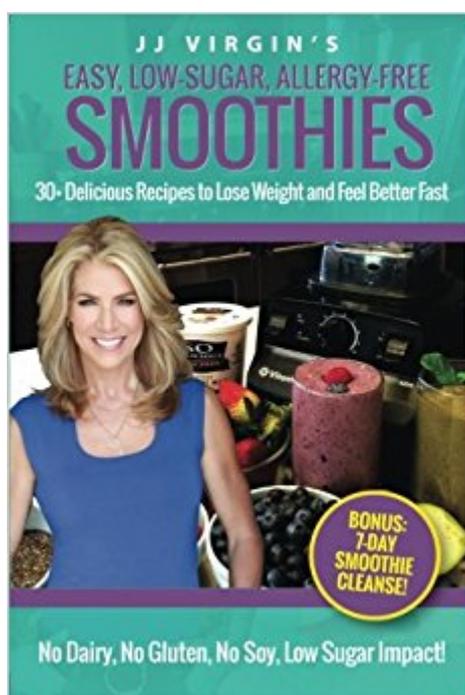


The book was found

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!

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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 been using JJ's shakes since January when I started The Sugar Impact Challenge. I can't imagine starting my morning without one. Being celiac, breakfast is always my most difficult meal (think NO cereal, toast, waffles, etc). I alternate the flavors of protein powder as well as the additions to it every morning and do not get bored. I have even started putting spinach or kale along

with an apple, orange, or berries in them and having a real treat. It satisfies my craving for something sweet and yet I am still getting my protein and veggies in. Nice to have so many recipes in a convenient format.

Nobody likes breakfast, or if they do, often lack the time to prepare it. And then occasionally, you don't have time or inclination to fix lunch or dinner. That's where this fabulous smoothie guide comes in handy. JJ Virgin is the queen of killer protein shakes, and these fast, easy, flavorful recipes do not disappoint. Quick, filling, and satisfying: These become a no-brainer to burn fat and stay focused with minimal time or effort. Incorporate these recipes (you could do a different one every day of the month!) and you'll never again consider a protein shake - whether you use it as a meal replacement or post-workout fuel - as basic or boring.

Wow - who knew something so good for me could also taste this GOOD! Great recipes have turned my plain morning smoothie into a real taste treat! I have been using JJ's All-in-One shakes (which taste really good on their own) but you gotta try some of these recipes!! My favorite, Espresso-Almond Smoothie!! She had me at coffee and almond butter...

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.

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.

These recipes claim to be Low-sugar and yet are full of pureed fruit - natural sugar but still sugar in a highly digestible form (ie. will definitely raise your blood sugar). Where is the nutritional analysis of these recipes so you know how much sugar you're drinking?

JJ Virgins Smoothies are very good. The seven days with two smoothies and a planned meal left me 8 pounds lighter, and more importantly I have kept the weight off. I have been eating whole foods and have lost an appetite for snacks. The most wonderful thing is no longer wake up in the middle

of the night and sleep 8 -10 at time. I am not eating bread gluten or dairy since I am sensitive to these. I am sticking to low to medium glycemic foods and using organic meat and vegetables. I still use one smoothie a day as it keeps my appetite in control. I am trying to lose another 8 to 10 pounds so I can get off my cholesterol. More important I feel great!!! medicines.

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