in the past without a recipe, such as an omelet for breakfast or just a simple steak and salad for dinner, or use the leftovers from prior Detox Menu Plan recipes. Just be sure to adhere to the rule of no wheat or grains, limiting carbohydrate exposure to no more than 15 grams net carbs per meal, and carefully choose products such as salad dressing that are free of problem grain and sugar ingredients (use olive oil and vinegar, for instance, or salsa, pico de gallo, infused olive oils, or other safe products). This way, you can have your meal and not impair your progress. Once again, if you choose to skip your Detox Shake for breakfast, just include it later in the day or use an alternative source of prebiotic fibers.

For most of the lunches and dinners, I’ve provided the main dish or stand-alone dish by itself; feel free to add a steamed vegetable or green salad as often as you like to increase your veggie intake.
DAY 4

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Spicy Italian Frittata (page 119)

DINNER
Spaghetti with Meatballs (page 120)
Baked olive oil–coated asparagus

DAY 5

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Curried Chicken Soup (page 122)

DINNER
Fettuccine Alfredo (page 123) with steamed broccoli
Chocolate Avocado Pudding (page 124)
DAY 4

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Spicy Italian Frittata (page 119)

DINNER
Spaghetti with Meatballs (page 120)
Baked olive oil–coated asparagus

DAY 5

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Curried Chicken Soup (page 122)

DINNER
Fettuccine Alfredo (page 123) with steamed broccoli
Chocolate Avocado Pudding (page 124)

DAY 6

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Eggplant Mini Pizzas (page 125)

DINNER
Pork Thai Stir-Fry (page 126)

DAY 7

BREAKFAST
Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

LUNCH
Chorizo, Pepper, and Avocado Skillet (page 127)

DINNER
Bacon-Wrapped Chicken Breasts Stuffed with Spinach, Mushrooms, and Roasted Red Peppers (page 128)
Green salad or vegetable side dish of your choice, such as steamed broccoli or green beans
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

**RECIPEs**

**WHEAT BELLY DETOX SHAKEs**

Breakfast: Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Use only half of the green banana or raw potato called for in the recipe.

Lunch: Spicy Minestrone (page 129)

Dinner: Shrimp Fried “Rice” (page 130)

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Breakfast: Wheat Belly Detox Shake (flavor of your choice) (pages 104–107). Begin to use an entire green banana or raw potato.

Lunch: Jumbo Gingerbread Nut Muffin (page 131)

Dinner: Bratwurst with Bell Peppers and Sauerkraut (page 132)

“Potato” Salad (page 133)

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Lunch: BLT Wrap (pages 134–135)

Dinner: Roasted Brussels Sprouts and Ham Skillet (page 136)
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 specialty tea stores.

Makes 1

1 medium green banana or medium peeled raw white potato
1/4 cup coconut oil, melted
1 cup unsweetened coconut, almond, or hemp milk
1/2 cup water
1/4 cup raw pumpkin or sunflower seeds
Sweetener equivalent to 1 tablespoon sugar (e.g., 1/4 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 1/4 cup 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 1/4 cup of raspberries.

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
21/2 tablespoons unsweetened cocoa powder
1 cup unsweetened coconut, almond, or hemp milk
1/2 cup water
1/4 cup raw pumpkin or sunflower seeds
Sweetener equivalent to 1 tablespoon sugar (e.g., 1/4 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 1/4 cup 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
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 | ¾ cup unsweetened shredded coconut |
| ¼ cup coconut oil, melted | ¼ cup fresh chopped pineapple |
| 1 cup unsweetened coconut, almond, or hemp milk | ½ teaspoons ground turmeric |
| ½ cup water | ½ teaspoon ground ginger |
| ½ cup 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 ¼ cup 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 cinammons 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 | ¼ cup unsweetened applesauce |
| ¼ cup coconut oil, melted | 1 cup unsweetened coconut, almond, or hemp milk |
| ½ cup water | ½ cup raw pumpkin or sunflower seeds |
| ½ cup unsweetened shredded coconut | Sweetener equivalent to 1 tablespoon sugar (e.g., ¼ teaspoon pure powdered stevia) |
| ¼ cup fresh chopped pineapple | Potassium iodide drops or kelp powder to provide 500 mcg iodine; liquid vitamin D drops to provide 5,000 IU (optional) |
| ½ teaspoon vanilla extract |

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, applesauce, 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 ¼ cup 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
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

- ½ cup butter, coconut oil, or extra-virgin olive oil
- 1 pound fresh or frozen broccoli florets
- 1 medium yellow onion, chopped
- 1 can (14 ounces) coconut milk
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- 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 handheld 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

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 (10 cups)

- 5 dried apricots
- ¼ cup coconut oil, melted
- 2 teaspoons vanilla extract
- ½ teaspoon almond extract
- 2 cups raw sunflower seeds
- 2 cups raw pumpkin seeds
- 1 cup chopped raw pecans
- 1 cup sliced raw almonds
- 3 cups unsweetened coconut flakes
- or shredded unsweetened coconut
- 1 teaspoon ground ginger
- 1 teaspoon ground allspice
- Sweetener equivalent to ⅛ cup sugar (optional)

Preheat the oven to 275°F.

