



Sugar Busters! Quick & Easy Cookbook

H. Leighton Steward, Morrison Bethea Md, Sam Andrews Md, Luis Balart Md

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Which other diet allows you to drink a glass of red wine in the evening? The SUGAR BUSTERS! lifestyle is revolutionizing the way America eats, offering a safe, scientifically sound program for improving health and losing weight.

Now the #1 New York Times bestselling team who forever changed the face of dieting has created the SUGAR BUSTERS! Quick & Easy Cookbook, a delicious new collection of more than 150 simple-to-make recipes and menu ideas. With this wonderful cookbook, the SUGAR BUSTERS! eating program can easily become part of your daily routine. Forget counting calories, weighing your food, and trying to figure out those confusing charts and graphs. The SUGAR BUSTERS! Quick & Easy Cookbook makes preparing tasty, low-sugar or sugar-free fare a snap.

Inside you'll discover

- APPETIZERS and HORS D'OEUVRES
- SOUPS and SALADS
- MAIN COURSES
- VEGETABLES
- SAUCES and DRESSINGS
- DESSERTS
- COMPREHENSIVE PANTRY SECTION

Whether you're hosting an elaborate holiday bash or a spur-of-the-moment intimate evening for two, or you just need a quick dinner for you and your family, the SUGAR BUSTERS! Quick & Easy Cookbook will help you create the perfect meal.

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