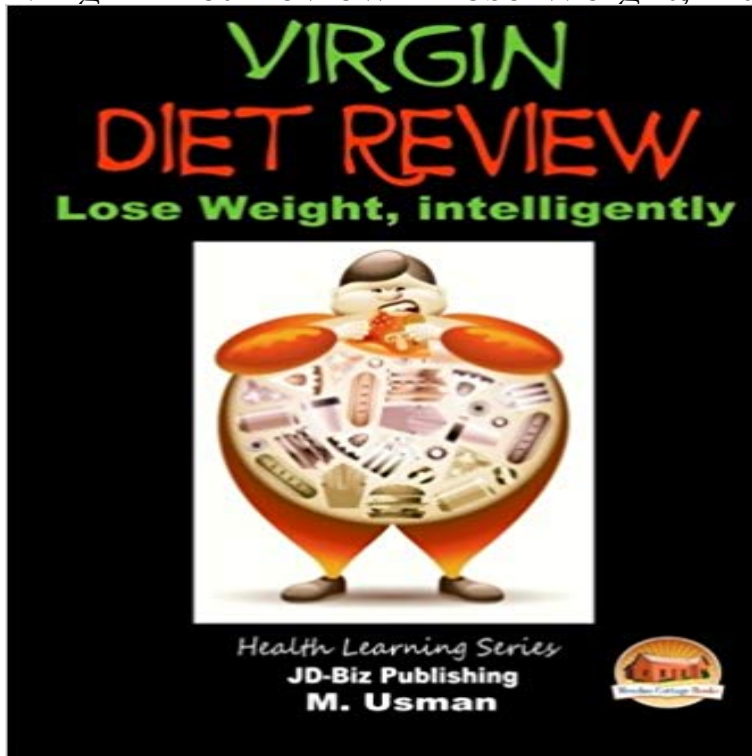


## Virgin Diet Review - Lose Weight, intelligently



Virgin Diet Review - Lose Weight, intelligently Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: Diving Deeper Chapter 3: Foods to Drop The Cycles of Virgin Diet Chapter 1: Elimination Chapter 2: Reintroduction Chapter 3: Lifetime Diet Chapter 4: Virgin Diet Shakes Recipes Chapter 1: Salmon, Arugula & Red Quinoa Salad Chapter 2: Grilled Halibut with Pepper Salsa Chapter # 3: Lentil Nut Burgers Chapter # 4: Roasted Shrimp alongside Spaghetti Squash Chapter # 5: Tomatillo & Black Bean Soup Chapter # 6: Sweet Potato Black Bean Burger Chapter # 7: Roasted Brussels sprouts Chips Chapter # 8: Protein-Packed Salad Conclusion References Author Bio Prelude The Virgin Diet was created by J.J. Virgin, a nutritionist and celebrity fitness expert since 1987. JJ was the author of the extremely popular book, The Virgin Diet, which is the basis for this book. If it wasn't for her, this book might never have gotten into the pipeline. The weight-loss industry has become a multi-billion dollar venture with enterprises, medical field-experts, and nutritionists struggling to get the biggest slice of the profits. In this race for fame and fortune, some people actually work to make a product that would last a long time while many produce a one-time thing that will waste the consumers money and health. The Virgin Diet is the former of the two cases. It is a tried and tested diet that will shave off extra pounds from your body using a systematic approach. So before you move on to forthcoming chapters, you must be absolutely focused and sure that this diet will work, as mental awareness is as important as the physical one! Assuming that you are new to this fitness-world; this book will get you nicely delved into the world of diets, especially the Virgin Diet. Don't over think, make up your mind and get ready to get those calories off of you!

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