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

- ½ cup butter, coconut oil, or extra-virgin olive oil
- 1 pound fresh or frozen broccoli florets
- 1 medium yellow onion, chopped
- 1 can (14 ounces) coconut milk
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- 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 handheld 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 BELL 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

2 1/2 cups almond meal/flour
2 cups shredded mozzarella cheese, divided
1/4 cup ground golden flaxseeds
1 teaspoon onion powder
1/2 teaspoon sea salt
2 large eggs
1/2 cup extra-virgin olive oil, divided
1/2 cup water
8 ounces Italian sausage, loose or removed from casing

1 yellow onion, chopped
2 cloves garlic, minced
1 small red bell pepper, seeded and sliced
1 small green or yellow bell pepper, seeded and sliced
1 cup pizza sauce
1/4 teaspoon crushed red-pepper flakes
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Preheat the oven to 350°F.

In a large bowl, combine the almond meal/flour, 1 cup of the cheese, the flaxseeds, onion powder, and sea salt and mix well.

In a small bowl, whisk the eggs. Add 1/4 cup of the olive oil and the water. Pour the egg mixture into the almond meal/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 12”-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.

Bake for 20 minutes.

Meanwhile, in a large skillet over medium-high heat, heat 1 tablespoon olive oil. Cook the sausage until no longer pink. Add the onion, garlic, and bell 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 1 cup cheese, and remaining 3 tablespoons olive oil. Add the pepper flakes, 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

If there are leftovers, you can save them for tomorrow’s breakfast.
ITALIAN SAUSAGE AND BELL 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

- 2½ cups almond meal/flour
- 2 cups shredded mozzarella cheese, divided
- ¼ cup ground golden flaxseeds
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- 2 large eggs
- ½ cup extra-virgin olive oil, divided
- ½ cup water
- 8 ounces Italian sausage, loose or removed from casing

Preheat the oven to 350°F.

In a large bowl, combine the almond meal/flour, 1 cup of the cheese, the flaxseeds, onion powder, and sea salt and mix well.

In a small bowl, whisk the eggs. Add ¼ cup of the olive oil and the water. Pour the egg mixture into the almond meal/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 12”-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.

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Remove the pizza crust from the oven and spread with the pizza sauce. Top with the sausage mixture, remaining 1 cup cheese, and remaining 3 tablespoons olive oil. Add the pepper flakes, 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 375°F for 15 minutes. As always, taste your batter before microwaving or baking to gauge sweetness and adjust as desired.

Makes 1

1/2 cup almond meal/flour  2 eggs
1/4 cup shredded unsweetened coconut  2 tablespoons coconut oil, melted
1 teaspoon ground cinnamon  1/2 cup fresh or frozen mixed berries
Sweetener equivalent to 1 tablespoon sugar

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

Microwave on high power for 2 1/2 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

1 cup shredded mozzarella or other cheese  1/2 teaspoons dried oregano
3 cups almond meal/flour  1/2 cup black or kalamata olives, finely chopped or sliced
1 1/2 teaspoons sea salt or kosher salt, divided  1/2 cup sun-dried tomatoes, finely sliced
1 teaspoon onion powder  2 large eggs
1/2 teaspoon garlic powder  1/2 cup extra-virgin olive oil, divided
1/2 teaspoons dried rosemary

Preheat the oven to 375°F.

In a medium bowl, combine the cheese, almond meal/flour, 1/2 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 almond meal/flour mixture and mix thoroughly.

Grease a 17” x 11” 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 1/2” 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
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

1 cup shredded mozzarella or other cheese
1/2 teaspoons dried oregano
1/2 cup black or kalamata olives, finely chopped or sliced
1/2 teaspoons sea salt or kosher salt, divided
1 cup sun-dried tomatoes, finely sliced
1 teaspoon onion powder
2 large eggs
1/2 teaspoon garlic powder
1/2 cup extra-virgin olive oil, divided
1/2 teaspoons dried rosemary

Preheat the oven to 375°F.

In a medium bowl, combine the cheese, almond meal/flour, 1/2 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 almond meal/flour mixture and mix thoroughly.

Grease a 17” x 11” 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 1/2” 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

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 375°F for 15 minutes. As always, taste your batter before microwaving or baking to gauge sweetness and adjust as desired.

Makes 1

1/2 cup almond meal/flour
2 eggs
1/4 cup shredded unsweetened coconut
1 teaspoon ground cinnamon
Sweetener equivalent to 1 tablespoon sugar

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

Microwave on high power for 21/2 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
EGGPLANT LASAGNA

Rich and satisfying, this Eggplant 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 8 ounces on most store shelves. If you’d prefer to make your own sauce, see the Homemade Marinara Sauce recipe on page 121.

Makes 8 servings

2 medium eggplants
2 tablespoons sea salt
1 cup extra-virgin olive oil, divided
1 jar (26 ounces) marinara sauce
2 tablespoons chopped fresh basil or
2 teaspoons dried
¼ cup chopped fresh oregano
or 1 tablespoon dried

16 ounces ricotta cheese
½ cup grated Parmesan cheese
1 large egg
16 ounces mozzarella cheese, sliced
or shredded

With a sharp knife, remove the ends of the eggplants, then slice lengthwise into ⅛" 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 eggplant slices with the salt; let sit for at least 30 minutes to allow the water to drain.

Rinse the eggplant slices briefly to remove excess salt. Drain. In a large skillet over medium-high heat, heat 2 tablespoons of the olive oil. Add eggplant 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.

Preheat the oven to 375°F.

