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THE NO SUGAR RECIPE BOOK



Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The No Sugar Recipe Book, David Gillespie, 'Simple, delicious recipes that will help you quit sugar for good.' The No Sugar Recipe Book is the delicious way to beat your cravings and transform your diet. When David Gillespie removed sugar from his diet, he lost six stone - and kept it off. He is now the bestselling author of Sweet Poison, an expose on the life-threatening dangers of sugar. If you've...

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- Authored by David Gillespie
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Reviews

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