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## My Virgin Diet Cookbook: The Gluten-Free, Soy-Free, Egg-Free, Dairy-Free, Peanut-Free, Corn-Free and Sugar-Free Cookbook

By Rebecca Lorraine

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.About My Virgin Diet Cookbook Note: This cookbook is by Rebecca Lorraine, one of JJ Virgin's successful students - based on recommendations in The Virgin Diet book. Also, be sure to watch for JJ Virgin's new cookbook in Feb. 2014. I first discovered The Virgin Diet when I stumbled across the author talking about her book on PBS. It didn't take long to get the feeling she was talking directly to me as she pointed out how so many people are frustrated with their unsuccessful weight loss attempts. We do all the right things, live on low-fat, low-carb foods, deprive ourselves of desserts and exercise regularly . . . All without positive results. I was so happy to hear that there may be hope for me; I had to give it a try. If you've read The Virgin Diet by JJ Virgin, then you already know that many of the supposedly healthy foods in our diets may actually be making (or keeping) us fat, especially if our system is intolerant, and doesn't know...



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