



Sugar Detox Cleanse Smoothies Box Set: Unofficial Extra Recipes For Your 21 Day Detox

Charity Wilson

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Sugar Detox Cleanse Smoothies

Over 70 unofficial smoothie recipes to add to your 21 Day Sugar Detox Cleanse.

Sugar Detox Cleanse

Why would one want to go on a sugar detox? If you are addicted to sugar like I was, you know exactly why. The cravings are intense, energy levels are inconsistent along with our moods and you have a general feeling of being lethargic. That and you gain unwanted pounds of fat.

Now most people reach for more sugar when they feel tired which is exactly how this whole cycle of sugar addiction starts. There is a good chance that if you are overweight or always feeling run down you are on sugar overload.

Why Sugar Detox Smoothies Rock

Smoothies are one of the most convenient ways to ensure you get the nutrients your body needs to feel healthy and curb sugar cravings. The other side of smoothies is you can make them taste like your favorite sinful foods without all the negative side effects.

This book is part of a two book series that will give you ample recipes with which to discover some new favorites. The reality is you need a lot of variety to stave off the boredom that usually leads to heavy sugar indulgence.

When you are following a 21 day sugar detox, you will want to plan each day of meals. With the right recipes, it is convenient and quick to do. Make a shopping list based on the meals you plan and you are basically guaranteeing yourself a successful detox.

Make these smoothies a part of your daily life whether you are doing a sugar detox cleanse or not and you might be amazed at how little you ever need to detox again.

Ready To Get Blending?

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Vicki Allen:

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Richard Cary:

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