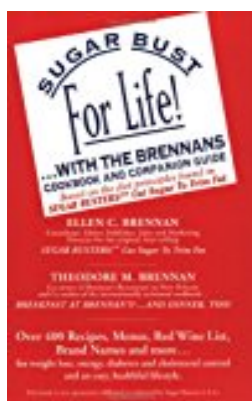


[PDF] Sugar Bust For Life!... With The Brennans: Cookbook And Companion Guide

Ellen C. Brennan, Theodore M. Brennan - pdf download free book



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Description:

Review ...Looking for direction on the Sugar Busters Diet, a new book is out and there's a lot to chew on. -- *The Times-Picayune, LA, June 25, 1998*

Menus for Sugar Busters diet? Sounds like what you're looking for is SUGAR BUST FOR LIFE! More than 400 recipes. -- *Clarion-Ledger, Jackson, MS, July 12, 1998*

SUGAR BUST FOR LIFE!...400 dishes, not only healthful, but delicious as well. -- *Post-Crescent, WI, January 27, 1999*

Sweet read ... a new cookbook, "Sugar Bust for Life," to help readers lose weight through a low sugar diet. -- *Lincoln Journal Star, NE, June 8, 1998*

From the Author Easy ... Healthy ... Common Sense ... Few Restrictions ... and it works! That's how and why we adopted this low sugar way of eating. We encourage our friends (old and new) to join us in experiencing our delicious recipes in SUGAR BUST FOR LIFE! ... WITH THE BRENNANS.

In an effort to answer the most common questions a low sugar way of eating raises, we did all the work for you. We have created and revised many recipes, researched products for an extensive shopper's brand name guide, as well as offer a fourteen day menu planner. We even share with you how to read a label so you, too, can avoid the many unacceptable "hidden" ingredients found in the popular foods we eat. To our delight, we found the work was actually easy and fun and we're excited to share our successful and healthy eating habits with you so that you can lose weight easily, happily and healthfully. Start today!

Bon Appetit!
Ellen and Ted Brennan

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