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

Arrange 1 layer of eggplant in a 13” × 9” baking dish. Top with the cheese mixture. Spread about 2 cups of the marinara sauce over the cheese layer. Top with the remaining eggplant, 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
EGGPLANT LASAGNA

Rich and satisfying, this Eggplant 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 8 ounces on most store shelves. If you’d prefer to make your own sauce, see the Homemade Marinara Sauce recipe on page 121.

Makes 8 servings

<table>
<thead>
<tr>
<th>2 medium eggplants</th>
<th>16 ounces ricotta cheese</th>
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<tr>
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<td>½ cup grated Parmesan cheese</td>
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<tr>
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</tr>
<tr>
<td>¼ cup chopped fresh oregano or 1 tablespoon dried</td>
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With a sharp knife, remove the ends of the eggplants, then slice lengthwise into ¼” 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 eggplant slices with the salt; let sit for at least 30 minutes to allow the water to drain.

Rinse the eggplant slices briefly to remove excess salt. Drain. In a large skillet over medium-high heat, heat 2 tablespoons of the olive oil. Add eggplant 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.

Preheat the oven to 375°F.

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

Arrange 1 layer of eggplant in a 13” × 9” baking dish. Top with the cheese mixture. Spread about 2 cups of the marinara sauce over the cheese layer. Top with the remaining eggplant, 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 zucchini, what some call zoodles because of their resemblance to pasta noodles. 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 noodlelike slices. If you plan on having these noodle dishes with any regularity, it is well worth the modest investment.

Shorter noodles work best in this dish; spiral-cut the zucchini with short strokes to create noodles that are no more than 1½ to 2” in length. The flavors in this “pasta” salad are highlighted by the herbs, so choose fresh herbs whenever possible.

Makes 8 servings

1 pound zucchini, spiral-cut with short strokes
8 ounces cherry tomatoes, halved
1 medium cucumber, quartered and sliced
5–6 scallions, finely sliced
½ cup black or kalamata olives, pitted, halved or sliced
8 ounces pepperoni, quartered and sliced
2 tablespoons chopped fresh basil or 2 teaspoons dried
1 tablespoon chopped fresh oregano or 1 teaspoon dried
½ cup white vinegar
½ cup extra-virgin olive oil
½ cup grated Parmesan or Romano cheese (optional)

Preheat the oven to 350°F.

In a large bowl, combine the zucchini noodles, tomatoes, cucumber, scallions, 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 cornstarch.

Save any leftovers for sandwiches served on Wheat Belly Herbed Focaccia Bread (see page 113).

Makes 8 servings

1 pound ground beef
1 pound ground pork
2 eggs
½ cup ground golden flaxseeds
2 cups shredded carrots
1 medium onion, chopped
1 green bell pepper, seeded and chopped
4 strips bacon (preferably uncured)
2 tablespoons extra-virgin olive oil, coconut oil, or butter
4 ounces button mushrooms, sliced
8 ounces pepperoni, quartered and sliced
1 teaspoon sea salt
½ teaspoon ground black pepper
2 tablespoons extra-virgin olive oil, coconut oil, or butter
4 ounces button mushrooms, sliced
1 cup beef broth
1 tablespoon coconut flour

Preheat the oven to 350°F.

In a large bowl, combine the beef, pork, eggs, flaxseeds, carrots, onion, bell pepper, salt, and black pepper and mix thoroughly. Spread evenly into a 13” x 9” baking dish or shape into a loaf about 2 ½” high. Lay the bacon strips over the top. Cover with foil and bake for 1 hour.

Meanwhile, in a medium skillet 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 skillet 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 160°F and the meat is no longer pink.

Place the mushroom mixture over low heat and stir in the broth. 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
⅛ cup canned coconut milk
2 tablespoons butter

Place a steamer basket in a large pot with 2” 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
2 cloves garlic, minced
8 ounces Italian sausage, loose or sliced
2 cups leaf spinach or kale
1 red bell pepper, seeded and chopped

Preheat the oven to 375°F.

In a large ovenproof skillet 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, bell 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
**WHEAT BELLY 10-DAY GRAIN DETOX**

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### SPAGHETTI WITH MEATBALLS

This perennial favorite remains a part of your menu simply by replacing conventional pasta with zucchini noodles 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 noodles. 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, such as Muir Glen, that use BPA-free cans for tomatoes and tomato paste. Alternatively, make your own sauce from the recipe on the opposite page.

*Makes 4 servings*

| 1½ pounds ground beef | 1 tablespoon extra-virgin olive oil |
| ¾ cup ground golden flaxseeds | 1 medium onion, chopped |
| 1 egg | 3–4 cloves garlic, minced |
| 1 tablespoon chopped fresh basil or 1 teaspoon dried | ½ pounds zucchini, spiral-cut |
| 1 tablespoon chopped fresh oregano or 1 teaspoon dried | 1 jar (28 ounces) tomato sauce |
| 1 teaspoon sea salt | or 1 recipe Homemade Marinara Sauce (opposite page) |

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

In a large skillet 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 zucchini “noodles” to the skillet and cook, covered, tossing occasionally, for 3 minutes, or until softened but not limp. Serve the noodles 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*

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### HOMEMADE MARINARA SAUCE

*Makes 8 servings (8 cups)*

| 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 |
| 2 cans (28 ounces each) whole peeled tomatoes | Ground black pepper to taste |
| 1 can (6 ounces) tomato paste |

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 paste, 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

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

½ cup grated Parmesan cheese
½ cup grated Romano cheese
⅓ cup butter
2 cloves garlic, minced
2 pounds zucchini, spiral-cut into fettuccine noodles

