

HOW TO LOSE YOUR WHEAT BELLY

A 14-DAY EATING PLAN

By NYTimes Bestselling Author & Nutrition Coach, Yuri Elkaim

For the next 14 days, select one meal or snack from each of the following columns. Each offers a variety of simple, healthy no-wheat eats that will let your body start to withdraw and rest from wheat.

FOOD FOCUS

As you heal your Wheat Belly, here's a quick-list of foods you should & shouldn't be eating.

YES

Fresh vegetables

- Leafy Greens
- Cauliflower
- Broccoli
- Squash
- Cucumbers
- Celery
- Tomatoes
- Sweet potatoes



Low-glycemic fruits

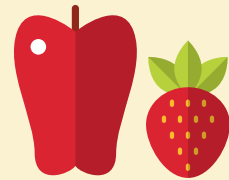
Grassfed Meats & Poultry

Wildcaught Fish & Seafood

Organic Eggs

Nuts and seeds

- Almonds
- Walnuts



Healthy Fats

- Avocadoes
- Olives
- Grass-fed butter
- Olive oil
- Coconut oil



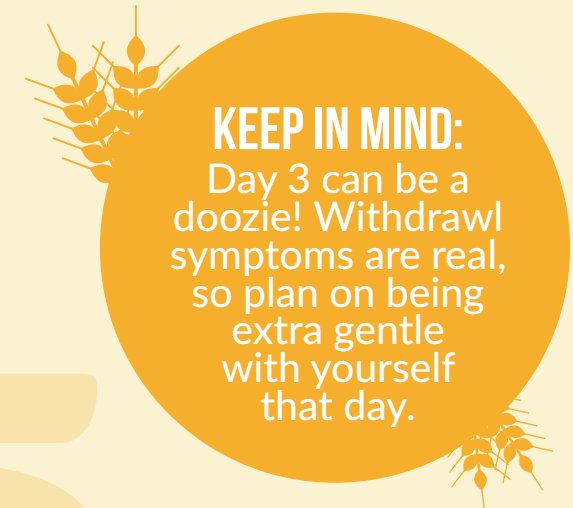
NO

- NO GLUTEN
- NO SUGAR
- NO SODA
- NO CAFFEINE
- NO DAIRY
- NO GRAINS
- NO GRAINS
- NO LEGUMES
- NO WHITE POTATOES
- NO CORN



WHEAT WITHDRAWAL SYMPTOMS:

- Anxiety
- Constant hunger
- Depression
- Diarrhea
- Dizziness
- Fatigue
- Irritability
- Lack of energy
- Lightheadedness
- Mental foginess
- Nausea
- Stomach cramps
- Strong cravings for wheat



KEEP IN MIND:

Day 3 can be a doozie! Withdrawal symptoms are real, so plan on being extra gentle with yourself that day.



Simple Ways to Stop Wheat Belly Symptoms

- Step 1:** Cut all wheat out of your diet.
- Step 2:** Cut all sugar out of the diet, at least for the first two weeks.
- Step 3:** Stick to low-glycemic fruits for your sweet tooth.
- Step 4:** Do NOT count calories or restrict portions of other foods.
- Step 5:** Get plenty of Vitamin C.

Take 2000-3000mg of Vitamin C per day for this two weeks to reduce inflammation, restore proper hormonal balance and also help your body dispose of that stored fat.

+ **HOW TO SURVIVE WHEAT WITHDRAWAL:**

- Stay Hydrated
- Get Your Leafy Greens
- Sea Salt Your Food

ADD THESE SUPPLEMENTS:

- Probiotic, Magnesium, Artic Cod Oil

BREAKFAST

- Green Smoothie
- Nut Butter Smoothie
- Paleo Granola + Almond Milk
- Spinach Omelet
- Scrambled Eggs + Boiled Eggs +

LUNCH

- Hummus + Veggies Wrapped in Collard Greens
- Olive Oil Drizzled Green Salad + Chicken
- Bunless
- Steak + Guacamole

SNACK

- Apple + Almond Butter
- Raw Almonds
- Fresh Berries
- Larabar
- Raw Cashews
- Berries + Almond Milk

DINNER

- Bunless Burger
- Steak + Sweet Potato
- Lettuce Wrap
- Chicken Tacos
- Zucchini Pasta with Marinara Sauce
- Broiled Salmon
- Foil-Baked Fish