

No Sugar

Dr. Gott's No Flour, No Sugar(TM) Diet
 Lose Up to a Pound a Day and Find Your Path to Better Health
 Recipes for Desserts Using Natural Sweeteners and Little-to-No White Sugar
 The No-Sugar Cookbook
 Burn the Fat, Crush Your Cravings, and Go From Stress Eating to Strength Eating
 Easy Clean Eating Recipes for Weight Loss and a Healthier You
 How the Food Giants Hooked Us
 Your Complete 8-Week Detox Program and Cookbook
 The Belly Fat Cure Sugar & Carb Counter REVISED
 A Proven Plan with Recipes to Stop Cravings and Live Healthier
 No Sugar
 Year of No Sugar
 Low Sugar, So Simple
 Sugar Free Recipes
 Baking with Less Sugar
 Half the Sugar, All the Love
 God's No Sugar Diet: Plus 4 Week Diet Plan
 No Sugar Diet
 The 14-Day No Sugar Diet
 The No Sugar! Desserts & Baking Book
 Cut Sugar to Trim Fat
 Sugar Detox for Beginners: Your Guide to Starting a 21-Day Sugar Detox
 Low Carb Low Sugar Recipes
 A Complete No Sugar Diet Book, 7 Day Sugar Detox for Beginners, Recipes & How to Quit Sugar Cravings
 Sustainable healthy diets
 Sugar Rationing Regulations, Rationing Order No.3
 The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life
 THE SIMPLE 3-WEEK PLAN FOR MORE ENERGY, BETTER SLEEP & SURPRISINGLY EASY WEIGHT LOSS!
 Get Off Your Sugar
 Deliciously Healthy Dinner Recipes Made Without Harmful Sugars
 Zero Sugar Diet
 How to Break Up with Inflammatory Sugars and Embrace a Naturally Sweet Life
 A Memoir
 The No Sugar Recipe Book
 Low Sugar, So Simple
 Davina's 5 Weeks to Sugar-Free
 Over 65 Delectable Yet Healthy Sugar-free Treats
 Salt Sugar Fat

No Sugar

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Dr. Gott's No Flour, No Sugar(TM) Diet
 Callisto Media Inc
 Considering the detrimental environmental impact of current food systems, and the concerns raised about their sustainability, there is an urgent need to promote diets that are healthy and have low environmental impacts. These diets also need to be socio-culturally acceptable and economically accessible for all. Acknowledging the existence of diverging views on the concepts of sustainable diets and healthy diets, countries have requested guidance from the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) on what constitutes sustainable healthy diets. These guiding principles take a holistic approach to diets;

they consider international nutrition recommendations; the environmental cost of food production and consumption; and the adaptability to local social, cultural and economic contexts. This publication aims to support the efforts of countries as they work to transform food systems to deliver on sustainable healthy diets, contributing to the achievement of the SDGs at country level, especially Goals 1 (No Poverty), 2 (Zero Hunger), 3 (Good Health and Well-Being), 4 (Quality Education), 5 (Gender Equality) and 12 (Responsible Consumption and Production) and 13 (Climate Action).

Lose Up to a Pound a Day and Find Your Path to Better Health

Sourcebooks, Inc.
 WIN THE FIGHT AGAINST FAT-THE SUGAR BUSTERS!® WAY When SUGAR BUSTERS! hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people

across the country on the SUGAR BUSTERS! plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated-incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you'll find amazing testimonials from men and women who are losing weight and feeling fit the SUGAR BUSTERS! way; frequently asked questions and helpful answers; the latest on diabetes-and how SUGAR BUSTERS! can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you've always wanted.

When it comes to optimal wellness on the SUGAR BUSTERS! program, it's survival of the fittest—a way of life in which everybody wins!