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

In a large skillet over medium heat, melt the butter. Cook the garlic, stirring frequently, until it’s just fragrant. Add the zucchini noodles 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

CURRIED CHICKEN SOUP

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

Makes 6 servings

¼ cup coconut oil
1 pound chicken breasts, cubed
4 ounces shiitake mushrooms, sliced
1 quart chicken broth
2 cans (14 ounces each) coconut milk

In a large skillet 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 broth and coconut milk. Add the curry powder, cinnamon, cilantro, 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

In a large skillet over medium 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 broth and coconut milk. Add the curry powder, cinnamon, cilantro, 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
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
1 cup canned coconut milk
½ cup unsweetened cocoa powder
1 teaspoon vanilla extract
Sweetener equivalent to ½ cup sugar

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

EGGPLANT 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 bell peppers, sausage, mushrooms, etc.

Makes 8

1 medium eggplant, sliced crosswise into ⅛”-thick slices
1 cup pizza sauce
2 ounces sliced pepperoni
⅓ cup shredded mozzarella cheese
3 tablespoons extra-virgin olive oil

Preheat the oven to 375°F. Arrange the eggplant 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 eggplant 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
**WHEAT BELLY 10-DAY GRAIN DETOX**

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**DAY 7**

**CHORIZO, PEPPER, AND AVOCADO SKILLET**

We no longer confine breakfast dishes to breakfast, but have them for lunch or dinner, too. Breakfast skillets are almost always 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 skillet 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

<table>
<thead>
<tr>
<th>1 pound radishes, quartered</th>
<th>12 ounces chorizo sausage, sliced</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tablespoons extra-virgin olive oil, divided</td>
<td>1 green bell pepper, seeded and coarsely sliced</td>
</tr>
<tr>
<td>1 tablespoon red curry sauce</td>
<td>2 cups sliced kale or spinach</td>
</tr>
<tr>
<td>¼ cup fish sauce</td>
<td>4 large eggs</td>
</tr>
<tr>
<td>½ teaspoon sea salt</td>
<td>1 clove garlic, minced</td>
</tr>
<tr>
<td>½ teaspoon ground black pepper</td>
<td>1 large avocado, cut into small cubes</td>
</tr>
<tr>
<td>2 tablespoons chopped cilantro</td>
<td>4 scallions, sliced</td>
</tr>
</tbody>
</table>

Preheat the oven to 425°F.

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 350°F.

Meanwhile, in a cast-iron or other ovenproof skillet over medium-high heat, heat the remaining 2 tablespoons olive oil. Cook the garlic and scallions, stirring frequently, for 2 minutes, or until the garlic is fragrant. Add the sausage and bell 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

In a large skillet over medium-high heat, heat the coconut oil. Cook the garlic and scallions 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 cilantro 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
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 2 pounds)
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
1 medium onion, chopped
4 ounces portobello mushrooms, sliced
½ cup roasted red peppers
4 cups fresh spinach or 1 box (10 ounces) frozen spinach, thawed and squeezed dry
1 teaspoon sea salt
½ teaspoon ground black pepper
8 strips bacon (preferably uncured)

Preheat the oven to 350°F.

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 skillet 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 skillet 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 strips 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 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

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 diced tomatoes and tomato paste; I use Muir Glen brand.

Makes 6 servings

4 tablespoons extra-virgin olive oil, divided
1 onion, chopped
2 cloves garlic, minced
1 quart chicken broth
1 quart water
1 can (14 ounces) diced tomatoes
1 can (6 ounces) tomato paste
2 teaspoons hot-pepper sauce
2 celery ribs, chopped
8 ounces green beans, cut into 1” pieces
1 can (15 ounces) pinto beans, drained and rinsed
4 ounces button mushrooms, sliced
1½ teaspoons sea salt
1 teaspoon ground black pepper
4 cups chopped fresh spinach or 1 box (10 ounces) frozen spinach, thawed and squeezed dry
½ cup fresh basil, chopped

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 broth, water, tomatoes, tomato paste, hot sauce, celery, green beans, pinto beans, mushrooms, remaining 3 tablespoons olive oil, salt, and black pepper. Cover and bring to a 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
SHRIMP FRIED “RICE”

Absent any grains, this Shrimp 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
2 tablespoons coconut oil
5–6 scallions, chopped
1 pound cooked shrimp, deveined and tails removed
1 tablespoon grated fresh ginger
1 cup grated carrots
1 green bell pepper, seeded and chopped
3 tablespoons gluten-free soy sauce or tamari
1 tablespoon grated fresh ginger
1 cup shredded unsweetened coconut
1/2 cup chopped walnuts
1/2 cup pumpkin seeds
Sweetener equivalent to 3 3/4 cup sugar
2 teaspoons ground cinnamon
1 tablespoon ground ginger
1 teaspoon sea salt
3 eggs

Place a steamer basket in a large pot with 2” of water. Bring to a 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 skillet over medium-high heat, heat the coconut oil. Cook the scallions for 1 to 2 minutes, or until tender. Add the shrimp, ginger, carrots, and bell pepper. Cook, covered, stirring occasionally, for 4 to 5 minutes, or until the carrots and bell 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

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 pan is used in this recipe, but a smaller muffin pan can be substituted. If a smaller pan 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

4 cups almond meal/flour
1 cup shredded unsweetened coconut
1/2 cup chopped walnuts
1/2 cup pumpkin seeds
Sweetener equivalent to 3/4 cup sugar
2 teaspoons ground cinnamon
1 tablespoon ground ginger
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon sea salt
3 eggs

Preheat the oven to 350°F.

