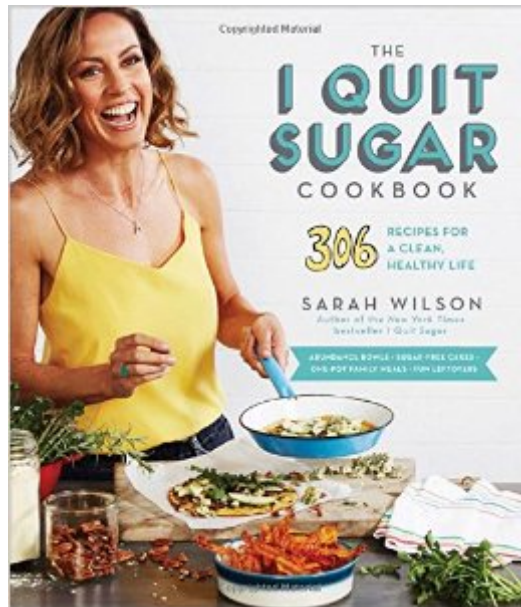


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# The I Quit Sugar Cookbook: 306 Recipes For A Clean, Healthy Life



## Synopsis

Easy. Inventive. Delicious. When Sarah Wilson gave up sugar for good, she developed a new repertoire of creative, go-to dishes for breakfast, lunch, and dinner. With 306 satisfying recipes for one-pan wonders, grain-free breakfasts, leftover makeovers, smoothie bowls, and more, this comprehensive cookbook makes living sugar-free simple and sustainable. Start quitting now, with recipes that include: Bacon Egg Quinoa Oatmeal Gift-Wrapped Miso Cod Caramelized Leek, Apple, and Rosemary Socca Green Spaghetti and Meatballs Two-Minute Desk Noodles Broc Bites and Cauli Popcorn Carrot "Bacon" Red Velvet Crunch Bowl Chocolate Peanut Butter Crackles Strawberry Cheesecake Mug Cake

## Book Information

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## Customer Reviews

If your goal is to find out how to live a sugar-free lifestyle, then this cookbook is for you. With 376 pages of information and recipes, *I Quit Sugar* is definitely a keeper. The first thing I noticed about the cookbook, besides the sheer size of it, was the quality. The photographs are stunning and the layout is easy to follow. I thought I knew a lot about the low-carb, sugar-free way of life, but this cookbook is chock full of information and most of it was brand new to me. The first recipe I tried was Cheeseburger Wontons (page 102), and it was relatively easy. These little wontons would make a delicious appetizer or lunch, and the flavor is incredible. Some of the ingredients might be off-putting to those who don't have them in their local grocery store, but I was able to find them without much difficulty. The second recipe I made was Cheesecake-Stuffed Peaches with Basil (page 294). I'm all there when it comes to fruit - any fruit - so making this recipe was a no-brainer. The slight tartness of the cream cheese and the sweetness of the peaches made for a delicious treat and it was very

filling too. My kids also enjoyed it, and they usually don't care for fruit. There are a couple of things about this cookbook I must point out though, and the most important one being the fact that the nutrition information isn't listed with each recipe. If you've read any of my previous cookbook reviews, then you know how important this is to me, because my son is a diabetic and knowing how much sugar and carbohydrates is in each recipe is crucial. Honestly, I've never understood why so many cookbooks touted as healthy don't provide this information, since many of us die-hard dieters also need it for calorie tracking purposes.

Obviously, from the title, this cookbook keeps us away from sugar. One of the many things that I love about the book is the fact that there are recommendations for vegans and vegetarians, too. There's a recipe for vegan "ground meat". I had to give up all my "soy meat" when I started my journey to better health, and I miss it sometimes. I don't miss the severe daily headaches, though, so I appreciate substitute foods, because I'm not going back! There's also a "carrot bacon" tip, along with many more. That said, there's also plenty of real meat recipes. I cook meat for my family, so I need those recipes, too. My favorite part of the whole cookbook is the Abundance Bowls section. For lunch especially, I typically throw lots of various things onto a plate or in a bowl, and take the easy route. I enjoyed all the new ideas for these bowls. A close second on favorite things is the fact that many of the notes and tips and advice looks as if they've been handwritten into the pages. There are arrows pointing to specific things and circles, and it's just a fun and appealing addition to the whole thing. It makes it feel more personal. I'm currently doing the Trim Healthy Mama Plan, and though not everything within this book is plan approved (which won't be an issue for most anyway), it appears to be somewhat easy to swap things up for most of the recipes. The same goes for vegetarian/vegan. Take out the things you don't need, and maybe even replace it with something else. This is a big, chunky cookbook, and it's full of bright, lovely pictures. I think almost every recipe had a picture with it, though some were showcased on a separate page (but right next door to the recipe). The pages are thick and glossy, and there's tons of advice.

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