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Sugar Detox Diet - Sutter Health

Sugar Detox Diet A Simple, Seven Day Program Designed To Break The Cycle Of Sugar Addiction. Created By Clinical Nutritionist Sharon Meyer, DiplON CNC, Of Sutter Health's Institute For Health And Healing In San Francisco. Day 1. Breakfast: 2 Eggs Scrambled With Spinach And Mushrooms 1 Cup Of Green Tea. Snack: 15 Grams Of Whey Powder Mixed In ... May 6th, 2024

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