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

In a large bowl, combine the almond meal/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 almond meal 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 BELL 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 andouille) 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
½ teaspoon celery seeds
2 tablespoons extra-virgin olive oil
1 pound bratwurst or other spicy sausage
1 yellow onion, chopped

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

In a large skillet over medium heat, heat the olive oil. Cook the sausage 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, bell 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 bell peppers are tender, and the sausage is 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

1 gallon water
2 teaspoons sea salt
2 pounds turnips, stems and roots removed
1 cup mayonnaise
1/2 white onion, chopped
2 medium dill pickles, chopped
2 teaspoons Dijon mustard
2 tablespoons white vinegar
1 teaspoon ground paprika
1/2 teaspoon ground black pepper
2 eggs, hard-cooked and sliced
1/2 teaspoon sea salt

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

Meanwhile, chop the turnips into approximately 1” 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 350°F. 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, cornstarch, or other grain ingredients. If it is made with less-than-perfect oils, such as soybean or safflower, the small quantity required should not be a concern.

Makes 1

¼ cup ground golden flaxseeds  1 tablespoon water
½ teaspoon onion powder  1 tablespoon mayonnaise
Generous dash of sea salt  ½ cup lettuce or spinach leaves
1 egg  2 strips bacon, cooked
1½ tablespoons extra-virgin olive oil or coconut oil, melted  1 slice tomato, quartered

Generously grease a 9” 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.

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 stovetop in a greased 10” skillet 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 SKILLET

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 | 1 medium sweet potato, cut into |
| coconut oil | ½” cubes |
| 2 cloves garlic, minced | 1 teaspoon sea salt |
| 1 yellow onion, chopped | 12 ounces precooked ham, cubed |
| 1 pound Brussels sprouts, halved | 4 eggs (optional) |
| 4 ounces portobello mushrooms, | ¼ cup grated Parmesan cheese |
| sliced | (optional) |

Preheat the oven to 350°F.

In a large ovenproof skillet 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 skillet 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
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

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

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 thorough - ly.

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

Remove the muffin pan 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, 9 g saturated fat, 0 g fiber, 36 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 cheese - cake. You can easily substitute any berry, such as strawberries or blueberries, for the raspberries.

Makes 20

8 ounces organic cream cheese, at room temperature
Sweetener equivalent to ½ cup sugar
⅓ cup coconut oil, melted
1 teaspoon vanilla extract
1 cup raspberries

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

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

8 ounces organic cream cheese, at room temperature
½ cup coconut oil, melted
1 tablespoon orange peel
1 tablespoon orange extract
Sweetener equivalent to ½ cup sugar

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

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

These little chunks of deliciousness taste like Mounds bars.

Makes 20

8 ounces unsweetened chocolate (100% cacao), broken into pieces
½ cup shredded unsweetened coconut
½ cup + 1 tablespoon coconut oil, melted, divided
Sweetener equivalent to ½ cup sugar
20 whole dry-roasted almonds

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

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 ½ cup 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 pan 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 pan 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 chapter.)

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

1 cup raw pumpkin seeds
1 cup pecans
1 cup shredded unsweetened coconut
1/4 cup raisins
1 teaspoon ground cinnamon
1 tablespoon inulin or FOS powder
Sweetener equivalent to 1/4 cup sugar
1 cup 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 1” 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

1 cup pecans
1 cup raw sunflower seeds
1½ cups shredded unsweetened coconut, divided
Sweetener equivalent to 2 tablespoons sugar

In a food chopper or processor, combine the pecans, sunflower seeds, and 1 cup of the coconut. Pulse until reduced to granules. Transfer to a large bowl.

On a medium plate, pour the remaining ½ cup 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 1” 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

1 cup freeze-dried strawberries
1 cup walnuts
1 cup raw pumpkin seeds
Sweetener equivalent to 2 teaspoons sugar (optional)

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 1” 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 4-ounce (½ cup) serving of Coconut Magnesium Water provides 90 milligrams of elemental magnesium; 4 ounces twice per day thereby adds an additional 180 milligrams of elemental magnesium to your daily intake. You can drink up to 16 ounces (2 cups) 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.

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. And be sure to use a carbonated seltzer without sugar or high-fructose corn syrup.

Makes 8 (8.8-ounce) servings or 16 (4.2-ounce) servings

1 bottle (2 liters) seltzer (not tonic water)
3 tablespoons unflavored milk of magnesia
1 tablespoon coconut extract

Uncap the seltzer 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 seltzer, 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 4 to 8 ounces twice per day.
MAGNESIUM WATER, ELECTROLYTE REPLACEMENT WATER, AND FLAVORED WATERS

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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 4 to 8 ounces twice per day.
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 opposite page). In a ½-gallon or larger pitcher or a glass water dispenser you keep on your counter, add 1 teaspoon baking soda per quart of water if starting with plain water. (Skip the baking 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 a half gallon, or 64 ounces, of water.

