



I Quit Sugar: Simplicious (Main Market Ed.)

By Sarah Wilson

Pan Macmillan. Hardback. Book Condition: new. BRAND NEW, I Quit Sugar: Simplicious (Main Market Ed.), Sarah Wilson, Sarah Wilson, bestselling author of I Quit Sugar, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with I Quit Sugar: Simplicious she strips back to the essentials, simply and deliciously. She shows us: * How to shop, cook and eat without sugar and other processed foods * How to buy in bulk, freeze and preserve, with ease and without waste * How to use leftovers with flair All three hundred and six recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.



READ ONLINE
[2.64 MB]

Reviews

I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.

-- **Merritt Kilback II**

Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Angela Blick**