

7-Day Sugar Detox: 33 DASH Diet Recipes to Curb Your Cravings Naturally [Breakfast Edition]



The 7-Day Sugar Detox: 33 DASH Diet Recipes to Curb Your Cravings Naturally eBook offers a complete solution for people who want to follow the DASH diet to kick their sugar cravings. Within 30 days, you could STOP struggling with stomach fat, ugly pounds and cravings without dieting and deprivation. The eBook contains a meal planning guide, 33 quick & easy recipes cookbook, and a food guide (You'll have the instructions to get a free meal plan and shopping list). Each recipe has detailed nutrition facts, directions, and tips. You don't need to spend a lot of time in the kitchen because the recipes are incredibly easy to make and contain very few ingredients. Each section of the eBook has an interactive feature to help you cross reference the content and is specially designed for Kindle users. You are probably wondering if this type of lifestyle is really going to help with weight loss and increase overall health to fight against disease. I am proof that it does, and there are many testimonials from subscribers to our newsletter that have incredible success stories that can attribute to the quality of the DASH diet lifestyle as well. I used the program myself to drastically reduce my total cholesterol levels to 108 mg/dl and triglycerides to 62 mg/dl, numbers that are nice and low, well within the healthy range. Changing my lifestyle made that possible, and it may help to change your life, as well. Doesn't it sound too good to be true? Don't wait another day and get the 7-Day Sugar Detox: 33 DASH Diet Recipes to Curb Your Cravings Naturally today!

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