



Sin trigo, gracias. Libro de recetas: 150 recetas para olvidarse del trigo, perder peso y ganar en salud

William Davis

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Disfruta de la revolución de la cocina sin trigo

Siguiendo la estela de *Sin trigo, gracias*, el libro en el que el prestigioso cardiólogo William Davis explica con datos científicos y estudios recientes las graves consecuencias de tomar trigo en nuestra dieta hoy en día ¿al margen de padecer o no alergias o intolerancias?, llega *Sin trigo, Gracias. Libro de recetas*, una puesta en práctica de la teoría del doctor.

En este libro encontrarás 150 sabrosas recetas para todas las ocasiones especialmente pensadas para cuidar tu peso y mejorar tu salud dejando de lado el trigo en tus comidas. Entre estas páginas encontrarás aperitivos, entrantes y platos principales, así como mucha información útil sobre cómo llevar a cabo una dieta sana sin trigo.

Comer sin trigo te ayuda, entre otras cosas, a:

Perder peso

Mejorar los síntomas de la diabetes tipo 2

Mejorar el colesterol y LDL

Preservar la densidad ósea y evitar la osteoporosis

Mejorar enfermedades de la piel como psoriasis úlceras o alopecia

Aliviar los síntomas de la artritis reumatoide

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trigo, perder peso y ganar en salud William Davis

From Reader Review Sin trigo, gracias. Libro de recetas: 150 recetas para olvidarse del trigo, perder peso y ganar en salud for online ebook

Melissa says

Excellent follow up to the Wheat Belly book itself which I read in December...already lost about 8 lbs and lots of "bulk" around my middle--pretty sure I had wheat belly! For this cookbook, I managed to catch an ebook sale for only \$2.99 and I literally read the entire thing, including every recipe so I would know exactly what yummy treats I would try first!

The opening chapters include a lot of great key information from the original Wheat Belly book itself but do not serve as a complete substitute, so I would still recommend reading the original book for a more complete understanding of Dr. Davis' philosophy & research. He also spends much more time on the science of his recommendations and on celiac disease, which I found particularly helpful.

Take some time to review the pantry suggestions so you can stock up and cook right away!

I've now been wheat-free and sugar-free for about one month and I love the changes I've experienced.

Berkshire12gmail.com says

Abominable. If I could give it zero stars, I would. Completely untested recipes, using expensive ingredients that ultimately go to waste. Crusts and breads fall apart and taste really bad. There's no consideration of the most basic chemistry of cooking--i.e., why certain materials/ingredients behave as they do with various preparations and when subjected to Heat+Time. It's possible to find reasonable substitutes for the elastic properties of gluten, but the author didn't bother. I'm an excellent cook, and even I couldn't save the recipes in this book. It's as if they got very excited about the success of the original book, and decided they'd better get a cookbook out fast to make even more money. It's too bad--the original book "Wheat Belly" was well-researched and informative, and after only two months following its principles, I've seen the near-elimination of what was previously very severe joint pain and Carpal Tunnel Syndrome (on the verge of surgical intervention). The cookbook, sadly, is not up to the standard of its predecessor, and is a complete rip-off. If you're looking for wheat-free recipes, there are much better sources out there.

Rick says

This was a good book. There was a very good discussion on the modified wheat that is not designed for humans. There seemed to be an effort to really limit carbs which I think is not necessary, but simply know what you are eating.

Jenny says

The Wheat Belly Cookbook encourages its reader to give up wheat to help the reader lose weight and improve their health. It offers recipes for breakfasts, main courses, breads, snacks, etc.

Recently I received allergy test results that indicate I am moderately allergic to wheat, which was a surprise to me. I looked at symptoms of a wheat allergy and I don't think I have any of them, except possibly eczema and congestion. I've been toying around with what to do about this news, so I picked up this cookbook to see if it would help me get rid of wheat. I read the introductory pages where the author makes his case against wheat. Now it may be that wheat is not great, but I really had a hard time believing what he was writing for many reasons. First of all, I didn't care for his writing, calling wheat a " frankengrain" or whatever. He has a few nicknames for wheat that to me trivialize his point. Second, in his writing he proclaims that he, as a cardiologist, has been able to diagnose rashes that are caused by wheat that "most" dermatologists are unable to diagnose, throwing prescriptions at them to help them go away. Please. That point really frustrated me, to imply that doctors in their own specialty know less than this particular doctor outside of his specialty. Third, the author proclaims quite often that if you just give up wheat, you'll lose a bunch of weight. However if you read his writing carefully, he actually suggests you give up wheat, sugar, corn products, soda, etc. Therefore it is no wonder you'd lose weight on this "groundbreaking" diet plan. Fourth, whether or not his nutrition advice is sound, this book might as well be written for the 1%. The author wants you to get rid of practically everything you already have in your house (because it is contaminated with wheat) and then stock up on expensive alternative flours, oils, sweeteners and organic, pasture-fed meats. Additionally, the author doesn't want you to purchase any gluten-free breads/products because those may be filled with other ingredients that may compromise your carbs or whatever...instead, the author would have you make your own bread, etc. from scratch. I think that's a fair recommendation, but unattainable for many in these days when many full-time working families have a hard time making their own meals a home, let alone breads from scratch. I certainly rolled my eyes many times in those introductory pages for all of these reasons and more.

