



10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days

Rockridge Press

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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?

- Orange Plan: Vegetarian
- Yellow Plan: Carnivorous
- Green Plan: Grain-free, legume-free
- 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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Lisa Bentley:

The reason why? Because this 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking technique. So , still want to delay having that book? If I have been you I will go to the publication store hurriedly.

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This 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days is great publication for you because the content that is full of information for you who have always deal with world and have to make decision every minute. This kind of book reveal it facts accurately using great arrange word or we can state no rambling sentences inside. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but tricky core information with lovely delivering sentences. Having 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days in your hand like having the world in your arm, information in it is not ridiculous a single. We can say that no reserve that offer you world throughout ten or fifteen second right but this reserve already do that. So , it is good reading book. Hey Mr. and Mrs. stressful do you still doubt that will?

Henry Stehle:

The book untitled 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days contain a lot of information on the idea. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new period of time of literary works. You can easily read this book because you can please read on your smart phone, or product, so you can read the book inside

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