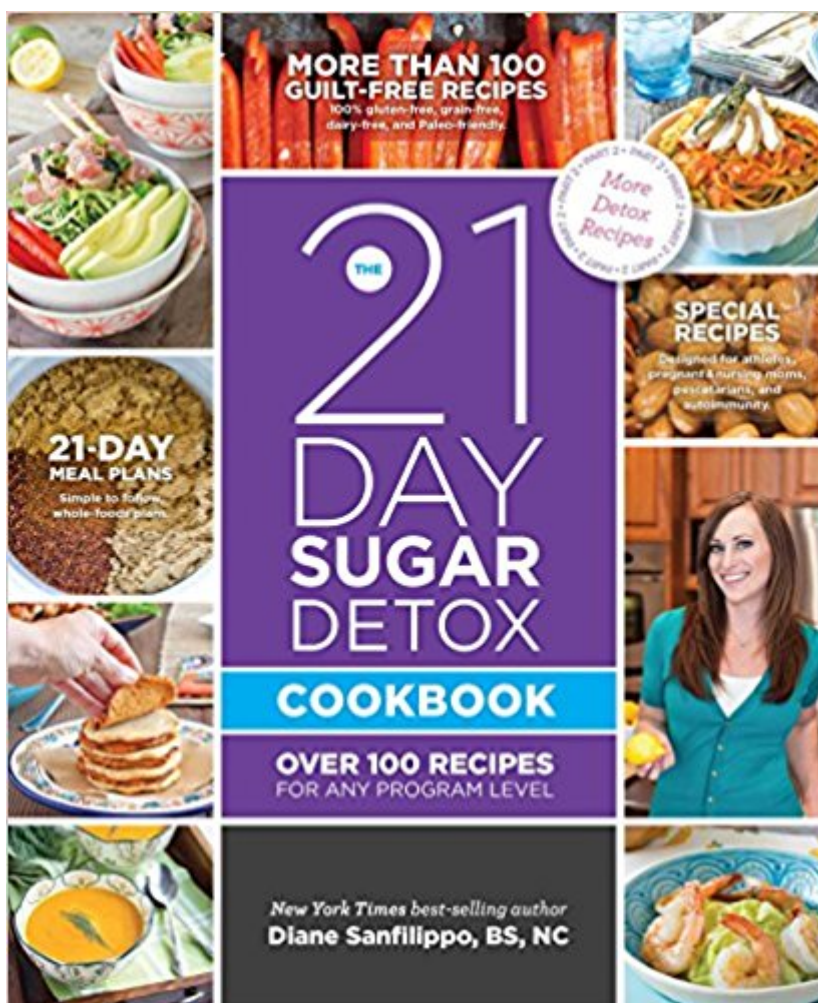


The book was found

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

Diane Sanfilippo is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health, and she teaches nutrition seminars nationwide. She is The New York Times bestselling author of Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle, writes the popular health blog Balanced Bites (www.balancedbites.com), and co-hosts a top-rated weekly health podcast on iTunes, "The Balanced Bites Podcast." She is a graduate of Syracuse University.

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. You aren't stuck with things that are so odd you don't know what else to put with them. I'm actually not on the 21 day detox, I just like more healthy meals in my diet and it works great for that. It has things from Coconut Basil Halibut with Spinach to Squash Mash to Seasoned Sweet Potato Fries. Mmm mmm. Even tells you how to make your own coconut milk if you are trying to be more organic. It's actually easy. I like the kitchen again!

I love the recipes! I haven't made anything out of this book that wasn't fabulous! There isn't any duplicate recipes from the previous 21-Day book. Thank you Diane for such a great book!!

I can't say enough positive things about this! I absolutely love Diane Sanfilippo. This cookbook is **AMAZING** and I have bookmarked so many of the recipes! I've never made anything of hers that I didn't like. I make these recipes whether or not I'm following the 21DSD and my husband loves them as well.

Best decision I ever made! I lost 14 lbs in my first 21 days! Easy to follow, detailed plan.

Great recipes to go along with the 21 day sugar detox. We already eat paleo so the transition wasn't

too hard to switch over, this cookbook gave us a bunch of new recipe ideas and they will be good to have even when we aren't doing a sugar detox.

I recently wrote a review for Diane Sanfilippo's "The 21-Day Sugar Detox" book, which helped my slay my sugar demons, and control my type 1 diabetes better than ever before! That review is here: <http://www..com/review/R81B1GTJEJT7K>. I suggest buying both books if you decide to take on the detox, as the number of delicious recipes available to you will certainly ensure your success! I used the recipes from both books, and everything I tried was absolutely amazing! I will continue to use the recipes available in both books as I transition to a low-sugar lifestyle!

I have completed the 21 DSD twice now and 2nd time around with the cookbook made the experience that much more enjoyable. I have and will continue to recommend this program to anyone wanting to change their diet to a more whole food diet, paleo diet or wanting to fight sugar and carb cravings. I continue to use the cookbook on a regular basis even though I am not completing the detox. Diane's recipes are simple and delicious and makes eating clean easy and enjoyable. Can not say enough good things about this cookbook and program!!!

This book has some of the best recipes. It is perfect for simple but yummy meals that I want to put together for a get together or that I know for sure my whole family will enjoy.

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