



# **Coconut: Detox Diet: Gluten Free Recipes for Celiac Disease, Wheat Free & Paleo Free; Detox Cleanse Diet to Lose Belly Fat & Increase Energy**

*Emma Rose*

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You're about to discover how to make dishes using Coconut Flour... Manage your weight and stay healthy without restricting yourself of foods that you love to eat. Discover the benefits of coconut flour and how it can help you lose weight and be healthy without sacrificing your love for bread, cakes, and other treats. This book includes several delicious recipes to help you adjust more easily to a healthier food lifestyle. Coconut flour is a good alternative to wheat flour. You can use it for baking and cooking. This book provides you with several recipes that use coconut flour. Try these recipes yourself and you can also add your own twist in the process. Whether you have Celiacs, a gluten sensitivity or you simply want to be healthy, this book is perfect for you. Coconut flour is a SUPER FOOD, giving you even more awesome benefits for your body.

## **Here Is A Preview Of What You'll Learn...**

Diet as an end to the means, not a means to the end **Learn the best way to detox yourself without doing harm to your body**

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