Recipes for Desserts Using Natural Sweeteners and Little-to-No White Sugar Harper Collins

Read more about the benefits of a sugarless diet! One of the best ways to feel more energetic and happier, is to remove the addictive substance of sugar from your diet. With this book, you'll see how you can quit sugar altogether. In this book, you will find the best, delicious recipes to stop the cravings and detox from something that makes people sick in our western society: Sugar. With more natural foods in your system, you'll be able to create substitutes and avoid the worst things for your body. Change your eating habits today! We'll discuss all the details in this book. You will read about topics like: How sugar adds to our stress, fatigue, depression, and low self-esteem. How aspartame is related to sugar and why it's not a healthy substitute. Where to get healthy, natural sugars that taste good but don't damage your system. The worst effects of sugar on your body and how to counter them. How to avoid or quit a sugar addiction, and how to recover with proven techniques and programs. A sugar detox schedule and plan. Scrumptious recipes you can try without adding sugar to them. A no sugar diet is one of the best ways to increase your health and your entire life. Many doctors have advised to do this and have claimed it makes a significant difference. If you're serious about this, I encourage you to read the contents of this book and get started.

The No-Sugar Cookbook Fair Winds Press
With a few changes to your diet, you can reach and maintain your ideal weight. That is what the No Flour No Sugar diet is all about! Enjoy nutritious and delicious recipes for a healthy lifestyle! If your goal is to be healthier, then you need a plan that is actually going to work and that you can stick with for a lifetime. One of the hottest and most realistic diets today is to eliminate all processed foods from your diet and opt for healthy alternatives including lean protein, plenty of vegetables, wholesome grains, a moderate amount of healthy fats, and fruits. This is the basis of the No Sugar No Flour diet. This diet promotes the consumption of whole, natural foods that contain no refined, simple carbohydrates. Different from low carb diets of the past, this diet takes out the struggle of complicated calculations and food lists, and replaces them with good old common sense. This cookbook illustrates just how delicious and

incredibly varied your diet can be while following the No Sugar No Flour diet principles. From breakfast all the way to dessert, the No Flour No Sugar Cookbook will carry you through and help you discover delicious new ways to meet your new dietary goals. Inside, you'll find: Introduction to the characteristics of the No Sugar No Flour plan Delightful breakfast recipes like the Breakfast Polenta and the Sweet Potato Hash Browns Satisfying lunch and brunch recipes like the Orange Fennel Salad and the Crustless Spinach Pie Wholesome dinner recipes like the Chicken Moussaka and the Venezuelan Tamales Tasty vegetable and side dish recipes such as the Stuffed Eggplant and the Glazed Brussels Sprouts Luscious dessert recipes like the Ricotta Pie with Almond Crust and the Au Lait Chantilly Cream Let's start cooking! Scroll back up and order your copy today!

Burn the Fat, Crush Your Cravings, and Go From Stress Eating to Strength Eating Kangaroo Flat Books

Lose up to a pound a day with more than 100 mouthwatering recipes for sugar-free meals, drinks, snacks, and desserts, based on the cravings-busting, fat-melting science from Zero Sugar Diet. With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continued his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explained why you can't lose weight—showing that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Now, with Zero Sugar Cookbook, Zinczenko shows how you, too, can melt away belly fat, boost your energy levels and metabolism, improve your gut health, and take control of your health. Inside you'll discover: Belly-Filling Breakfasts Enjoy quick and delicious morning meals to supercharge your day. Skinny Soups and Salads Slim down one taste at a time. Indulgent Pizza and Pasta Craft hearty Italian classics made healthier at home. All-American Classics Make your favorite go-to comfort foods—and watch the pounds melt away. 10-Minute Meals Whip up the quickest, easiest, tastiest meals for when you want something satisfying—fast. And Delicious Desserts! Cap your amazing meals with insanely decadent post-dinner delights. “I've lost 15 pounds thanks to Zero Sugar, and my friends and family have all lost weight. Easy and delicious, these recipes really work!”—Barbara

Skarf, Southfield, Michigan “I lost 10 pounds and have a flatter tummy! And the best part is, I don't need sugar and I don't crave desserts.”—Lisa Gardner, Elgin, South Carolina “I have type 2 diabetes, and Zero Sugar changed my life!”—David Menkhaus, Liberty Township, Ohio
Easy Clean Eating Recipes for Weight Loss and a Healthier You Signal

'Hi, my name is Davina, and I'm a sugar addict . . .' Davina McCall loves a challenge. And giving up sugar has been one of her toughest yet. In this beautiful cookbook, Davina shares her favourite super-healthy recipes that have helped her kick the sugar habit and cut out junk food for good. These recipes: *are easy to make but taste amazing *contain the foods that help you look and feel great *have no long lists of scary, hard-to-find ingredients This is real food for real life! 5 WEEKS TO SUGAR-FREE also includes a 5 week meal planner that works towards curbing sweet cravings and cutting out all processed foods. Davina is no guru, she's one of us, so her plan also includes pudding recipes that help the most sweet-toothed chocoholic kick the added sugar habit. Simple, delicious and brimming with flavour, these recipes take the faff out of sugar-free!

