



Break Your Sugar Addiction Recipes: Sugar Free Cooking to Reset Your Leptin Resistance Lose Weight, Get Healthy (Paperback)

By Geoff Wells, Vicky Wells

Terra Novian Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Break Your Sugar Addiction. Reset Your Leptin Resistance. Lose Weight. Feel Great. Over 50 Recipes with: No Sugar - None of these recipes contain sugar - hidden or otherwise. No Artificial Sweeteners - None of these recipes contain any type of artificial sweetener. No Lies - We won't try to hide anything in our list of ingredients by calling it an unfamiliar name like many of the packaged food companies do. Get this book and start breaking your sugar addiction now. In this cookbook you'll find: Lots of important information including the twelve most contaminated conventionally grown fruits and vegetables and fifteen of the least contaminated to help you make informed choices when buying your food. Over 50 Recipes - All Sugar-Free - 5 Breakfast Recipes Buckwheat Pancakes Buckwheat and Almond Flour Blueberry Pancakes Multi-Grain Hot Cereal Overnight Cranberry Oatmeal Vicky's Sugar-Free Granola 7 Lunch Recipes Almost Waldorf Salad (No Mayo) Multi-Bean Salad Scandinavian Potato Salad Tasty Green Salad Tomato, Cucumber and Cilantro Salad Carrot Pumpkin Soup Split Pea Soup 14 Dinner Recipes...



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