



## 21-Day Sugar Detox Journal Monitor Track Your Progress - A Must Have for Anyone Who Is on the 21-Day Sugar Detox Program

By Bowe Packer

Speedy Publishing LLC. Paperback. Condition: New. 110 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo-primal lifestyle. Wouldn't it be nice to monitor and track your daily feelings, what's working, what's not and reflect on these things so you can feel good about your progress and self once again. . . . Now you can with the The 21-Day Sugar Detox Journal! Avoid the frustration and eliminate disappointment by tracking your progress. Imagine spending less time guessing what is working, what you might need to change and just KNOW by monitoring and tracking your progress. This 21-Day Sugar Detox journal is the perfect companion for you to put your mind back into...



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