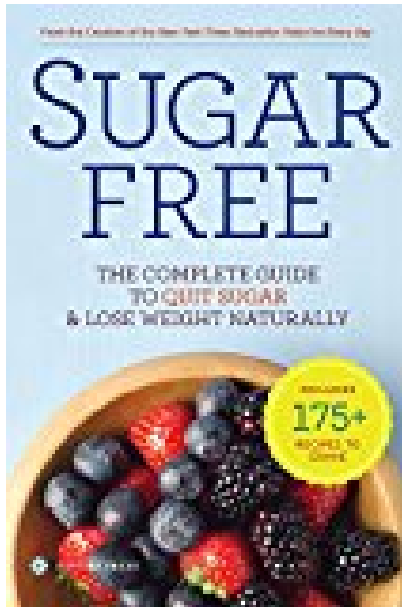


Sugar Free The Complete Guide to Quit Sugar & Lose Weight Naturally



BOOK DETAILS

- Author : Sonoma Press
- Pages : 386 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN :

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BOOK SYNOPSIS

Quit Sugar and Feel Great with Over 175 Tasty Recipes From the Creators of the New York Times Bestseller Paleo for Everyday, Sugar Free offers a step-by-step plan and over 175 delicious recipes to cut your sugar intake--either temporarily or for good--and feel great about the foods you eat. Let Sugar Free get you off sugar and on to delicious, healthy meals, with:

- Over 175 tasty recipes, such as Mexican Chicken Salad, Bacon-Wrapped Meatloaf, and Banana Chocolate Almond Ice Cream
- A quiz to see which of 3 unique sugar detoxes - the Yellow Plan, the Green Plan, or the Blue Plan - is right for you
- 10 tips for dealing with cravings and sugar withdrawal
- A success log to help you track your progress
- Tips on safely reintroducing healthy sugars after you detox

With a comprehensive program and over 175 recipes so delicious you'll never look back, Sugar Free is the best way to quit sugar and start feeling great now.

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