You get the idea. Other flavor possibilities include halved and sliced oranges, quartered and sliced grapefruit, sliced kiwi fruit, 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.
WHEAT BELLY 10-DAY GRAIN DETOX

WHEAT BELLY 10-DAY GRAIN DETOX SECRET SAUCE

COCONUT ELECTROLYTE REPLACEMENT WATER

The Coconut Magnesium Water (page 150), 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, summertime 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 baking soda provides a means of alkalining 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 quart water
1/2 cup unsweetened coconut water
1/2 cup Coconut Magnesium Water
(page 150)
1/2 teaspoon baking soda

In a large bottle, combine the water, Coconut Magnesium Water, coconut water, and baking 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 opposite page). In a 1/2-gallon or larger pitcher or a glass water dispenser you keep on your counter, add 1 teaspoon baking soda per quart of water if starting with plain water. (Skip the baking 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 a half gallon, or 64 ounces, 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.
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 Monday 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 cornstarch, 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>( \frac{3}{4} ) cup butter, melted</td>
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</tr>
<tr>
<td>( \frac{3}{4} ) cup hot-pepper sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons white or apple cider vinegar</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon sea salt</td>
<td></td>
</tr>
<tr>
<td>3 pounds chicken wings</td>
<td></td>
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</table>

To make the wings: In a small bowl, combine the butter, hot sauce, vinegar, and salt. Mix well. Reserve \( \frac{3}{4} \) cup 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.

BLUE CHEESE DRESSING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup mayonnaise</td>
<td></td>
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<tr>
<td>1 cup crumbled blue cheese</td>
<td></td>
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<tr>
<td>1 cup sour cream</td>
<td></td>
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<tr>
<td>( \frac{1}{2} ) teaspoon sea salt</td>
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</tr>
<tr>
<td>Celery and/or carrot sticks</td>
<td></td>
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<tr>
<td>(optional)</td>
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</table>

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 8” from the broiler. Preheat the broiler. Cover a rimmed baking sheet with foil. Arrange the wings on the baking sheet with space between each wing. Broil 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 skillet in this recipe, but a deep-dish pizza pan works well, too.

Makes 4 servings

| 2 cups almond meal/flour | ½ cup extra-virgin olive oil, divided |
| ½ teaspoon sea salt | ¼ cup water |
| 1 teaspoon dried basil | 1 small onion, finely chopped |
| 2 teaspoons dried oregano | 1 small bell pepper, chopped |
| 1 cup shredded mozzarella cheese, divided | 14 ounces pizza sauce |
| 2 eggs | 4 ounces pepperoni, sliced |

Preheat the oven to 375°F.

In a medium bowl, combine the almond meal/flour, salt, basil, oregano, and ½ cup 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 almond meal/flour mixture and mix thoroughly. Set aside.

In a 10”-diameter cast-iron or other ovenproof skillet 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.

Allow the skillet to cool for several minutes. When cooled, grease the skillet 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 1”. Bake for 15 minutes.

Remove the crust from the oven and top with the pizza sauce, onion and pepper mixture, pepperoni, and the remaining ½ cup cheese. Drizzle with the remaining ¼ cup 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
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

1 cup almond meal/flour
1/2 cup finely chopped walnuts
1 teaspoon ground cinnamon
Sweetener equivalent to 3/4 cup sugar
2 eggs
2 cups unsweetened natural peanut butter, at room temperature
1/2 cup butter or coconut oil, melted
1 tablespoon molasses
1 teaspoon vanilla extract
1 tablespoon molasses

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In a large bowl, combine the almond meal/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 almond meal/flour mixture and mix thoroughly.

Spoon the dough onto the baking sheet in approximately twenty 1 1/2”- to 2”-diameter, 3/4”-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

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 emerg lightly browned, with its “breading” intact and the cheese a little floppy but not outright liquid.

Makes 12

Coconut oil, avocado oil, or lard
2 eggs
1 cup almond meal/flour
1 1/2 tablespoons grated Parmesan cheese
2 teaspoons dried oregano

In a small frying pan wide enough to accommodate the length of the string cheese, pour the oil deep enough to cover the cheese. Heat to 375°F.

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

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

Serve plain or with marinara 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
KEY LIME TRUFFLES

These bite-size morsels burst with the flavor of Key limes. Serve them after dinner or leave them out for a snack, and they will bring any Wheat Belly naysayers to their knees. If fresh Key lime is unavailable, use a standard lime in its place.

Makes 24

4 cups shredded unsweetened coconut
Sweetener equivalent to 1 cup sugar
2 egg whites
8 ounces cream cheese (preferably organic), at room temperature

Preheat the oven to 300°F. 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 1” cookie scoop or a large spoon, scoop the mixture onto the baking sheet in 24 mounds. Sprinkle lime peel 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

1 cup whipping cream or canned coconut milk (see note)
½ cup sliced almonds
2 cups shredded unsweetened coconut
Sweetener equivalent to ½ cup sugar
1 teaspoon almond extract

In a large bowl, whip 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 152).

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 confectioners’ 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

8 ounces chocolate (85% cacao or greater) 1/2 cup shredded unsweetened coconut
1/4 cup whole almonds
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

CRUST
2 cups almond meal/flour
Sweetener equivalent to 1 tablespoon sugar
1 teaspoon ground cinnamon
1/4 cup coconut oil or butter, melted

FILLING
12 ounces cream cheese (preferably organic), at room temperature
8 ounces sour cream, Greek yogurt, or canned coconut milk
3 eggs
Sweetener equivalent to 1/4 cup sugar
2 cups strawberries, chopped or reduced to a pulp in a food chopper or processor
1/2 cup shredded unsweetened coconut

Preheat the oven to 350ºF. Place paper liners in a 12-cup muffin pan.

