



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

J.J. Virgin

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The Essential Companion to *JJ Virgin's Sugar Impact Diet*

JJ Virgin's 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 Virgin's 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.

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