



# **Sugar Detox: The Sugar Detox Book With Sugar Detox Recipes**

*Pamela Chavez, Mullins Susan*

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Sugar Detox: The Sugar Detox Book With Sugar Detox Recipes The Sugar Detox Diet is a recipe book filled with sugar free recipes. These are sugar detox recipes to eat if you wish to stop sugar cravings completely. The sugar detox diet is perfect for those who wish to wean from sugar and who wish to cleanse their bodies from the harmful effects from sugary foods. The best way to do a sugar detox diet is simply to avoid sugar. This means you must avoid processed foods, junk foods, and most conveniently packaged foods. These foods are often high in sugar. The Sugar Detox Diet book contains 6 sections plus an informative introduction and a bonus 10 day diet plan which includes some of the recipes found within this book. The sections included are Sugar Free Breakfast Recipes, Sugar Free Main Dish Recipes, Sugar Free Side Dish Recipes, Sugar Free Appetizers and Dessert Recipes, and Sugar Free Drinks Recipes. A sampling of the included recipes are: Apple Cinnamon Oatmeal, Granola, Baked Spaghetti, Turkey Ham Beans, Broccoli Salad, Turkey Ham Pasta Salad, Apple Pie, Strawberry Pie, Eggnog, Grape Lemon Punch, Banana Nut Muffins, Chicken Breast Dumpling Soup, Chicken Noodle Soup, Corn Chowder, Slow Sloppy Joes, Sweet Lemon Chicken, Teriyaki Chicken, Fancy Sweet Potatoes, Mango Cole Slaw, Mexican Chips and Dip, Refreshing Cucumber Salad, Seasoned Green Beans, Southwestern Bean Salad, Spinach and Garbanzo Bean Toss, Banana Nut Bread, Black Forest Fudge Brownies, Key Lime Pie, Peanut Butter Cookies, Apple Muffins, Blueberry Pancakes, Granola, Buffalo Strips, Chicken Chef Salad, Chicken 'N Rice Salad, Marinated Grilled Chicken, South Carolina Barbecue Chicken, Taco Soup, Turkey Ham Beans, Carrot Salad, Honey Lime Salad, Oriental Coleslaw, English Pea Salad, Sautéed Zucchini, Seasoned White Rice, and Spicy Slaw. There are enough recipes in this book to plan a menu for a couple of weeks making it easier to stick on the sugar detox diet.

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