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I Quit Sugar

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Sarah Wilson Sarah Wilson is an author and entrepreneur. She is the former editor of Cosmopolitan magazine and was one of the hosts of the first series of MasterChef Australia, the highest rating show in Australian TV history.

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I Quit Sugar Sarah Wilson 9781447264286

Sarah Wilson is an Australian media personality, journalist, health coach and blogger. She's the former editor of Cosmopolitan magazine and was the host of the first series of MasterChef Australia, the highest-rating show in Australian TV history, as well as the health makeover show Eat Yourself Sexy.

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Sarah Wilson is a New York Times bestselling and #1 Amazon bestselling author and founder of IQuitSugar.com. Her new zero-waste cookbook, Simplicious Flow, was released in Australia in September 2018.

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Welcome to Kate Quit Sugar. This is best place to find out about the guide I Quit Sugar and I also let you in on my journey to sugar free living!

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