PublishAmerica

NATIONAL BESTSELLER Nutritionist and bestselling author of *Meals that Heal Inflammation*, Julie Daniluk shows readers how to kick sugar once and for all and enjoy a sweet life. Julie Daniluk has helped thousands of people find freedom from sugar cravings. Drawing on personal experience and the latest research, she demystifies the science and explains the dangers of sugar and how you can kick your sugar habit, restore your health and empower your performance. By decreasing and ultimately removing sugar from your diet, you can reduce inflammation in your body and improve your overall health. It can be one of the first steps to relieving the struggle and pain of arthritis, bursitis, colitis, heart disease, weight gain, memory loss, depression, anxiety, insomnia, chronic fatigue, fibromyalgia and a myriad of other inflammatory conditions. In *Becoming Sugar-Free*, Julie walks you through everything you need to know to create a powerful sugar-free lifestyle: from why sugar is the most harmful food ingredient, to how to make easy swaps for healthy sweeteners. She shares what happens in your brain when you eat sweets and how to conquer emotional eating and kick sugar to the curb. Featuring over 25 healthy alternative sweeteners explored in depth, an effective plan to easily begin

using them in daily life and over 85 delicious anti-inflammatory recipes, *Becoming Sugar-Free* is the essential go-to guide for those who want to break up with sugar once and for all.

How the Food Giants Hooked Us No Fluff Publishing

NEW YORK TIMES BESTSELLER • A week-by-week guide to quitting sugar to lose weight, boost energy, and improve your mood and overall health, with 108 sugarfree recipes. “Life without sugar is much sweeter than I ever imagined it would be.”—Shauna Ahern, *Gluten-Free Girl* Sarah Wilson thought of herself as a relatively healthy eater. She didn’t realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too: • Follow a flexible and very doable 8-week plan. • Overcome cravings. • Make food you’re excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (*The Fat Chance Cookbook*), Sarma Melngailis (*Raw Food/Real World*), Joe “the Juicer” Cross, and Angela Liddon (*Oh She Glows*). *I Quit Sugar* makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won’t miss the sugar for an instant.

Your Complete 8-Week Detox Program and Cookbook Food &

Agriculture Org.

NEW YORK TIMES BESTSELLER • Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, NBC’s health and wellness contributor and bestselling author of *Zero Belly Diet*, *Zero Belly Smoothies*, and *Eat This, Not That!* With *Zero Sugar Diet*, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can’t lose weight—and shows that it’s not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Until now, there’s been no

way to tell how much added sugar you’re eating—or how to avoid it without sacrifice. But with the simple steps in *Zero Sugar Diet*, you’ll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones—swapping in whole foods and fiber and swapping out added sugars—you’ll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You’ll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks’ worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful *Zero Sugar* dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with *Zero Sugar Diet*! Praise for *Zero Sugar Diet* “*Zero Sugar Diet* targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention.”—*The New York Times Book Review* “A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet.”—*Library Journal* “This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; ‘an open letter from your pancreas’) and will help readers rein in cravings and become savvy monitors of added sugar consumption.”—*Publishers Weekly* *The Belly Fat Cure Sugar & Carb Counter REVISED* Year of No Sugar A Memoir *Beat Your Sugar Addiction* Once and for All Sugar is an addictive substance, just like caffeine, nicotine, or alcohol. Eating too much sugar can have serious, long-term consequences for your health and your appearance. The *Sugar Detox for Beginners* will give you the tools you need to seize control of your sugar intake. A sugar detox diet is the most effective way to remove sugar from your system and break the dangerous cycle of unhealthy

