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# SugarDetoxMe: 100+ Recipes To Curb Cravings And Take Back Your Health



## Synopsis

Break the sugar habit with this inspiring, easy-to-follow cookbook! Overcome your sugar cravings, lose weight, and get your health back on track! With more than 100 mouthwatering recipes, menus, and gorgeous color photographs, SugarDetox.Me is on a mission to help readers shake their addiction to the sweet stuff. It not only arms you with scientific knowledge about the harmful effects of sugar, it offers an achievable strategy for detoxing safely and effectivelyâ”including 10 Meal Maps. These maps explain how to create multiple meals, maximize each ingredient, minimize waste, and save money. Thereâ”s no economizing when it comes to flavor, thoughâ” each recipe delivers healthy, delicious food. Enjoy a breakfast of an egg, sunny side up, over cauliflower and bacon with potato hash; a light lunch of mixed salad greens with chili and sage-roasted acorn squash; and a memorable dinner of savory seared scallops over marinated mushrooms, corn mash, and red sorrel. And, to satisfy your sweet tooth without sugar, thereâ”s even a chilled bowl of banana-almond butter â œice cream.â •

## Book Information

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## Customer Reviews

"SugarDetoxMe is the nutritional reset you need to change your relationship with food. Summer Rayne&apos;s indispensable program empowers readers to take back good health by controlling sugar." ~ Mark Hyman, MD, bestselling author of Eat Fat, Get Thin"Summer&apos;s book is a blessing for people like me with a major sweet tooth. If you&apos;re trying to cut back on sugar, she makes it easy with her beautiful, nutritious recipes." ~ Kerry Diamond, cofounder and editorial director,Â Cherry Bombe"Sugar is a serious problem, and it&apos;s everywhere in our food

environment. We all need to detox, not just from sugar, but also from sweetness. What I love about this approach is that it's whole food-based and truly sweetness-free. There are no refined carbohydrates, no natural sweeteners, no artificial sweeteners, no juices, no smoothies, and simply no shortcuts. What you do get, though, is a multitude of simple, beautiful recipes and tools that will prepare you for success in eliminating sugar from your diet." ~ Leslie Lee, MS, RD, CNSC, director of Education and Community Engagement at the Institute for Responsible Nutrition

"This book is an essential primer and helpful motivator for all Eaters who are unwitting victims of the sugar-soaked Standard American Diet (SAD). Summer Rayne offers support and science to break the habit and recipes and mouth-watering real food photos to help build back a better diet post-detox. Read it and get one for someone you love and you'll help two people eat a lot healthier!" ~ Ellen M. Gustafson, social entrepreneur and author of *We The Eaters: IF We Change Dinner, We Can Change the World*

Ready to reduce how much sugar is in your diet and take back your health? Summer Rayne Oakes gives us a no-nonsense, easy-to-follow cookbook and guide that not only arms you with knowledge about how your mind and body are affected when you eat sugar, but also suggests ways to change your behavior, and successfully conquer your cravings. Oakes makes giving up sugar easy, highlighting her tried-and-tested 10-step guide, showing us how to stock our pantry, and simply making cooking enjoyable!

At the heart of this book are 10 Meal Maps and more than a hundred mouth-watering recipes. The Meal Maps show how ingredients can be used for multiple dishes in order to maximize each ingredient, minimize waste, and save money. Basically each Meal Map contains its own shopping list, recipe list, and meal plan, with an aim to simplify cooking to its basic (and delicious) essentials. But there's no economizing when it comes to flavor. Enjoy a salad that pairs the sweet, buttery taste and firm yet creamy texture of butternut squash with the bitter, crisp bite of Lacinato kale; the goodness of a poached egg balanced with the crisp, late spring flavors of asparagus, peas, and zucchini; luscious baked halibut atop naturally sweet marinated red bell peppers; and a soup that blends warming spices like ginger, turmeric, cinnamon, and cayenne pepper with kabocha squash, sweet potato, and red bell pepper. Celebrate the joy of eating well!

Great information have not tried any recipes yet.

Too many recipes featuring eggs.

Nice book

Good book

As a health and wellness professional I was interested in this book more as a resource for how to cut back on sugar, versus a recipe book. Honestly, I typically buy cookbooks more for the story and inspiration, without much confidence in the recipes themselves. This book is both a fantastic resource and a reliable collection of well-tested recipes. The recipes themselves are incredibly simple and incredibly flavorful--the shrimp curry, roasted broccoli, mushroom ragout are all really easy and pleasing additions to my weeknight rotation. The book is also organized into really helpful "meal maps" that will help you make the most out of a shopping list. In other words, she organizes recipes to include the same ingredients so you don't end up with halves of unused jalapenos and squashes. Perhaps the most valuable element of this book is its ability to help me think a bit more about how much sugar we have access to, and how invasive it has become in our food culture--even though it's not natural for our human biology. IF this kind of self-work through food is interesting to you, you will get a lot from this book. Also, don't miss the afterward, which includes a really fun visualization and self-awareness exercise called the wheel of life.

I originally got this book for my parents because my mom is diabetic, but I ended up keeping it for myself and getting another one for my mother so I can give to her for Mother's Day. (I know she'll love it!). I used to have poorer diet habits (sodas at work, eating sugary granolas with less-than-healthy yogurt in the morning) and this book has totally changed my eating habits for the better. This technically is my first cookbook and firstly, I really love how SIMPLE this book is and how simply laid out everything is. I am a freelancer, and often work from home, but also work in and out of other offices--sometimes putting in long hours, so I enjoy how practical this is when it comes to eating healthy. I've already cooked a number of the recipes, including the lentil, cauliflower and even the miso barley dish. Super delicious. Awesome. Simple. These are dishes that I can just have "on tap" so I can eat again, and again. And if you skim through the book, you'll see that there aren't any "fancy" ingredients that are hard to find, which is a big plus. I don't want to waste my time trying to find expensive, hard-to-find ingredients. If you're like me at all, then you'll probably enjoy this book. Additionally, I'm a very visual person, so admittedly, I enjoyed that just about every recipe had an image, as well as illustrations. I almost wished that there were illustrations more throughout the book, but that's probably because I'm really into graphics. And I think it's worth to note that the book

is laid out in something called "Meal Maps", which are shopping lists, meal plans, and recipes all in one. That totally makes sense for me because I don't particularly enjoy shopping for food or thinking about what I have to get, so I now just have a blueprint which I can take a snap of on my iPhone and just shop per the specifications of the Meal Map and BAM-Ã¢ÂÂ"I immediately can have ten recipes. Anyway, love this book and hope others find this useful as well.

I can't say enough about this book. I have been following a reduced carb/sugar diet for approximately 6 weeks and didn't want to get into a rut eating the same things all the time. Other books and recipes are always the same - complicated to make with ingredients I've never heard of. This book has already been a tremendous help - it's so informative without lecturing. The author's personality really shines through the pages. Recipes in this book are fantastic - simple ingredients, easy to follow and delicious! I never thought Kale Chips would be a favorite thing to eat!

Extremely well written making it easy to read with interesting recipes that are fun to cook and tasty to boot! The recipes are pictured next to the written instructions so you know in advance what you will get. My wife and I are enjoying less preservatives and sweeteners while eating our way through this cookbook. If you want to improve your health while at the same time enjoy preparing your meals then this gem of a cookbook is for you!

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