



# Sugar Detox: Cleanse Vol. 2 Unofficial Extra Recipes For Your 21 Day Detox

*Charity Wilson*

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**Are you looking for some new delicious smoothie recipes to enjoy while on your 21 day sugar detox?**

## **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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#### **Mary McHugh:**

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Sugar Detox: Cleanse Vol. 2 Unofficial Extra Recipes For

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