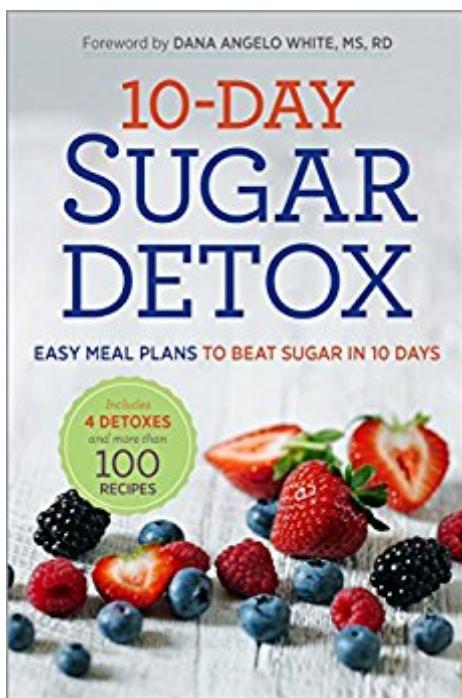


The book was found

10-Day Sugar Detox: Easy Meal Plans To Beat Sugar In 10 Days



Synopsis

WALL STREET JOURNAL & USA TODAY BESTSELLER 10 Days. 4 Sugar Detox Options. 1 Life-Changing Experience. Live healthier. Lose weight. Cut carbs. Gain energy. Sleep better. Most people who choose to do a sugar detox have similar goals. But just because you want to achieve the same things doesn't mean you're starting from the same place. 10-Day Sugar Detox takes into account the real eating habits of aspiring sugar detoxers. It offers four different detoxes, each of which can be undertaken to end sugar addiction safely and successfully. Which sugar detox is right for you? The Orange Plan: Vegetarian The Yellow Plan: Carnivorous The Green Plan: Grain-free, legume-free The Blue Plan: Grain-free, legume-free, dairy-free Each sugar detox includes its own shopping list and meal plan for the 10-day period—so the only thing you have to think about is how good you're going to feel by the end. Recipes include: Cheesy Bacon Breakfast Casserole, Steak Salad with Goat Cheese, Curried Carrot Soup with Basil, Sesame-Ginger Soba Noodles, Spicy Salmon Burgers, Grilled Garlic-Rosemary Pork Tenderloin, Chocolate-Almond Fondue, and more!

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Customer Reviews

My friend told me about how bad sugar was for me so I decided to cut it from my diet. I came across this book and it was GOLD. It offered 4 options to help me take it out of my diet. 10 days, that is all it took. I'm not going to lie, it was hard for the first few days but the book helped me deal with it. It even offers an option if you are a vegetarian. I am no longer craving sugar and I feel fantastic. I have even lost weight! I wish I would have found this book sooner! If you are looking to live a healthier lifestyle then pick this book up. You owe it to yourself.

Reading this book has helped me to better understand more about how sugar affects my body. I learn the effects can cause things from heart disease to anxiety and even depression. I never paid attention to how many hidden sugars were in foods that we consume daily. The list of alternate names for sugars provided in this book is a great resource and really opened my eyes. I was really amazed that there were so many names sugars go by. This is a great book, for those looking to make a lifestyle change. *I received this ebook in exchange for an honest and unbiased review, all opinions are my own.

I had more energy but this does wake you up. I get groggy again after 3hrs or so. I take turns with this one and my yerba mate shots those last me 8-10hrs.

Very helpful, with recommended foods.

As a mother you are always trying to find foods that are low in sugar for your kids. This is a great book for that it teaches you all the sugars and other ingredients that are hidden in a label that are also sugar. I was amazed on the great information within this book. As you get older your weight is not as easy to lose in my opinion. This sugar detox is something that I really need to do. Disclaimer I was given this book to review all of these thoughts are my own.

excellent meal plan ideas

Loved it..made me really think about all the sugar in food..felt great after..

Great book and easy to reference

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Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Meal Prep: 65+ Meal Prep Recipes Cookbook → Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy

diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Meal Prep: The Ultimate Meal Prep Cookbook-60 Quick and Easy Low Carb Keto Recipes for Clean Eating & Weight Loss (Low Carb Meal Prep Book 4) Meal Prep: Guide for Beginners: Quick and Easy Meal Prep Recipes for Weight Loss and Clean Eating (Meal Prep Cookbook Book 1)

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