive is to avoid processed foods as much as possible. Be aware of the potential of corn-derived ingredients if there is suspicion of ongoing exposures.

Among the most common hidden ingredients from corn are:

Grits

Hominy

Hydrolyzed corn protein

Hydrolyzed cornflour

Maize

Mixed vegetable oil, vegetable oil

Modified food starch

Polenta

Zea mays

Zein

SAFE PREMIXED SWEETENER COMBINATIONS

- Truvia—Available widely in major supermarkets, Truvia is a combination of rebiana, an isolate from stevia with less bitterness, and erythritol. Though the erythritol is sourced from corn, which we try to avoid, the corn protein residues are negligible.
- Swerve—This is a combination of erythritol and inulin. The inulin can act as a prebiotic fiber to feed bowel flora.
- Wheat-Free Market Foods Sweetener—This unique combination of monk fruit and erythritol has, teaspoon for teaspoon, four times the sweetness of sugar, allowing a little to go a long way.

IDENTIFYING PROBLEM INGREDIENTS IN PRESCRIPTION DRUGS

If you can obtain the package insert for a prescription drug from the pharmacist or examine the ingredients listed on the package for an over-the-counter drug, you can check for wheat/grain

components. You can try just asking the pharmacist, but you likely won't get a helpful answer. Likewise, most doctors do not know what drugs contain grains or gluten in some form.

You can contact the manufacturer of the drug, though this can yield a tangle of uncertainty and the possibility of being bounced around from person to person. It can occasionally yield a straight answer, however, and is worth a try if the package insert or package is unavailable or unhelpful.

There is a Web site where a fairly comprehensive list of gluten-free drugs is maintained by a pharmacist: glutenfreedrugs.com.

SAFELY NAVIGATING ALCOHOLIC BEVERAGES

Provided you choose your sources wisely and drink responsibly, there is no reason alcoholic beverages cannot be a part of your grain-free lifestyle. Making the wrong choice can block weight loss, cause dreaded reexposure reactions to grains (e.g., bloating, diarrhea, joint pain), and even provoke the return of autoimmune conditions that, as you now know, can provoke misery that lasts for weeks to months. On the other hand, choosing alcoholic beverages wisely can mean spending an evening with friends without any such problems. Also bear in mind that, during your 10-day initiation to this lifestyle, any more than one drink per day will turn off that day's capacity for weight loss. So go very lightly or abstain altogether during the detox period or while you are actively trying to lose weight.

Wine

Wine is as close to a near perfect wheat- and gluten-free choice as we get. Combined with the probable health effects that derive from light wine drinking (no more than two 115 ml (4 fl oz) glasses per day), it should be your first choice. Most benefits derive from the dry

red wines, less so white, so choose cabernets, merlots, zinfandels, and other dry reds for the benefits as well as the pleasure. Note that wine coolers typically contain barley malt, as well as greater carbohydrate and sugar levels. For these reasons, wine coolers should be avoided.

Beer and Ale

Nearly all ales, beers, malt liquors, and lagers are brewed from grains and are therefore off the list, as there are grain protein residues present—generally 1 to 2 g per 350ml (12 fl oz), enough to stimulate appetite, provoke inflammation, and initiate autoimmunity. People with celiac disease or the most extreme forms of gluten sensitivity should avoid beers altogether except those designated gluten-free. If they're gluten-free, no gliadin or gluten should be present (at least below 20 parts per million, the official American FDA cutoff), but be aware that there remains potential for uncertain reactions from other grain proteins. Those of us without celiac disease or gluten sensitivity seem to do okay with beers brewed from sorghum and rice, but because these also include barley malt, you may have to make your decision on an individual basis. (If a sorghum-based beer causes bloating or abdominal discomfort, for example, you'd be best off avoiding it.) A beer aficionado who loves microbrews will have to search out and screen beers for problem ingredients. I have had a couple, for instance, brewed from chicory that were delicious. Of all alcoholic beverages, beer is the most hazardous, so be careful.