All that being said, I debated back and forth about sourcing some of these items to try some of his recipes. In the end, I just didn't have the heart to do it. I guess at this point since my symptoms are minor, I'd rather try to eat less wheat than try to recreate all of my wheat favorites without using wheat. I feel a little badly rating this cookbook so low without having tried even one recipe, but I think it's just not for me.

Irene says

I didn't pick this up because it's a diet book, but because it's about what the food industry has done to wheat and wheat products. If true, it's pretty scary and it might also be the reason for so many allergies and other types of illnesses. An interesting read.

Deb says

Some very good recipes if you're eating gluten free

Yasmin Shiraz says

The recipes take longer than described because there is prep time for the mixes used with several of the recipes. Also, he recommends a lot of almond flour. For people with nut allergies they can't really get much out of this book.

Karah says

Our family has slowly been cutting down on wheat/ gluten for the past year. I read both of Sarah Fragos's Paleo cookbooks, but I haven't been able to completely cut out all grains, dairy, and legumes. The Wheat Belly plan seems much more do-able. I'm not interested in changing our diet due to weight loss, but rather to increase my family's overall health.

After reading Dr. Davis' argument explaining the problems caused by modern wheat, I'm left with little desire to even touch the stuff. He challenges the "Healthy Whole Grains" belief, calling it a myth and explaining the fact that large pharmaceutical companies are aware of the dangers of wheat, but are the ones behind the lobbyists demanding we eat more healthy whole grains. I didn't read the entire "Wheat Belly" book, but he summarizes quite a bit of that book in the introduction of this cookbook. He goes into detail about the changes wheat has undergone in the past 30 years, and shows that it has been linked to asthma, digestive problems, neurological problems, cancer, diabetes, inflammation, arthritis, and so many others. He also talks about sugar and points out several startling stats like this one: A Snickers Bar raises your blood sugar/ insulin levels less than two pieces of whole wheat bread.

Although my family is not 100% wheat-free, we're steering in that direction. We haven't eaten sandwiches forever, gave up cereals with gluten, and found some great alternatives for pizza and spaghetti. The recipes in this book seem easy to read and follow, and very likely to be referred to. That being said, we've already changed most of our pantry over the course of the last year, so it might be hard to start this type of cooking/ baking "cold turkey". I will admit that both my husband and I have higher energy, feel better, and experience fewer digestive issues since cutting back on wheat. Overall, this is a great read that really makes you stop and think about all the wheat we're consuming and what it may be doing to our bodies.

Jen says

Trying to get rid of gluten/Wheat is not an easy task to under take. Recipes in this are time consuming especially for people like me with little cooking experience or patience for the Kitchen. The information aspects though were informative.

Dawn says

To Die For Muffins

Lots of great recipes in this book. The Carrot Muffins with the orange peel are to die for. Such a blend of delicious flavors and so moist and perfect.

Rob Billingsley says

Wheat Belly Cookbook: 150 Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health by William Davis, MD.

Well, you know what they say, "If it sounds too good to be true, then..." However, my physician suggested I get this book to help me permanently change my eating habits in a way that will effectively reduce many of my issues about weight, glycemic index, aching joints, and energy (or lack thereof). He gave it a pretty strong thumbs-up.

I've been trying to be gluten free on my own, but haven't had much weight loss success. Dr. Davis explains that many of the gluten free products you buy have starches from rice, tapioca, potatoes or other non-wheat ingredients that actually have a much higher glycemic index that contributes to greater risk for obesity and diabetes.

The author's one great crusade in this and his earlier work, *Wheat Belly*, is to convince you that the wheat produced in this country is not what it was as recently as the 1960's. He says this is due to its genetic makeup resulting from modifications to make the grain easier to grow and produce. According to the author, the sharp increase in obesity and diabetes is not just parallel to the growth of the new wheat in our diets, but is directly due to the genetic changes in the wheat seed stocks. He goes on further to imply that the Monsantos of this world are out to get us addicted to wheat because it makes us even more hungry for more wheat-based foods, as well as for other foods in general.

His argument even goes so far as to compare this conspiracy to the tobacco companies of the 50s and 60's that concealed the studies they conducted on the effects of artificially increasing nicotine content in cigarettes. Dr. Davis likens wheat to an opiate that can be kicked with almost immediate results. I have to admit, it takes a lot of will power to walk by a Cinnabon store without stopping.

