



## **Sugar Free: The Complete Guide to Quit Sugar & Lose Weight Naturally**

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

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