

Download Sugar Detox Diet Sugar Carb Cravings Naturally Easy And Elegant Recipes

4 More Days!!!! And I will have completed 30 days of a sugar detox!!!. If you haven't been following along, I've been using the *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* book and have simply extended my challenge to 30 days instead of 21.. Along the way, I've discovered some sugar detox recipes that I have really enjoyed. *21 Day Sugar Detox Recipes*. ... Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle ...*The 21-Day Sugar Detox* is a simple, realistic program that can help you break lifelong eating habits – that daily chocolate fix, grabbing donuts at the office, even adding sugar to your morning coffee. You'll become conscious of the amount of sugar in the foods you eat, and discover how great you feel without it. *The 21-Day Sugar Detox Daily Guide* is a new approach to the 21DSD that gives you exactly what you need as you need it - with more daily support and zero guesswork.. The Daily Guide has 75 delicious, easy-to-prepare recipes and a done-for-you meal plan that tells you exactly what to buy, when to prep, what to save and how to repurpose leftovers for another meal.