

Download Healthy Junk Cookbook Crave Stuff

If unhealthy, processed food, is sabotaging your weight loss efforts, outsmart junk food cravings with these clever tricks. Rather than come up with a single recipe, I thought I'd give you a run down of the 6 most popular sugar-laden junk drinks and show you a way how you can make tasty and healthy alternatives using only a fraction of the sugar found in commercially-made drinks. KELLYANN PETRUCCI, MS, ND, is a board-certified naturopathic physician, certified nutrition consultant, and the New York Times bestselling author of Dr. Kellyann's Bone Broth Diet. Tweet. Note: This is a post from Adam Baker, Man Vs. Debt's founder. Nearly three years ago, Courtney and I posted our first "list of everything we own" as we were downsizing and preparing to travel with our backpacks through Australia.