



## No Flour No Sugar: Easy Clean Eating Recipes for Weight Loss and a Healthier You (Paperback)

By Madison Miller

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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...



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