



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

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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!

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