



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

Diane Sanfilippo BS NC

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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!

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