

## **50 WHEAT-FREE LIVING TIPS**

1. Feel better mentally and drop that unwanted weight with a wheat-free lifestyle.
2. Choose Shirotaki or Konjac noodles and spaghetti squash to replace wheat pasta.
3. Your body will thank you for switching to a wheat-free lifestyle.
4. Now that you're ready to cook wheat-free foods, what do you use as a substitute for wheat flour? The answer: rice flour.
5. Wheat-free flours cook better when cooked longer at a lower temperature, say 25 degrees lower.
6. Use equal parts brown rice flour and chickpea flour to boost the protein in your wheat-free recipes.
7. Refrigerate your wheat-free dough for half an hour before you bake it. This helps improve texture and flavor.
8. Follow the movement to a more healthy way of eating. Discover wheat-free living.
9. Removing wheat-based products from your diet is a great chance to add in more whole foods.
10. Don't live in a fog anymore. Living wheat free can help clear brain fog, acne and digestion problems.
11. Wheat-free pancakes are light and fluffy, with a nutty flavor. Try making them with almond flour.
12. Will a wheat-free diet help you lose weight? It can.
13. Do you have wheat belly? Wheat belly is a new name for beer belly or pot belly or visceral fat.
14. Make your own oatcakes... it's a wheat-free alternative.
15. Learn what you can eat and what you should avoid when living wheat free.
16. Substitute a can of black beans for flour in brownies. Don't be fooled; they taste great.
17. Substitute roasted and pulled apart with a fork, spaghetti squash for a great low-carb and low-calorie substitute for wheat-based pasta.
18. Don't be afraid to experiment to see what works best eating wheat free.

19. Avoiding wheat belly is a lifestyle choice or manner of eating that eliminates wheat and lowers carbs and sugar.
20. Wheat free and gluten free are not the same thing. Wheat free can be employed due to an allergy, intolerance or a lifestyle choice.
21. Wheat hides under many alternative names in foods, drinks and beauty products. If you are going wheat free, be aware of them.
22. Premade wheat-free baking mixes isn't limited to cakes. Find mixes for pie crusts, tortillas, graham crackers, and pizza crust.
23. Wheat-free dieting but love pasta? There are great alternatives to wheat pasta. Pasta comes in rice, corn and quinoa varieties.
24. Read labels carefully on a wheat-free diet. Wheat is found in soy sauce, condiments, ice cream, potato chips, rice cakes, and hot dogs.
25. When switching to a wheat-free diet, introduce one new ingredient or recipe into your diet gradually.
26. The benefit of wheat-free eating includes an improvement in performance-learning, work, physical and sports.
27. "I would classify the elimination of wheat as the most powerful tool for reclaiming health that I have ever witnessed"~ William Davis, MD
28. Coconut flour is a great substitute for wheat flour in baking recipes when used with almond flour. Don't use more than 1/2 cup, though.
29. How do you build a grain-free pantry? Fill it with whole foods like fruits and vegetables, and alternative flours.
30. Wheat-free products are readily available in local markets and online.
31. Following a wheat-free diet has been shown to reduce the inflammation in your gut and lower your glycemic index.
32. You don't have to give up bread when you go wheat free. Use almond flour to replace the wheat flour.
33. Buckwheat isn't a member of the wheat family but it's often used in place of grains. It's a good alternative for wheat-free living.
34. Quinoa has a slightly nutty flavor. It cooks faster than rice, in about 15 minutes, making it a fast meal for a wheat-free diet.
35. The Wheat Belly diet allows unlimited cheese, meats, fish, eggs, most vegetables except potatoes and corn, raw seeds and nuts and most oils.

36. Enjoy meals like Rice Noodle Salad with Pork and Snow Peas on the wheat-free diet.
37. Eating a wheat-free diet can help keep your blood glucose levels from spiking.
38. The Wheat Belly diet has been compared to Atkins and the Paleo lifestyle.
39. Eating vegetables high in fiber and protein can help replace the nutrients lost from a wheat-free lifestyle.
40. Dive into a wheat-free pizza like cauliflower pizza crust with yummy vegetable toppings and goat cheese.
41. Zucchini squash lasagna replaces wheat noodles with zucchini or patty pan squash.
42. Roasted Chicken Tenders with Spinach, Broccoli and Asparagus Quinoa is a deliciously healthy wheat-free dinner.
43. Replacing noodles in lasagna with zucchini or eggplant makes the dish healthy and wheat free.
44. Think you have to give up delicious tacos on a wheat-free diet? There are many recipes that will change your mind.
45. Tuna Noodle Casserole on a wheat-free diet? You bet.
46. Beef Stroganoff is often off limits to those on a wheat-free diet. Thanks to a few key ingredient changes you can enjoy it.
47. Whether you are wheat free by choice or necessity, you don't have to give up your favorite foods.
48. Make your own wheat-free taco shells and taco seasoning.
49. Quinoa has almost the exact same texture as couscous and it's packed with nutrients and protein, making it perfect for those eating wheat-free.
50. For a wheat-free hamburger bun, use large Portobello mushrooms as hamburger buns. Just grill or roast them first.



**PLR  
CONTENT  
SOURCE**

**Your Source For High Quality Private Label Rights Content  
That You Can Actually Afford and Profit From  
[www.PLRContentSource.com](http://www.PLRContentSource.com)**