



COOKBOOKS: The White Devil - A 30-Day Sugar Detox Made Simple (Quit Sugar or Quit Life!) (Recipes, Recipe Books, Paleo Diet, Diet Books for Women) (Diet ... Ketogenic Diet, Weight Loss Book 1)

Rebecca Thomas

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COOKBOOKS

It's killing thousands and thousands of people each year. It's infecting people with diabetes, heart disease, and studies have shown that it's a precursor to cancer. It is the white devil...SUGAR!

To stop this plague, the 30-Day Added Sugar Detox has been created. It is 30 days, as opposed to 21-Days or less, because it has been proven that it takes 30 days for a habit to form.

The ultimate goal of this Sugar Detox Program is that by the end of the 30-days you will have the sheer willpower and desire to continue eating only natural sugars and other healthy foods you will find in this e-book.

DISCOVER::

- **The Reality of What Sugar is Doing to Your Mind & Body**
- Why You Need To Start the 30-Day Added Sugar Detox Today
- **Foods That You Should Eat - Including Sugar Substitutes**
- A Meal Plan (Including Breakfast, Lunch, Dinner, Snacks, and Dessert) For Each of the 30 Days of Your Sugar Diet
- **Sweet Delicious Dessert Recipes**
- Awesome Workouts to Supplement Your 30-Day Sugar Detox
- **And Much, Much More!**

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