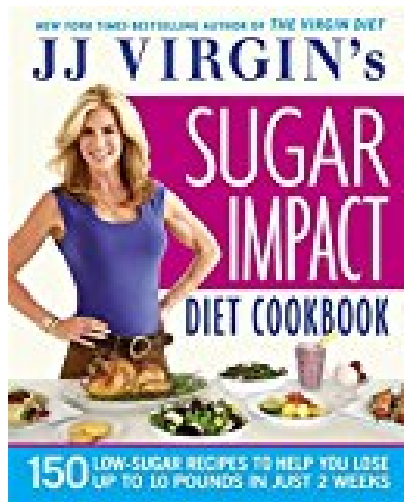


JJ Virgins Sugar Impact Diet Cookbook 150 Low-Sugar Recipes to Help You Lose Up to 10 Pounds in Just 2 Weeks



BOOK DETAILS

- Author : J.J. Virgin
- Pages : 352 Pages
- Publisher : Grand Central Life & Style
- Language : English
- ISBN : 1455577871



BOOK SYNOPSIS

The Essential Companion to JJ Virgins Sugar Impact Diet JJ Virgins Sugar Impact Diet will revolutionize the way readers think about sugar. This companion cookbook brings the groundbreaking diet into the kitchen and makes it easier - and tastier-for readers to drop damaging sugars and lose fat fast. Featuring more than 150 delicious and simple recipes, including mouthwatering breakfasts, lunches, dinners, snacks and sweet-tooth-taming desserts, this cookbook is designed to help readers drop pounds and melt away fat without missing the foods they love. JJ Virgins Sugar Impact Diet Cookbook provides all of the tools readers need to succeed, including meal plans, grocery lists, and customizable menus for readers with special diets like vegans, vegetarians, and Paleo devotees.

JJ VIRGINS SUGAR IMPACT DIET COOKBOOK 150 LOW-SUGAR RECIPES TO HELP YOU LOSE UP TO 10 POUNDS IN JUST 2 WEEKS

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