If you must drink beer, among the least troublesome are:

REDBRIDGE. An Anheuser Busch beer, Redbridge is brewed from sorghum (a grain), has no barley malt, and is confidently gluten-free. Carbohydrate content is a bit high at 16.4 g per bottle; drink more than one and carbohydrates begin to stack up. Bear in mind that it is brewed from sorghum and may have some issues unique to that grain.

BUD LIGHT AND MICHELOB ULTRA. Anheuser Busch's Bud Light beer is brewed from rice but also contains proteins from barley malt. The most severely gluten-sensitive should not indulge in this beer because of the potential immune cross-reactivity of barley and wheat gluten. But most of us just avoiding wheat but without gluten sensitivity can safely consume this brand without exposing ourselves to the undesirable effects of grains. Note that one 350 ml (12 fl oz) bottle of Bud Light contains 6.6 g carbohydrates. Michelob Ultra is likewise brewed from rice and barley malt, and it's low in carbohydrates with 2.6 g per 350 ml (12 fl oz) serving.

BARD'S GLUTEN-FREE BEER. Brewed from sorghum without barley malt, this beer is truly gluten-free but is still brewed from a grain. As with many of the gluten-free beers, however, it can present an excessive carbohydrate exposure if more than one is consumed (14.2 g carbohydrates per 350 ml/12 fl oz bottle). Because it is brewed from sorghum, it lacks the gliadin and gluten residues associated with wheat, rye, and barley, but contains less harmful residues of the relatively indigestible proteins of sorghum. So just beware of any undesirable reactions.

GREEN'S GLUTEN-FREE BEERS. A UK brewer, Green's provides several gluten-free choices made from sorghum, millet, buckwheat, brown rice, and "deglutenised" barley malt. They are not grain-free and so have small quantities of grain proteins. Go carefully here and make judgments based on individual experience. Carbohydrate content of these beers is slightly less than most others, ranging from 10 to 14 g per 330 ml (11 fl oz) bottle.

Spirits

Avoid vodkas brewed from wheat, which include Absolut, Grey Goose, Ketel One, SKYY, and Stolichnaya. Also avoid non-wheat but gluten-containing grain-sourced vodkas including Belvedere (rye), Finlandia (barley), and Van Gogh (wheat, barley, corn). Smirnoff is brewed from corn, which is less problematic

but does have a low quantity of zein protein residues. The safest vodkas are prepared from non-grains such as grapes, potatoes, and quinoa, and are free of any grain proteins. The list of grain-free vodkas includes Chopin (potatoes) and Cîroc (grapes). Beware of flavored varieties that have been pouring into the market, as they are typically loaded with sugar or high-fructose corn syrup or both.

For those highly sensitive to grain proteins, most whiskeys are off the list since they are distilled from the mash of rye, barley, wheat, and corn. While whiskeys nearly always test below the 20 parts per million limit for gluten that the American FDA considers the safe threshold for people with celiac disease and gluten sensitivity, many of us still seem to react to them (bloating, gastrointestinal distress, joint pain). It means that many of the popular whiskeys, such as Jack Daniels (barley, rye, corn), Jameson (barley), and Bushmills (barley), carry the risk of a grain/gluten reaction. If you are among those without such extreme sensitivities, you may be fine, given the very low quantity of grain proteins.

Brandies and cognacs are generally safe since they are distilled from wines. Safe brands include Grand Marnier, Courvoisier, and Rémy Martin. There are occasional exceptions, such as Martell, that contain caramel coloring, a grain-sourced ingredient.

Rum is distilled from sugarcane and does not contain any residues of grain proteins. Look for just plain light or dark rum and avoid the flavored or spiced rums, which run the risk of a grain-based ingredient and added sugars or high-fructose corn syrup.

From a grain exposure standpoint, safe liqueurs include Kahlua (contains dairy), fruit liqueurs like triple sec and Cherry Kijafa, Amaretto di Saronno, and Bailey's Irish Cream. The most gluten-sensitive may have to avoid those blended with whiskey; while the source of whiskey is often not specified, it is typically grain. Note that liqueurs also tend to be high in sugar.

