



I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook

Sarah Wilson

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A New York Times bestseller, *I Quit Sugar* is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your looks, mood, and overall health, with 108 sugarfree recipes.

Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change.

What started as an experiment to eliminate sugar--both the obvious and the hidden kinds--soon became a way of life, and now Sarah shows you how you can quit sugar too:

- * follow a flexible and very doable 8-week plan
- * overcome cravings
- * make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (*The Fat Chance Cookbook*), Sarma Melngailis (*Raw Food/ Real World*), Joe "the Juicer" Cross, and Angela Liddon (*Oh She Glows*)

I Quit Sugar makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant.

"When I quit sugar I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." -- Sarah Wilson

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