



Sugar Detox: The 30-Day Lifestyle Plan

Jess Lomas

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In *Sugar Detox*, Jess Lomas writes from experience; after reducing her sugar intake in April 2012, she has experienced weight loss and a renewed level of energy and zest for life. She has created a simple plan to help people reduce the amount of excess sugar in their daily diet in 30 days, and has developed more than 60 delicious recipes to compliment the detox plan, including breakfast ideas, snacks, and desserts. This book is not about extreme dieting—it's a lifestyle change. The *Sugar Detox* motto is simple: remove the everyday excesses and enjoy the occasional sweetness in life.

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