SUPPORTIVE WEB SITES AND SOCIAL MEDIA PAGES

Official Wheat Belly Facebook page: [facebook.com/
OfficialWheatBelly](https://facebook.com/OfficialWheatBelly)

The Wheat Belly Facebook page is not a place for teenage girls to giggle about boyfriends, but a place for us adults to share stories of success and hurdles to overcome, commiserate during grain withdrawal, and share or obtain advice as you proceed through your detox and onward. You are joining hundreds of thousands of other people sharing this journey with you. (It's called the "Official" Wheat Belly Facebook page because, like anything with growing worldwide popularity, there are inevitable copycats.)

Wheat Belly Recipe Central Facebook page: [facebook.com/pages/
Wheat-Belly-Recipe-Central/124754534306616?ref=hl](https://facebook.com/pages/Wheat-Belly-Recipe-Central/124754534306616?ref=hl)

This is the place to find or post recipes consistent with the Wheat Belly lifestyle.

The Wheat Belly Blog: wheatbellyblog.com

The Wheat Belly Blog and the Official Wheat Belly Facebook page are the two places to go for discussions and additional information about the Wheat Belly lifestyle. Updates to the program are published on the blog, as well as occasional recipes and announcements of events.

WHEAT- AND GRAIN-FREE FOOD SOURCES

Wheat-Free Market Foods: wheatfreemarket.com

Facebook page: facebook.com/WheatFreeMarketFoods

All products made by Wheat-Free Market Foods are reviewed and approved by Dr. Davis and are therefore consistent with the Wheat Belly lifestyle. Classic Granola, Slow Toasted Flakes breakfast "cereal," Pizza Crust Mix, and other products are available online and in a growing number of grocery and health food stores. You can find nearly an entire cookbook of recipes on its Web site (under "Recipes" along the top navigation bar).

Thrive Market: thrivemarket.com

While Thrive Market, an online store for organic groceries and other products, is a paid membership site, it donates a free membership to a low-income family for every paid membership. The choices are organic, non-genetically modified, and gluten-free, and are expanding rapidly.

Radiant Life: radiantlifecatalog.com

This online retailer offers coconut oil, coconut flour, and other organic, non-genetically modified products.

nuts.com

This is an excellent online source for whole and ground nuts at reasonable prices.

PREFERRED PROBIOTIC SUPPLEMENTS

All the brands listed below meet the criteria of having high numbers of organisms in each capsule and at least a dozen (if not 30 or more) species of the varieties believed to be beneficial for bowel and overall health (based on clinical studies). Note that many mainstream brands, such as Culturelle, Align, and Activia yogurt, are not among the Wheat Belly recommended brands for various reasons, primarily for not meeting our criteria of number and diversity of microorganisms contained.

Garden of Life Ultimate Care Raw Probiotics**Renew Life Ultimate Flora Critical Care**

VSL#3—Although containing only eight bacterial strains, the published track record of this preparation makes it one of our preferred probiotic sources.

COMMERCIAL SOURCES OF PREBIOTIC FIBERS/RESISTANT STARCHES

Build up your intake of these powerful prebiotic fibers gradually to minimize abdominal discomfort and bloating as you cultivate healthy bowel flora. While we aim for an intake of 20 g prebiotic fiber per day, less is needed for some of these commercial preparations. For example,

no more than 5 g per day of acacia fiber and PGX achieves the desired effects (long term, though, an increase may yield greater benefits). Also, note that some of these fibers, especially PGX, are substantially water absorbent, and you will need to compensate by increasing fluid intake.

Recall that we are trying to cultivate diversity among the species composing bowel flora. You would do best by varying your prebiotic fibers several times per week.

Powders and Capsules

Inulin and fructooligosaccharides (FOS)

Purchased as powders or capsules, these fibers are closely related. Both provide a prebiotic effect to cultivate healthy species in the intestine, especially Bifidobacteria. Many preparations contain both forms.