sugar cravings. With *The Sugar Detox Diet*, you will get over 75 delicious sugar detox recipes to help you feel more energetic and clear-headed than ever before. *Sugar Detox for Beginners* will help you start an effective sugar detox today, with: • 77 delicious and nutritious recipes for an easy sugar detox, including Almond Pancakes, Lemony Hummus, Tuna Salad, and Salmon Teriyaki • A complete 21-day sugar detox plan when you want to gradually remove sugar from your diet • 3-day sugar detox plan for when you want to get rid of sugar quickly • The science behind sugar addiction 10 tips to beat sugar cravings *Sugar Detox for Beginners* will help you reduce your sugar intake without depriving you of the delicious, feel-good foods that you love.

[A Proven Plan with Recipes to Stop Cravings and Live Healthier](#) Penguin

A groundbreaking new program for improved wellness, more energy, sounder sleep, better-looking skin, and healthy weight loss—without counting calories! *Conquer Sugar Cravings in Three Short Weeks Sugar Free 3* is a revolutionary new plan based on the latest research and science. It’s not a diet. It’s not a detox. It’s not a cleanse. It’s a three-week program to reset your entire approach to food and eating. You’ll discover why sugar makes you fat (and sick), where it’s lurking, and how to live happier and healthier without it. As the former Editor-in-Chief of *Women’s Health* and *Cosmopolitan*, Michele Promaulayko has spent the last decade at the forefront of the newest research about how sugar and artificial sweeteners affect your mind and body. What she discovered was that added sweeteners are at the center of every major and minor health crisis, from the ones you’d guess—like obesity, heart disease, and diabetes—to the ones that might surprise you, like acne, bad moods, digestion, and sleep loss. Giving up these “added sugars” can lead to weight loss and decreased diabetes risk, sure, but also better skin, better moods, and thicker hair. Even if your baseline is “I feel OK,” you don’t know how much better you could be feeling once off the sweet stuff. Within just days, *Sugar Free 3* users began to see and feel results: smoother, glowing skin, greater energy and clarity of thought, improved mood, better digestion and less bloat, better sleep, and significant weight loss—up to 7 pounds in the first week! “Michele has created a plan that’s easy, effective, and for everyone. In just days, you’ll feel better and look better than you ever have before!” says David Zinczenko, founder of *Eat This, Not That!* **5 THINGS YOU NEED TO KNOW** 1. It’s Simple and it’s

Doable So You Will Stick with It! 2. You'll Never Feel Hungry! 3. Carbs Are Allowed! 4. No Calorie Counting—Ever! 5. You Don't Have to Exercise! As a result, Sugar Free 3 helped people lose 5, 10, 15 pounds or more and feel happier and healthier than ever before. Now's your chance! Inside, You'll Discover: Delicious Recipes for Breakfast, Lunch, Dinner, and Snacks Secrets for Crushing Cravings and Weight-Loss Tips A Guide to Dining Out—and Ordering In Inspiring Testimonials from Real-Life Success Stories As a bonus, readers will enjoy onboarding to Openfit, the digital streaming platform that provides more recipes, tons of additional content and advice, a meal-planning app, Vlog, hundreds of workouts, and mindfulness and visualization videos. Sugar Free 3 is the ideal program for anyone who wants better health, endless energy, and lasting weight loss—without counting calories!

No Sugar Ballantine Books

Trust Joanne Chang—beloved author of the bestselling *Flour* and a Harvard math major to boot—to come up with this winning formula: minus the sugar = plus the flavor. The 60-plus recipes here are an eye-opener for anyone who loves to bake and wants to cut back on the sugar. Joanne warmly shares her secrets for playing up delicious ingredients and using natural sweeteners, such as honey, maple syrup, and fruit juice. In addition to entirely new go-to recipes, she's also revisited classics from *Flour* and her lines-out-the-door bakeries to feature minimal refined sugar. More than 40 mouthwatering photographs beautifully illustrate these revolutionary recipes, making this a must-have book for bakers of all skill levels.

[Year of No Sugar](#) Independently Published "Start today, 30 days to being in control and setting the pace for weight loss. How to keep it off without feeling starved or deprived. Enjoy eggs, bacon, butter, roast chicken & more. Lose that cellulose or spare tire effortlessly and regain your health and energy. Get off the sugar high roller coaster today--and enjoy a healthier you!"

