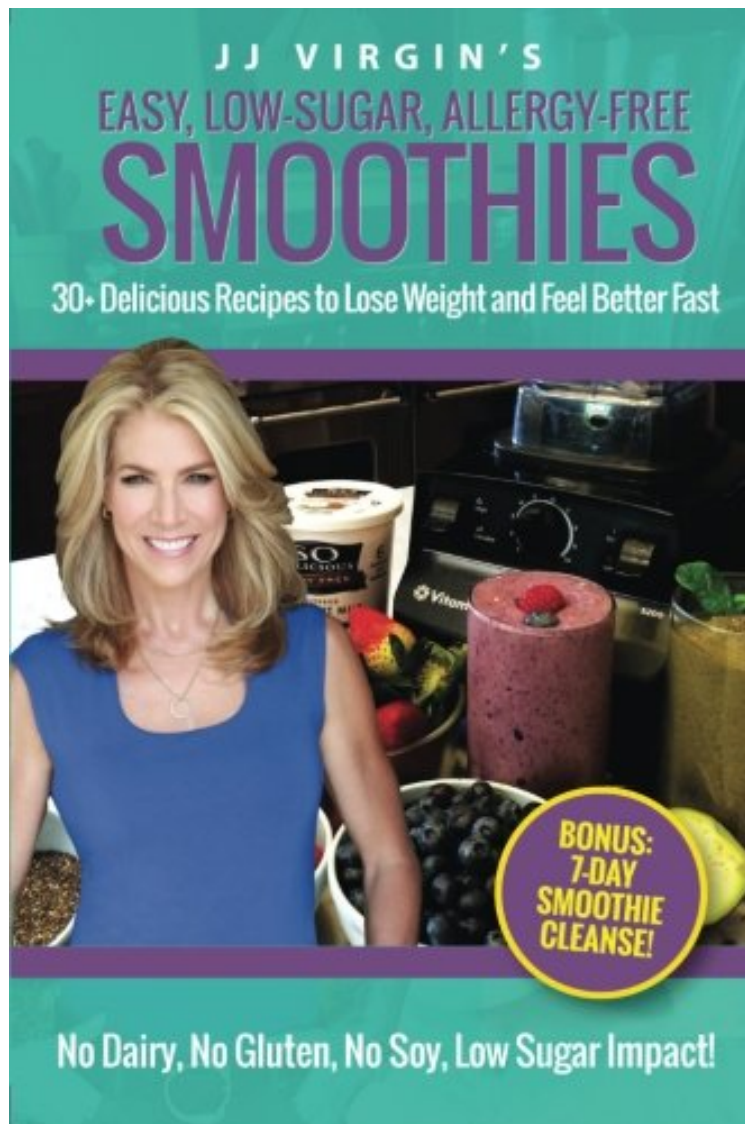


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7 of 8 people found the following review helpful. I'm 13 pounds lighter in less than 2 months!By OutwestIn less than 2

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-aid! 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).0 of 0 people found the following review helpful. Love JJ's booksBy CustomerDelicious smoothie recipes. Added bonus, a 7 day detox, which I started right away. JJ is very knowledgeable and practical.1 of 1 people found the following review helpful. Good readBy Robert ClarkGood 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.

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!