PGX

While marketed primarily as a weight-loss supplement (by inducing satiety), this mixture of fibers also yields prebiotic effects. It is available as granules or capsules. (Avoid the Vegan Bars, as they are too high in sugars.) Start at a dose of 1.5 g twice per day and build up to 10 to 15 g per day (divided into two or three doses) over several weeks.

Prebiotin

This is a powdered form of inulin and fructooligosaccharides (FOS) and provides 4 g prebiotic fibers per teaspoon, 2 g per Stick Pac, or 4 g per Extra Strength Stick Pac (single-serve packages convenient for travel).

Renew Life Skinny Gut Organic Acacia Fiber

Provides 5 g prebiotic fibers per tablespoon.

Protein Bars

While there are more than two brands of bars on the market that contain prebiotic fibers, many also contain problem ingredients such as sugar, excessive carbohydrates, grains, or agave nectar. The bars listed below are the brands without these complicating ingredients. I find them especially useful for travel when I don't want to lug around raw potatoes or other cumbersome foods.

- Paleo Protein Bar—These low-carb bars made with egg white protein and sweetened with monk fruit contain 20 g or more isomaltooligosaccharide, a form of prebiotic fiber.
- Quest Bars—These low-carb bars provide around 17 to 18 g isomaltooligosaccharide. Choose the flavors sweetened with stevia and erythritol, rather than sucralose (which disrupts bowel flora and potentially works against the prebiotic benefits). This means choosing Banana Nut Muffin, Chocolate Peanut Butter, S'mores, Strawberry Cheesecake, Double Chocolate Chunk, Coconut Cashew, or Lemon Cream Pie.

FURTHER READING

Bowden, Jonny, and Stephen Sinatra. *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease—And the Statin-Free Plan That Will*. Beverly, MA: Fair Winds Press, 2012.

If you desire further discussion on why “cholesterol testing” is a deeply flawed practice and why there are better ways to evaluate heart disease risk, Mr. Bowden and Dr. Sinatra provide a thorough and readable resource.

Davis, William. *Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health*. London: HarperThorsons, 2014.

This is the original book that turned the nutritional world topsy-turvy with revelations about modern wheat and its health effects.

Davis, William. *Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan*. London: Thorsons, 2015.

The follow-up to the original book, this book details how many health conditions can be reversed with efforts that go beyond wheat elimination.

Perlmutter, David. *Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—For Life*. New York: Little, Brown and Company, 2015.

This is among the best resources for discussions about bowel health and bowel flora that I have come across.

Perlmutter, David. *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers*. New York: Little, Brown and Company, 2013.

Dr. Perlmutter's now-classic book provides extensive rationale explaining how grains and carbohydrates underlie dementia and other brain conditions.

Taubes, Gary. *Why We Get Fat and What to Do about It*. New York: Alfred A. Knopf, 2011.

Journalist Gary Taubes has proven to be one of the champions of clear thinking, thoroughly exposing the flawed science behind the cut-your-fat and cut-your-saturated-fat advice.

Teicholz, Nina. *The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet*. New York: Simon and Schuster, 2014.

Nina Teicholz painstakingly dissects the bad science behind conventional advice to curtail fat to reduce heart disease risk.

Grain-Free Cookbooks

Davis, William. *Wheat Belly Cookbook: 150 Delicious Wheat-Free Recipes for Effortless Weight Loss & Optimum Health*. London: Thorsons, 2015.

Davis, William. *Wheat Belly 30-Minute (or Less!) Cookbook: 200 Quick and Simple Wheat-Free and Grain-Free Recipes*. London: Thorsons, 2015.

Emmerich, Maria. *The Art of Healthy Eating—Savory: Grain Free Low Carb Reinvented*. Amazon Digital Services, 2012.

Mason, Hayley, and Bill Staley. *Gather: The Art of Paleo Entertaining*. Las Vegas: Victory Belt Publishing, 2013.

Walker, Danielle. *Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great*. Las Vegas: Victory Belt Publishing, 2013.