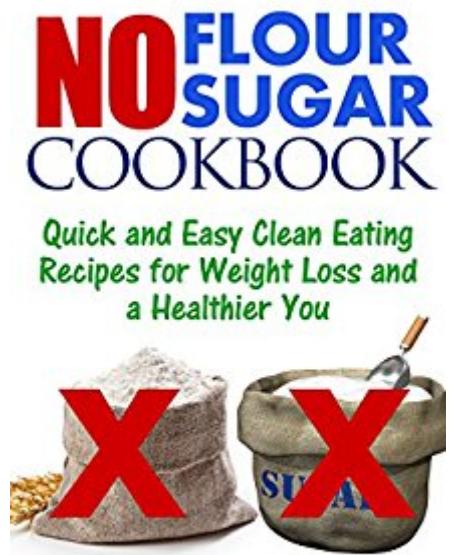


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No Flour No Sugar: Quick And Easy Clean Eating Recipes For Weight Loss And A Healthier You



MADISON MILLER



Synopsis

With a few changes to your diet, you can reach and maintain your ideal weight. That is what the No Flour No Sugar diet is all about! Enjoy nutritious and delicious recipes for a healthy lifestyle! If your goal is to be healthier, then you need a plan that is actually going to work and that you can stick with for a lifetime. One of the hottest and most realistic diets today is to eliminate all processed foods from your diet and opt for healthy alternatives including lean protein, plenty of vegetables, wholesome grains, a moderate amount of healthy fats, and fruits. This is the basis of the No Sugar No Flour diet. This diet promotes the consumption of whole, natural foods that contain no refined, simple carbohydrates. Different from low carb diets of the past, this diet takes out the struggle of complicated calculations and food lists, and replaces them with good old common sense. This cookbook illustrates just how delicious and incredibly varied your diet can be while following the No Sugar No Flour diet principles. From breakfast all the way to dessert, the No Flour No Sugar Cookbook will carry you through and help you discover delicious new ways to meet your new dietary goals. Inside, you'll find:

- Introduction to the characteristics of the No Sugar No Flour plan
- Delightful breakfast recipes like the Breakfast Polenta and the Sweet Potato Hash Browns
- Satisfying lunch and brunch recipes like the Orange Fennel Salad and the Crustless Spinach Pie
- Wholesome dinner recipes like the Chicken Moussaka and the Venezuelan Tamales
- Tasty vegetable and side dish recipes such as the Stuffed Eggplant and the Glazed Brussels Sprouts
- Luscious dessert recipes like the Ricotta Pie with Almond Crust and the Au Lait Chantilly Cream

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Customer Reviews

Excellent resource if you are trying to stay away from flour and sugar.

Good Advice given in the book - packaged very well

Not worth the money. Very few recipes and I only found 1 or 2 recipes I would use.

I only found 2 recipes that sounded appealing. Some recipes include sugar or other non-artificial sweeteners.

There weren't enough recipes with regular food - I'm not big on all of the unusual veggies used in almost all of the recipes. Very disappointed. Even though I know it's my fault that I don't want to eat different foods.

Disappointing, way to wordy, get to the point, unless you just want to hear yourself.

This was a really easy guide that will allow me to incorporate recipes that eliminate flour and sugar, into my daily life. I particularly enjoyed the breakfast recipes.

Still had recipes that contained gluten which by the title I would have thought would not be included.

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