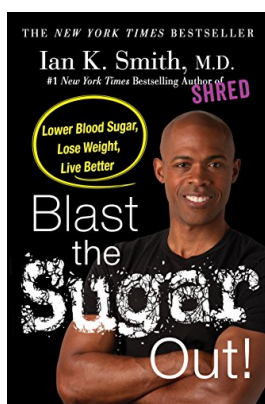


[PDF] Blast The Sugar Out!: Lower Blood Sugar, Lose Weight, Live Better

Ian K. Smith M.D. - pdf download free book



Books Details:

Title: Blast the Sugar Out!: Lower B
Author: Ian K. Smith M.D.
Released: 2017-04-25
Language:
Pages: 240
ISBN: 1250130131
ISBN13: 9781250130136
ASIN: 1250130131

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Do you want to lose weight?

In *BLAST the Sugar Out!*, Ian K. Smith, #1 New York Times bestselling author of *The Shred Power Cleanse*, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing *fast*.

Has your doctor suggested you get your blood sugar numbers down?

This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily.

Do you need a plan that will decrease your fat and increase your lean muscle?

The *BLAST the Sugar Out!* five-week program is structured and clear about what you *must* eat at meals and for snacks every day to keep on track. There's no meal skipping, plenty of food, and short bursts of exercise to super-charge your results.

You won't be hungry on *BLAST the Sugar Out!* You'll eat, drink, and learn to really taste good food again.

Features more than 45 recipes for breakfast, lunch, dinner and smoothies to satisfy every craving.

- Title: Blast the Sugar Out!: Lower Blood Sugar, Lose Weight, Live Better
 - Author: Ian K. Smith M.D.
 - Released: 2017-04-25
 - Language:
 - Pages: 240
 - ISBN: 1250130131
 - ISBN13: 9781250130136
 - ASIN: 1250130131
-