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The Realists Guide To Sugar

The Realist's Guide To Sugar Free: How To Quit Sugar And Stay Sane In The Real World Paperback - February 6, 2017 by Sherri Nicholds (Author)

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How I Did It: The Realist's Guide to Sugar Free | Sherri ...

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It has been one year since I published The Realist's Guide to Sugar Free. So much has happened since it's almost hard to believe. So much has happened since it's almost hard to believe. My goal in writing the book was to help people understand the dangers and extent of processed sugars being added to our lifestyle.

5 lessons learned since The Realist's Guide to Sugar Free ...

Buy The Realist's Guide To Sugar Free: How To Quit Sugar And Stay Sane In The Real World by Nicholds, Sherri (ISBN: 9781520534138) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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For sugar calories, take sugar carbs per serving x 4 (there are 4 calories per gram of sugar) alcohol calories + sugar calories = total calories per serving. Alcohol calories math: There are 7.1 calories per gram of pure ethanol Convert grams to ounces by a multiplier of 28.3495 Factor in the density of ethanol at 0.789 g/cm³

The Realist's Guide to Keto Wines | Wine Folly

So last night I started to read "the realists guide to going sugar-free". Really good read, easy and quite funny, but this morning I woke up feeling like I had a mild hangover! I'm not sure it is the effects of sugar withdrawal or if, because of the book, I'm now thinking that I'm suffering...

Day 2 - SugarFreefor40Days

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