

Sugar-Free All Day - The Modern Sugar Detox Eating Guide for Eliminating Processed Sugar from Your Diet (Paperback)



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(Dr. Porter Mitchell)

SUGAR-FREE ALL DAY - THE MODERN SUGAR DETOX EATING GUIDE FOR ELIMINATING PROCESS: LOOKING TO ELIMINATE PROCESSED SUGAR FROM YOUR DIET (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Sugar-Free All Day - The Modern Sugar Detox Eating Guide for Eliminating Processed Sweeteners Looking to eliminate processed sugar from your diet If you re looking to eliminate processed sugar from your diet, this book is a good addition to your cookbook collection. It features natural and wholesome ingredients and zero processed sugar. You are invited to experiment as each sweetener, whether honey, agave, maple syrup, date puree or stevia, adds a different taste and texture to food. In most regular recipes, the sugar content could be cut in half and the result would be just as palatable. Thus, you can adjust the addition of sweeteners in these refined sugar-free recipes according to your personal taste. As you learn to cook without refined sugar, you will eventually realize that a little goes a long way. Modern dietary guidelines recommend keeping total sugar intake between 5 and 10 teaspoons a day. This gives you a bit of room for naturally-sweetened treats. Explore new ways of cooking without refined sugars and you will see your cravings diminish. Once you free yourself from the vicious circle of sugar addiction, you will witness tremendous benefits on your overall health! Discover wholesome ingredients and zero processed sugar food recipes Also, you ll discover. How to control sugar cravings and reduce body inflammation with these healthy recipes How sugar can be bad for your health And much more! Table of Contents Introduction Breakfast Sugar Free Avocado Drink Sugar Free Berry Blast Protein Rich Morning Smoothie Spicy Paprika Egg Coop Sugar Free Creamy Berries Spicy Egg Dish Bell Pepper Fruit Cup Green Baked Avocado Baked Egg Muffins Spicy Chicken Wraps Delicious Apple Smoothie Sugar Free...

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