More than half the book is devoted to going into the science of the seed, but once you get to the recipes it is well worth the read. The overall organization of the recipes is like a menu with chapter headings like: "Breakfasts, Sandwiches and Salads, Appetizers, Soups and Stews, Main Dishes," etc. There you find tasty looking recipes with unusual ingredients like lemon seed poppy cakes, coconut flake crusts for Key Lime Pie, Shirataki noodles (yam fiber) for pasta that has almost no calories, and a long list of non-wheat breads that use baking soda instead of yeast to put loft in the loaf.

I tried the "Basic Bread" recipe without the suggested hard to find sweeteners, xylitol or stevia, and it while it could use some honey or sugar in the recipe, adding honey or butter after the fact does just as well.

Finally, the author intersperses his recipes with testimonials, but who can trust those? Even if you don't perform miracles of weight loss with this book, the recipes I tried tasted great. I especially like the soda bread recipes for their ease of preparation as well as their satisfying flavor and texture, as well as the way it makes the house smell while it is baking.

Pat says

Having first read the book "Wheat Belly", then purchasing the "WB Cookbook"...I'd suggest to others that, if they are interested in this subject, to skip the original book as the author included several chapters reiterating the original thesis; about how modern engineering of wheat has had the unintended consequence of causing the obesity problem....so save yourself the money; you might need it if you decide to pursue the WB Plan. One will need to do a major overhaul of one's pantry; replacing conventional flours with non-wheat based ones. As to a general rating on the recipes included, (as I noted in my review of the original book), I have a hard time getting past the seemingly high, high fat content in many (actually most) of the recipes. For a cardiologist to be acclaiming the "healthy choice" of such foods is difficult for me to accept. For me, despite

the myriad claims of better health and/or weight loss, I'd have preferred that cholesterol levels, before & after employing the diet, to have been included as well. A positive review point...the inclusion of the total nutritional break-down of each recipe is a big plus; not all cookbooks have this.

Angela says

I didn't disagree with what I read (though I didn't read all of the nutrition information presented). I would have liked to have seen more photographs of the food. Many of the recipes included flaxseeds, which I don't tolerate well, making those recipes useless to me. And once I have the recipe for gluten-free bread or tortillas or cake, I know what to do with it. I don't need recipes for taco fillings or sandwiches or french toast. So this cookbook was not for me, even though I agree that a gluten-free diet is probably better for everyone.

B says

Whereas I found his other book, "Wheat Belly," very compelling, I didn't like this cookbook. Some of the recipes were LUDICROUS. Like using 4 different kinds of non-wheat flour with 12 other ingredients to make 4" pancakes that are 175 calories PER SERVING! I'd rather SKIP the carbs than go all that trouble for something that tastes gross AND has so many calories.

Marie Gallagher says

I bought this book years ago, noting it summarized the Wheat Belly book concept that first came out and then included wheat free recipes in the last half of the book.

As I got past the first couple of chapters, I felt the author was repeating the same thing over and over again and it started to bug me. So I started to read the recipes and noting all the "weird" ingredients like almond, chick pea, coconut, etc flours, I just gave up, put it aside and never bothered with it again.

I had no problem agreeing with the "Frankenwheat" concept and the fact that what we call wheat today is not the wheat we ate as a child. But I couldn't fathom the idea of giving up wheat altogether, so I stuck to my "healthy" diet of "multi grain" wheat products, having given up "the bad stuff " like white bread, etc years ago.

Then, earlier this year, two people I know who had given up wheat and dairy for health reasons and managed to loose a lot of weight as a result inspired me and I decided once and for all to give up wheat altogether. Although I am one who has always been conscientious of carbs, eats whole grain, stays away from "white" and sugar and tries to eat healthy, I did like to eat pasta and pizza every once in a while and I would sometimes eat "healthy" bran cookies with my tea after lunch at work; things like that.

I found after a couple of months of giving up wheat completely, I'd lost a complete size. My fatty tummy, thighs, hips, waist and even lower legs seemed to be melting away. And all I did was give up wheat!!!

Thinking back to the book, I pulled it out about month 3 where I was now down at least 15 pounds. I love it and can't wait to try the recipes, which include bready things rolls, scones/biscuits, flatbreads, basic bread and many others. I've bought my almond, chick pea and coconut flour and can't wait to give it a go!

I haven't missed the wheat for the most part and what I love the most is that I am not "on a diet", but the weight/fat seems to have come off and stayed off. I have more energy than ever and my knee doesn't seem to bother me like it used to, I believe because of getting rid of wheat which reportedly causes inflammation.

I am so excited about this new way of life that I can't help but share it with others.

A great book, but I believe only "when you're ready for it"!!
