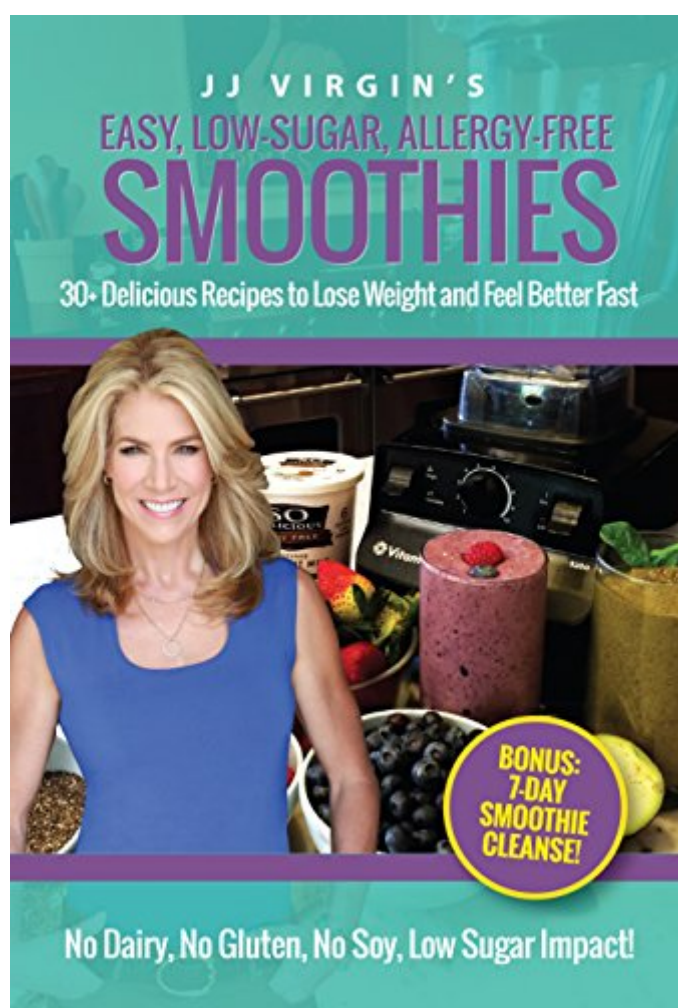


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# JJ Virgin's Easy, Low-Sugar, Allergy-Free Smoothies: 30+ Delicious Recipes To Lose Weight And Feel Better Fast



## Synopsis

If you are going to do just one thing for your health and waistline, celebrity weight loss expert and New York Times bestselling author of *The Virgin Diet* and *Sugar Impact Diet* JJ Virgin recommends you drink a protein smoothie. But not all smoothies are created equal! What you put in your blender will determine whether you lose weight and feel great or whether you spike your blood sugar and bloat your belly. In this book, JJ offers 30+ low-sugar, allergy-free smoothie recipes that can help you lose up to 7 pounds in 7 days and reverse inflammation from 7 common food intolerances, along with a 7-day bonus cleanse! No dairy. No gluten. No soy. Plus delicious Vegan and Paleo options!

## Book Information

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## Customer Reviews

Don't let JJ fool you....these really are not low sugar and most definitely NOT low carb, or really low calorie. As a Type 1 diabetic I thought these smoothie recipes would be great (as per the low-sugar hype, after adding up all the carbs, I think she missed the boat. Carbs = sugars), they are delicious

recipes however. I will continue to use many of these recipes, just not the ones with all the fruit.  
Pump up the insulin....

I have a smoothie every morning and rely on J.J. Virgin's Easy, Low-Sugar, Allergy-Free Smoothies (30-Delicious Recipes to Lose Weight and Feel Better Fast) Guide to help vary the menu. Additionally, it contains directions for a 7-Day Cleanse, Shopping List, and Recipes. It also gives an overview of the Virgin Diet and the Sugar-Impact Diet.

I've had smoothies for breakfast for years. I always used the same ingredients and I was getting tired of it. JJ Virgins' ebook contains many new smoothie recipes. I'm excited to put the recipes to work. I'll be taking my kindle into the kitchen every morning.

In less than 2 months I have dropped 13 pounds, feel super focused and clear and my body just feels so good! I have been doing one shake per day, a salad with protein at lunch and lots of sauteed veggies and protein for dinner. I love the shakes, energy bars, extra fiber and lemon-aide! The mock nutella recipe in the smoothies book is AHHMAYZING! I am a paleo eater, so no grains or dairy for me (I do use chia seeds and ground flax in my shakes however).

Delicious smoothie recipes. Added bonus, a 7 day detox, which I started right away. JJ is very knowledgeable and practical.

Good recipes for smoothies. Would have liked more information about the cleanse and more options for protein powder. Overall, I'm glad I purchased this book.

I love JJ Virgin's books

JJ Virgin is an Expert Nutritionist - Communicator - Now the focus and application - 2 weeks making significant changes Physically, Mentally!

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Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss, baking recipes)

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