



Quit Sugar Quick

By Jess Lomas

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Quit Sugar Quick, Jess Lomas, Quit Sugar Quick is your handy, pocket-sized guide to removing the everyday excess sugar in your diet and enjoying the occasional sweetness in life. Following on from the book Low Sugar No Sugar, Jess Lomas discusses why fructose is such a hot topic at the moment, how fruit factors into a low sugar diet, and how you can still enjoy desserts after cutting refined sugar out of your diet. Quit Sugar Quick comes with a 7-day meal plan to help tackle the sugar cravings and change your diet. With the help of Quick Sugar Quick you're only 30 days away from a sweeter life.

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