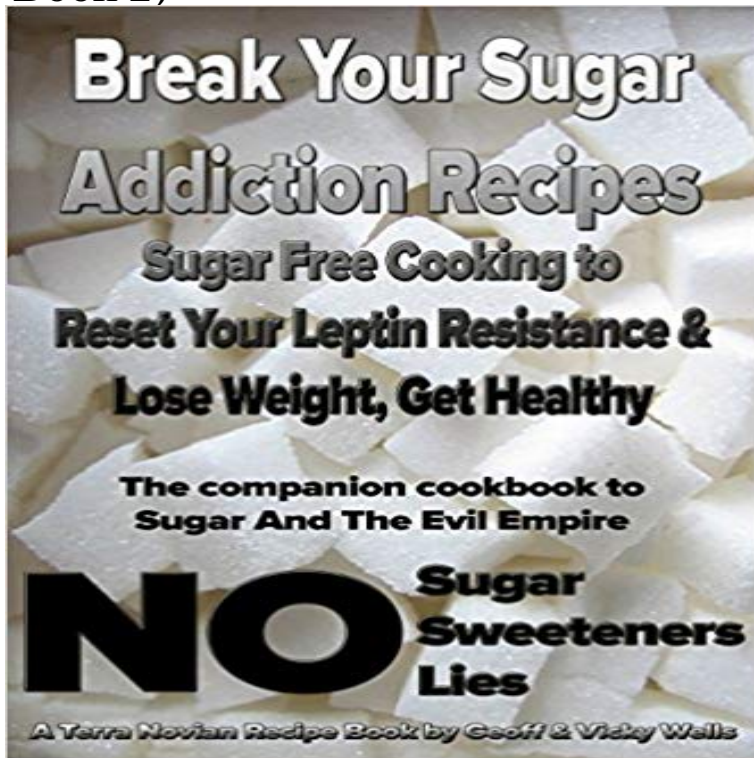


Break Your Sugar Addiction Recipes: Sugar Free Cooking to Reset Your Leptin Resistance & Lose Weight, Get Healthy (Terra Novian Reports Book 2)



Break Your Sugar Addiction. Reset Your Leptin Resistance. Lose Weight. Feel Great. Over 50 Recipes with: No Sugar - None of these recipes contain sugar - hidden or otherwise. No Artificial Sweeteners - None of these recipes contain any type of artificial sweetener. No Lies - We won't try to hide anything in our list of ingredients by calling it an unfamiliar name like many of the packaged food companies do. Get this book and start breaking your sugar addiction now. In this cookbook you'll find: Lots of important information including the twelve most contaminated conventionally grown fruits and vegetables and fifteen of the least contaminated to help you make informed choices when buying your food. Over 50 Recipes - All Sugar-Free

5 Breakfast Recipes
Buckwheat Pancakes
Buckwheat and Almond Flour Blueberry Pancakes
Multi-Grain Hot Cereal
Overnight Cranberry Oatmeal
Vickys Sugar-Free Granola

7 Lunch Recipes
Almost Waldorf Salad (No Mayo)
Multi-Bean Salad
Scandinavian Potato Salad
Tasty Green Salad
Tomato, Cucumber and Cilantro Salad
Carrot & Pumpkin Soup
Split Pea Soup

14 Dinner Recipes
Including: 5 Slow Cooker Recipes
Autumn Harvest Stew
Black Bean Stew
Chickpea Curry With Spinach and Kale
Italian Bean Casserole
Vegetable and Lentil Stew

7 Oven Recipes
Cauliflower Cheese Casserole
Leek and Feta Quiche with a Crispy Potato Crust
Lentil No-Meat Loaf
Oven-Baked Mexican Quinoa Casserole
Roasted Carrots and Parsnips
Roasted Baby Bok Choy

Easy Individual Pizzas
Skillet Dinners
Sautéed Red Cabbage
Vegetable Stir Fry

5 Dessert Recipes
Geoffs Easy Slow Cooker Sugar-Free Rice Pudding
Mixed Fruit Cobbler
Sugar-Free Banana Bread
Peppered Strawberries
Raw Fruit Salad (Our How Many Superfoods Can You Stuff in a Single Recipe? recipe)

9 Snack Recipes
Frozen Grapes
Chewy Sugar-Free

Granola Bars
Flourless Sugarless Blueberry Muffins
Sugar-Free, Gluten-Free, Egg-Free, Oil-Free
Strawberry Muffins
Potato Skins
Raw Veggies and Dip
Geoffs Famous Hummus
Creamy Dill Hummus
Spicy Jalapeno Dill Hummus
9 Extras Recipes
Vegetable Broth
Bread Machine Rye Bread
Whole Wheat Sunflower Seed Bread
Easy Buttermilk Biscuits
Stir Fry Sauce #1
Stir Fry Sauce #2
Warm Horseradish Sauce
Roasted Garlic Salad Dressing
How to Roast Garlic

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