

# **Download I Quit Sugar Your Complete 8 Week Detox Program And Cookbook Sarah Wilson**

Dieser Artikel: I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook von Sarah Wilson Taschenbuch EUR 16,22 Auf Lager. Versandt und verkauft von Amazon.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.While this "8-week detox program & cookbook" is long on the lovely (retro-looking pages, gorgeous food pictures, cute doodles, and tons of fun pictures of the author, who is thin, pretty and stylish), I found it to be short on the program & cookbook aspects.I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook [Sarah Wilson] on Amazon.com. \*FREE\* shipping on qualifying offers. A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, I Quit Sugar Your Complete 8 Week Detox Program And Cookbook Sarah Wilson.

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