Low Sugar, So Simple Grand Central Life & Style

Assistance in finding your meal timing and foods and lifestyle. Listing herbs and Homeopathics which are a safe alternative to over the counters.

Sugar Free Recipes Chronicle Books

For fans of the New York Times bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up*, *A Year of No Sugar* is a "delightfully readable account of how [one family] survived a

yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. *Year of No Sugar* is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of *Indian Home Cooking* "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

Baking with Less Sugar Simon and Schuster

In his first book, Dr. Daryl Gioffre taught us how to fight inflammation by getting off unhealthy, highly acidic foods. Now, he's targeted sugar—because when you break your sugar addiction, you cut out a major contributor to inflammation, brain fog, aging, and chronic disease. You'll go from stress eating to strength eating with Dr. Gioffre's life-changing plan: Phase 1: Weed—7 days to detox your mind, body, and diet Phase 2: Seed—21 days to crush your cravings Phase 3: Feed—A lifetime of satisfying, strengthening eating With tips for customizing the plan, including using clean keto and intermittent fasting to tune up your metabolism, and sixty-five craving-stopping recipes, *Get Off Your Sugar* is your guide to turning your body into a strength-eating, energy-filled, acid-kicking machine.

Half the Sugar, All the Love Simon and Schuster

Low Sugar, So Simple will get the sugar off your plate for good with 100 recipes free of the sugars that are sabotaging your health. Sugar is quickly becoming the next health epidemic. Numerous studies have confirmed that sugar is a highly addictive substance with catastrophic effects on our health. Research has shown that drinking a can of soda a day increases the risk of a heart attack nearly as much as smoking. Sugar lurks in everything from condiments to salad dressing to deli meat. Combine that with the fact that many foods contain things like starches, fillers, and artificial ingredients which act like sugar in the body, and you've got a perfect storm for lifelong sugar addiction and compromised health. *Low-Sugar, So Simple* shows you how to get sugar off your plate for good. Popular blogger Elviira Krebber of *Low-Carb, So Simple* provides 100 low and no sugar recipes for everything from condiments to main dishes to desserts. Learn healthy substitutions for sugar, how to remove stealth sugars, and get the sugar pretenders like starches, fillers, and additives out of your diet for good. Done in the author's trademark approachable style, living the low-sugar lifestyle is easy with 100 recipes that are delicious, healthy, and easy to prepare.

God's No Sugar Diet: Plus 4 Week Diet Plan R. R. Bowker

No Sugar-Coating is a warm, straight-up guide that reads like a conversation with a knowledgeable friend. It is filled with practical suggestions interwoven with compelling narrative rooted in foster parenting experience. *No Sugar-Coating* offers valuable insight for those eager to learn more about foster parenting as well as an anchoring for those who have already welcomed vulnerable children through their front door.

[No Sugar Diet](#) Hay House, Inc

A collection of bread machine recipes features ingredients that contain less than five percent fat, and includes such selections as Sweet Potato and Cornbread, Whole Wheat Baguettes, and Salt-Free Winter Squash Bread. National ad/promo. [The 14-Day No Sugar Diet](#) Galvanized Media

'Simple, delicious recipes that will help you quit sugar for good.' The *No Sugar Recipe Book* is the delicious way to beat your cravings and transform your diet. When David Gillespie removed sugar from his diet, he lost six stone - and kept it off. He is now the bestselling author of *Sweet Poison*, an exposé on the life-threatening dangers of sugar. If you've heard about the toxic effects of sugar but are worried about missing your favourite sweet treats, then this book is for you. It shows you how

you can still eat the food you enjoy by replacing sugar with healthy alternatives. Working with a professional chef, David Gillespie has developed sugar-free recipes that will help you quit sugar. These recipes

aren't just healthy - they are delicious too. In reading this book you will discover how life without sugar will leave you and your family feeling more energetic, happier and healthier than ever before. Featuring more

than eighty illustrated recipes, including chocolate cake, brownies and doughnuts, the No Sugar Recipe Book is proof that giving up sugar doesn't mean giving up the food you love.