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The Virgin Diet Cookbook: 150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast

J.J. Virgin

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The companion to the *New York Times* bestseller *The Virgin Diet* brings the groundbreaking health and weight loss program into your kitchen. With more than 150 delicious and practical recipes, **THE VIRGIN DIET COOKBOOK** is designed to show you how to incorporate anti-inflammatory, healing foods into your diet to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance.

These tasty, easy-to-make recipes are free of gluten, soy, dairy, eggs, corn, peanuts, and sugar and artificial sweeteners. With mouthwatering suggestions for breakfast, lunch, dinner, dessert and snacks, you'll lose weight fast while enjoying what you eat!. **THE VIRGIN DIET COOKBOOK** will also help you to stock your kitchen, provide delicious substitutes for common ingredients, and offer easy swaps for eating out and on-the-go.

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