To make the crust: In a large bowl, combine the almond meal/flour, sweetener, cinnamon, and coconut oil or butter. Mix thoroughly. Evenly divide among the cupcake 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, 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)

- 1 cup heavy whipping cream or canned coconut milk
- 1 cup frozen blueberries
- Sweetener equivalent to 1 tablespoon sugar
- 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 (¼ 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 can (14 ounces) coconut milk
- 3½ tablespoons unsweetened cocoa powder
- Sweetener equivalent to ½ cup sugar
- 1 tablespoon instant coffee granules
- ½ teaspoon ground cinnamon
- 1 cup unflavored rum

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 or substitute an egg product such as Egg Beaters.

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
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 and big-box 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

1 pound boneless, skinless chicken breasts
2 eggs
1/2 cup butter, melted
1/2 cup ground golden flaxseeds
1/4 cup grated Parmesan cheese
1/2 teaspoon onion powder

Preheat the oven to 375°F. 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 strips bacon, chopped into ½” pieces
1 package (16 ounces) nitrate- and preservative-free frankfurters, sliced into 1” pieces
1 can (15 ounces) pinto beans with pork

In a large skillet 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 paste, 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 1” pieces
½ cup heavy cream
1 teaspoon dry mustard
½ cup butter
3 cups shredded Cheddar cheese

Preheat the oven to 325°F.

Place a steamer basket in a large pot with 2” 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 skillet 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
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 cornstarch, 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 Blast- ers in Chapter 6 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

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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

2 cups almond meal/flour

1½ cups shredded mozzarella cheese, divided

½ cup sun-dried tomatoes, finely chopped

2 eggs

⅛ cup extra-virgin olive oil

1 teaspoon dried oregano

1 teaspoon dried basil

2 ounces pepperoni, thinly sliced

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In a large bowl, combine the almond meal/flour, 1 cup of the cheese, and the sun-dried tomatoes.

In a small bowl, whisk the eggs. Pour the egg mixture into the almond meal/flour mixture and mix thoroughly until a thick dough forms.

Spread the dough out on the baking sheet to form an approximately 10” x 10” square no more than ½” 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 ½ cup 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 1”-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
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 specialty food markets, Whole Foods or Trader Joe’s, or health food stores. You could, of course, dehydrate berries yourself and save considerably on cost.

Preheat the oven to 275°F.

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 (½ cup): 391 calories, 3 g protein, 13 g carbohydrates, 36 g total fat, 31 g saturated fat, 6 g fiber, 14 mg sodium

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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!

Preheat the oven to 350°F. 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 by ⅛ cupfuls 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 GRAHAM 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.

Place the unwrapped dough on the baking sheet. Flatten to about a ¼” 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 waxed 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

Makes approximately 24

- 2 cups almond flour
- ¼ cup coconut flour
- Sweetener equivalent to ½ cup sugar
- ½ teaspoon sea salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 2 eggs
- ¼ cup coconut, almond, or hemp milk
- 2 teaspoons vanilla extract
- ⅛ cup butter, cold and sliced
- 4 ounces chocolate (85% cacao), broken into pieces
- 4 ounces chocolate (85% cacao), broken into pieces

Line a baking sheet with parchment paper.

In a large bowl, combine the almond flour, coconut flour, sweetener, salt, cinnamon, and baking 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 plastic wrap, and refrigerate for 30 minutes.

Preheat the oven to 350°F.
CHIPOTLE CHILI CRACKERS

Pack these spicy Chipotle Chili 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_

- 1 cup finely ground golden flaxseeds
- ½ cup grated Parmesan cheese
- 1 teaspoon sea salt
- 1 tablespoon chipotle seasoning
- 1 cup water

Preheat the oven to 375°F. Grease an 11” x 8” shallow baking pan.

In a large bowl, combine the flaxseeds, cheese, salt, chipotle seasoning, onion powder, and red 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_
STILL NOT CONVERTED?

What if you’ve launched the Wheat Belly Detox Secret Weapons to convert the unconvinced, yet they remain stubbornly unconvinced that this lifestyle is the most powerful thing that has come along to achieve 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.

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“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)

<table>
<thead>
<tr>
<th>1 cup raw pumpkin seeds</th>
<th>1/2 cup coconut oil, melted</th>
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</thead>
<tbody>
<tr>
<td>1 cup raw sunflower seeds</td>
<td>1 teaspoon vanilla extract</td>
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<tr>
<td>1 cup raw walnut pieces</td>
<td>2 teaspoons ground cinnamon</td>
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<tr>
<td>1 cup raw pecan pieces</td>
<td>1 teaspoon ground nutmeg</td>
</tr>
<tr>
<td>1/2 cup coconut oil, melted</td>
<td>½ teaspoon ground cloves</td>
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<tr>
<td>Sweetener equivalent to</td>
<td>2 teaspoons sugar</td>
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</tbody>
</table>

Preheat the oven to 275°F.

