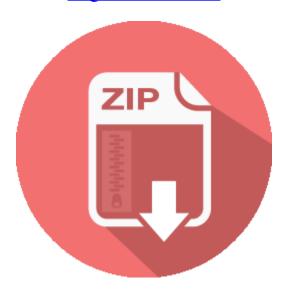
I QUIT SUGAR



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I Quit Sugar is a fast growing online health & wellness company based in Sydney, Australia. Launched in 2013 by Sydney-based health blogger and media persona

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Welcome to Kate Quit Sugar Kate Quit Sugar

Milk? Milk has sugar in it! Whether you choose skim milk, part skim milk or whole milk, the lactose content is very similar. On average, a 1-cup glass of skim milk provides 13.5 grams of lactose, while the same serving of full-fat milk has 11.5 grams of lactose.

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I Quit Sugar Your Complete 8 Week Detox Program and

A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, and overall health, with 108 sugarfree recipes.

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Recipes I Quit Sugar

"Sam and his crew are the new custodians of all I Quit Sugar recipes" founder, IQS

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Sugar Free Recipes From I Quit Sugar Greatist

7 Sugar-Free Recipes From "I Quit Sugar" That Taste Anything But If you're struggling to stick to your cut-back-on-sugar goals, it's probably because the food you're making is skimping on taste too.

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I Quit Sugar: Simplicious strips back to the essentials, simply and deliciously. All three hundred and six recipes from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food.

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I Quit Sugar Cookbook 108 Sugar Free Recipes Kate

Hi, I am Kate Harris and I have kicked my sugar habit to the curb! In the time that I have quit sugar and improved my diet, I have found that I have lost weight (yay!), my skin has improved and looks brighter, I feel more awake and happier!

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