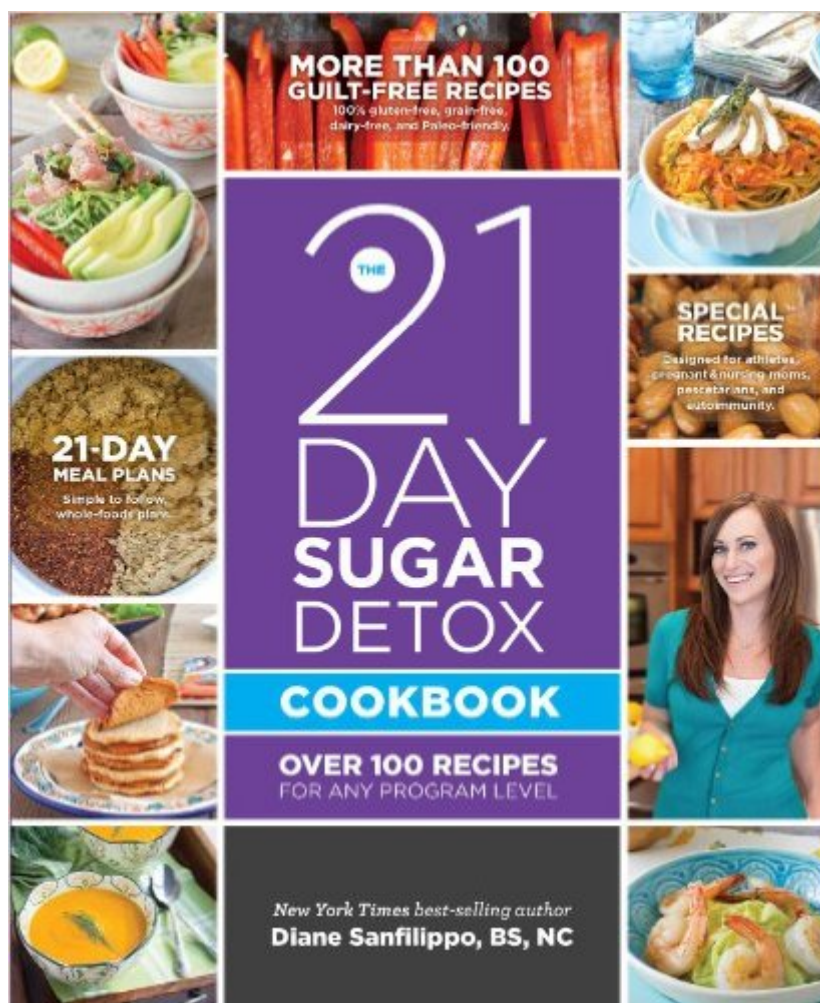


The book was found

The 21-Day Sugar Detox Cookbook: Over 100 Recipes For Any Program Level



Synopsis

The 21-Day Sugar Detox Cookbook, a companion to The 21-Day Sugar Detox program guidebook, bursts with more than a hundred grain-, gluten-, legume-, dairy-, and sugar-free recipes to keep you inspired as you blow your cravings for sugar and carbs to smithereens. Taking on a detox plan can seem daunting, but these sumptuous recipes and life-altering eating concepts will make you wish you'd started sooner. Your 21 days will be over before you know it, your carb and sugar cravings a distant memory. With palate-pleasing, and soul-satisfying, recipes for breakfasts, lunches, dinners, snacks, and even some "sweet" treats, The 21-Day Sugar Detox Cookbook is your guarantee for delicious detox success!

Book Information

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Customer Reviews

I've been gluten free due to an allergy for several years now and many friends have gotten me gluten free cookbooks with the absolute best intentions and warmth in their hearts. However, the other thing my doctor told me to get off of was sugar - and gluten free cookbooks are often loaded with (2/3 or more) recipes of how to replace cakes, cookies, and breads. Now that I have been eating less sugar and more veggies, good protein, and whole (gluten free) grains, I feel great. But I couldn't find any cookbook anywhere that gave me easy recipes that also worked for those times were you are on dinner solo. Most healthy cookbooks seemed to involve eighteen ingredients, six of them available at specialty stores not in my neighborhood, three of them used one teaspoon of things only available in pints with fast expiration dates, and the others were out of my price

range. Hello you sugar detox cookbook. I can look up easy main dishes/meats or make a simple soup or flip through tasty looking side dishes. If you cook at all most things will be in your kitchen and you'll stop by the store on the way home for just a fresh piece of fish or something. All recipes are fairly easy to prepare (and often quick - 1/2 hour), easy to halve for the single meals, clear substitutions for allergies, tips on where to find some less used ingredients (but then those ingredients are used several times, not just once in the cookbook - like you might have to buy coconut oil but then it is used in lots of the recipes). I wish I could describe more just how much I love this cookbook - but I've found that I can cook almost anything in it, rather than having just a few recipes I can use like most cookbooks. I like to just flip to a new side dish and try it out.

I was really excited about all the recipes in the book after I received it, and even more thrilled, when my husband agreed to do the sugar detox with me. My main problem is actually gluten, but I thought, cutting out the sugar for a while would not hurt either. The first problem I had, however, was getting the recipes together. You would find your recipe on say page 123, but then had to skip to 202 to find a sauce and an extra ingredient on page 42. Just getting one dinner recipe would take forever. We finally decided to follow the plan strictly for 10 days. Just could not figure out how to include more in our schedule. We are gone about every other weekend with no possibility to cook, so 10 days sounded like a great start. I decided to do all the shopping for the 10 days in one go. Getting the shopping list together took forever, due to above mentioned back and forth skipping in the book. The shopping then cost about twice as much as normal for us, mainly to the large quantity in meats and speciality stuff that had to be purchased. However, this I did not really mind as much, as I figured, it was all for our health. We started cooking with great enthusiasm on day zero (preparing for day one). Two hours in the kitchen (cleaning excluded). Day one and food tasted great. I don't really have a sweet tooth, so I wasn't missing anything. The salmon on day two was absolutely amazing... By day three, I was getting a little tired of cooking until late into the night... Today, day four (and a weekend), I got up, we all had breakfast, and after last minute shopping, a quick run, and then bike ride with my daughter, and leftover lunch, I got cooking.

First I want to disclose that I did receive an advance copy of this book to review but that the opinions expressed in this review are my own and I was NOT paid or encouraged to give only a positive review. I am really excited about this book-as any good detoxer would be! There are well over 100 recipes to assist you on your journey to health and wellness. It was difficult to decide where to start. The Chicken Strips are already a family favorite. I'm a mother of two young children, so kid friendly

recipes are a must. Not only do the wee ones love eating these strips, it's so easy to prepare they can take part in helping get their dinner on the table, which in our house is a must. My children will know how to cook real, whole foods when they leave my care to fend for themselves. There will be some nights when I just make enough chicken for the kids, and then my husband will come sniffing around looking for his plate as well. They are amazing! Everyone in my house loves them. Another great recipe I've tried is the Pollo Asado with Cilantro Cauli-Rice. A quick and easy meal that is full of flavor and completely satisfying. Lime and chicken are always a fantastic combination and with the Cilantro Cauli-Rice (with optional add ins) it was fantastic. There are so many great recipes in this book I can't wait to try out. This cookbook is a work of art. You can really get a sense of the time and energy that has been poured into it. I really believe in and support this program. As more and more studies, books and information are released everyday proving just how damaging SUGAR is to our bodies and our minds, it reinforces just how important it is to teach people strategies and techniques for getting off America's "drug of choice".

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