



**MORE THAN 100
GUILT-FREE RECIPES**

100% gluten-free, grain-free,
dairy-free, and Paleo-friendly



**21-DAY
MEAL PLANS**

Simple to follow
whole-food recipes



THE 21 DAY SUGAR DETOX

COOKBOOK

**OVER 100 RECIPES
FOR ANY PROGRAM LEVEL**



**SPECIAL
RECIPES**

Designed for adults to
improve & maintain weight,
energy, and
hormonal balance



New York Times best-selling author
Diane Sanfilippo, BS, NC



Diane Sanfilippo BS NC

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



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The 21-Day Sugars Detox Cookbook, a companion to The 21-Day Sugars Detox program guidebook, bursts with more when compared to a hundred grain-, gluten-, legume-, dairy-, and sugar-free recipes to keep you inspired as you blow your cravings for glucose and carbs to smithereens. With palate-pleasing, and soul-satisfying, quality recipes for breakfasts, lunches, dinners, snacks, and even some "sweet" treats, The 21-Day Sugar Detox Cookbook is your guarantee for delicious detox success! Your 21 times will become over before you know it, your carb and glucose cravings a distant storage. Taking on a detox plan can seem daunting, but these sumptuous quality recipes and life-altering consuming concepts will make you wish you'd started sooner.



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