



The 7 Day Sugar Free Detox: 20 Amazing Recipes To A Cleaner Life Style

James Sheen

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Want Help Destroying Your Guilty Pleasures? You May Have Stopped In The Right Direction! “The 7-Day Sugar Free Detox”, will help you lead yourself to a healthier and cleaner life style in just a week! The perks of this detox will help you increase your metabolism, and help you cut down fat! These recipes displayed in this book are healthy but also delicious!!! Why Sugar Free Foods Harm You? Sugar consumption slows down our metabolism, thereby compromising our body’s ability to burn fat. This is one of the major reasons why people who are addicted to sugar and sweet consumption tend to develop belly fat faster. Why These Sugar Free Recipes Can Help You? Detoxification can be carried out by various methods. However; following a proper and tested diet plan is one of the most common and recommended ways of detoxifying the body and following a sugar-free diet is yet another effective process of ridding the body of all the harmful toxic substances, which create an imbalance within the human body. Some Recipes That You Can Find In This Book: -Apple Smoothie with Spinach and Avocado -Coconut Fluff Pancakes -Zucchini Avocado Hummus with Raw Vegetables And so much more! What are you guys waiting for click the “Buy Now” button to see more of these eye relieving recipes, you guys deserve the healthy life style you always wanted!

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