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 (1/4 cup): 232 calories, 5 g protein, 5 g carbohydrates, 23 g total fat, 10 g saturated fat, 2 g fiber, 4 mg sodium
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 meal/flour
- Almond milk, unsweetened
- Baking powder (aluminum-free)
- Baking soda
- Cauliflower
- Cheeses (preferably full-fat, organic)
- Chia seeds
- Chocolate—100% chocolate, 85% cacao or greater
- Chocolate chips, dark
- Cocoa powder, unsweetened
Appendix A

230

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/avocado/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 applesauce, 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, yellow
- Garlic cloves

Coconut, shredded and unsweetened; coconut flakes
Coconut flour
Coconut milk—canned for thickness; carton for drinking
Dried fruit, unsweetened
Extracts—natural almond, coconut, vanilla, and peppermint
Flaxseeds, preferably ground golden
Ground nut meals—ground almonds, 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
Zucchini

**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.”
<table>
<thead>
<tr>
<th>DAY 1</th>
</tr>
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<tbody>
<tr>
<td>Apricot Ginger “Granola”—dried apricots (5), allspice</td>
</tr>
<tr>
<td>Cream of Broccoli Soup—chicken stock (4 cups), broccoli (1 pound)</td>
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<tr>
<td>Italian Sausage and Bell Pepper Pizza—shredded mozzarella cheese (2 cups), Italian sausage (loose or in casing, 8 ounces), red bell pepper (1), green or yellow bell pepper (1), pizza sauce (1 cup), crushed red-pepper flakes</td>
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</tbody>
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<table>
<thead>
<tr>
<th>DAY 2</th>
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</thead>
<tbody>
<tr>
<td>Berry Coconut Quick Muffin—fresh or frozen mixed berries (1 cup)</td>
</tr>
<tr>
<td>Wheat Belly Herbed Focaccia Bread—shredded mozzarella cheese (1 cup), black or kalamata olives (1/2 cup), sun-dried tomatoes (1/2 cup, preferably in oil)</td>
</tr>
<tr>
<td>Eggplant Lasagna—eggplants (2 medium), marinara sauce (26-ounce jar), fresh or dried basil, fresh or dried oregano, ricotta cheese (16 ounces), mozzarella cheese (16 ounces)</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>DAY 3</th>
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</thead>
<tbody>
<tr>
<td>Mediterranean “Pasta” Salad—zucchini (1 pound), cherry tomatoes (8 ounces), cucumber (1 medium), scallions (5–6), black or kalamata olives (1/2 cup), pepperoni (8 ounces), fresh or dried basil, fresh or dried oregano</td>
</tr>
<tr>
<td>Bacon-Topped Meat Loaf with Mushrooms and Gravy—ground beef (1 pound), ground pork (1 pound), carrots (2 cups shredded), green bell pepper (1), bacon (4 strips), button mushrooms (4 ounces), beef broth (1 cup)</td>
</tr>
<tr>
<td>Mashed “Potatoes”—cauliflower (1 large head)</td>
</tr>
</tbody>
</table>

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
Almond meal or 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, Truvía, Swerve, Wheat-Free Market Foods Sweetener
DAY 4

Spicy Italian Frittata—Italian sausage (8 ounces loose or in casing), spinach or kale (2 cups), red bell pepper (1)
Spaghetti with Meatballs—ground beef (1½ pounds), fresh or dried basil, fresh or dried oregano, zucchini (1½ pounds), tomato sauce (28-ounce jar)

DAY 5

Curried Chicken Soup—chicken breasts (1 pound), shiitake mushrooms (4 ounces), chicken broth (1 quart), cilantro (2 tablespoons chopped)
Fettuccine Alfredo—zucchini (2 pounds), heavy cream or canned coconut milk (½ cup)
Chocolate Avocado Pudding—avocados (3 large ripe), unsweetened cocoa powder (½ cup), optional fresh berries (½ cup)

DAY 6

Eggplant Mini Pizzas—eggplant (1 medium), pizza sauce (1 cup), pepperoni (2 ounces), shredded mozzarella cheese (4 ounces)
Pork Thai Stir-Fry—scallions (4–5), pork (your choice of cut, e.g., pork chop, tenderloin, ham; 1 pound), fresh ginger (1 tablespoon grated), broccoli (1 large head), shiitake mushrooms (4 ounces), red curry sauce (1 tablespoon), fish sauce (¼ cup), cilantro (2 tablespoons chopped)

DAY 7

Chorizo, Pepper, and Avocado Skillet—radishes (1 pound), scallions (4), chorizo sausage (12 ounces), green bell pepper (1), kale or spinach (2 cups), avocado (1 large)
Bacon-Wrapped Chicken Breasts Stuffed with Spinach, Mushrooms, and Roasted Red Peppers—chicken breasts (4 breasts, about 2 pounds), portobello mushrooms (4 ounces), roasted red peppers (½ cup), spinach (4 cups fresh or 10-ounce package frozen), bacon (8 strips)

DAY 8

Spicy Minestrone—chicken broth (1 quart), diced tomatoes (14-ounce can), tomato paste (6-ounce can), celery (2 ribs), green beans (8 ounces), pinto beans (15-ounce can), button mushrooms (4 ounces), spinach (4 cups chopped fresh or 10-ounce box frozen chopped), fresh basil (¼ cup)
Shrimp Fried “Rice”—cauliflower (1 head), scallions (5–6), shrimp (1 pound cooked), fresh ginger (1 tablespoon grated), carrots (1 cup grated), green bell 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 Bell Peppers and Sauerkraut—caraway seeds (1 teaspoon), celery seeds (¼ teaspoon), bratwurst or other spicy sausage (1 pound), green bell peppers (2), sauerkraut (2 cups)
“Potato” Salad—turnips (2 pounds), white onion (1), dill pickles (2), Dijon mustard (2 teaspoons), paprika (1 teaspoon)
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