



Lose Weight in 4 Weeks: An Easy Plan to Kick Grains

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Lose Wheat in 4 Weeks: An Easy Plan to Kick Grains

Lose Wheat in 4 Weeks: An Easy Plan to Kick Grains Break Free of Grains with Ease and Convenience

From the creators of the *New York Times* best seller, *Paleo for Every Day*, this step-by-step detox plan will help you lose weight and improve health without sacrificing flavor or time. Take the edge off wheat withdrawal with delicious and satisfying favorites like **Vegetarian Chiles Rellenos with Walnuts, Raisins, and Cheese** or **Zucchini and Yellow Squash Pasta with Toasted Hazelnuts and Lemon Vinaigrette**.

Lose Wheat in 4 Weeks offers everything you need to eliminate grains from your diet and add joy and simplicity back into everyday eating.

- A practical 28-day meal plan with handy shopping lists and substitution guides
- 150 mouthwatering recipes suitable for even the tightest budgets
- Concise, easy-to-understand guidelines for following a grain free diet
- Culinary tips and tricks for flexible meal preparation in 45 minutes or less

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