



Safe Sugar Detox 7-Day Plan: Beginner's Guide to Safely Succeed Ending Sugar Craving & Addiction and Lose Weight. Includes Plan and Recipes (Safe Health Series Book 1)

Deborah Ferrson

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Have you been trying to lose weight for years but cannot seem to burn it off? Then you should start a Sugar Detox! But please do it in a safe way...

This is a high-quality book of about 41 pages that contains proven steps and strategies on how to do a "safe" sugar detox in 7 days.

Sugar Detox must not be taken lightly since it is about overcoming an addiction. This book contains relevant information about doing a sugar detox safely and a comprehensive plan for the diet with recipes to help you to safely detox.

Sugar addiction is the reason why people are gaining weight fast. By eating foods that have no sugar, you will be able to lose weight more quickly!

In this book, you will learn how to end sugar cravings and start the Sugar Detox. Most importantly, will get a 7-day meal plan along with a selection of delicious, nutritious and budget-friendly recipes. Prepare breakfast, lunch, dinner, and snacks that will keep you satisfied and healthy.

The sooner you get started on the Sugar Detox, the sooner you can achieve your weight loss goals.


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Take definitive action right now by downloading this book!

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Gail Delamora:

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