

## The Virgin Diet

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### The Virgin Diet

The Virgin diet is an eating plan that the creator, JJ. Virgin, claims will help you shed 7 pounds in seven days. That goal, Virgin states, can be achieved simply by avoiding seven kinds of foods...

### The Seven Foods of the Virgin Diet | Healthy Eating | SF Gate

"The Virgin Diet" is your solution to food intolerance. How does it work? "The Virgin Diet" treats food as "information" rather than simply "calories," and uses your own body to uncover your unique...

### The Virgin Diet: Lose 7 Pounds in 7 Days? | Health.com

But if you struggle with fatigue, joint pain, autoimmune conditions, gas and bloating, or skin issues – the classic signs of food intolerance – The Virgin Diet is the place to start. If weight gain around your belly, wicked carb cravings, emotional eating, blood sugar imbalances, and constant hunger are a problem, the Sugar Impact Diet is your go-to solution.

### What to Eat When You're Starting The Virgin Diet or Sugar ...

On The Virgin Diet, you'll eat plenty of anti-inflammatory, healing foods to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. You'll never feel hungry or deprived, and in just one week, you'll drop up to 7 pounds, lose belly bloat, gain energy, clear up inflammation and look and feel years younger.

### The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days ...

A good health/fitness books doesn't require the purchase of the author's products to complete the diet/exercise. The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days, by JJ. Virgin is a great health/fitness book. JJ. Virgin explains in simple terms why everyone should cut ou

### The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days ...

The Virgin Diet is a 21-day plan consisting of three cycles of 7 days. Cycle 1: Transform During the first seven days you will eliminate the top seven foods most likely to cause food intolerance and inflammation. Your meals will consist of lean protein, healthy fats, high-fiber low glycemic carbohydrates and nonstarchy vegetables.

### Virgin Diet Investigated - Freedieting

The Virgin Diet (2012) is a book about losing weight by avoiding food intolerances that affect you personally. Eliminate gluten, soy, dairy, eggs, corn, peanuts, sugar and sweeteners Eat unprocessed, whole, natural foods that are humanely and naturally raised 1-2 meals a day are shakes – Virgin Diet Shakes

### The Virgin Diet by JJ Virgin: What to eat and foods to avoid

The Virgin Diet Explained: JJ Virgin believes the secret to losing weight is simply by avoiding certain foods which cause it in addition to health problems. Basically you eliminate the 7 foods from your diet for 3 weeks and then re-introduce each food back into your eating routines. However the key when adding each food back into the diet is to see how you react to it.

### The Virgin Diet Review: Are The 7 Foods You Should Avoid ...

In a nutshell, The Virgin Diet suggests cutting gluten, dairy, eggs, soy, corn, peanuts, sugar, and artificial sweeteners for three weeks. The theory is that some people can't tolerate these common...

### Should You Try 'The Virgin Diet' to Lose Weight? | Women's ...

Dinner I always have a clean protein such as grilled wild-caught salmon, with sides like steamed broccoli sautéed in ghee, and wild rice. Salmon is a clean source of protein rich in omega-3's, a natural anti-inflammatory. Broccoli is high in fiber and nutrients, and ghee is a healthy source of fat.

### What I Eat in a Day: The Ultimate Metabolism-Boosting Diet ...

On The Virgin Diet, you'll eat plenty of anti-inflammatory, healing foods, will never feel hungry or deprived, and in just one week, you can: · drop up to 7 pounds · lose belly bloat · gain energy · clear up inflammation · look and feel years younger

### The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days ...

The foods you should drop from your diet include: gluten, dairy, eggs, soy, peanuts, corn and (grouped together) sugar and artificial sweeteners. The plan is laid out in her new book, "The Virgin...

### 'The Virgin Diet:' Drop 7 foods, lose 7 pounds in 1 week ...

If you do occasionally eat eggs (in The Virgin Diet, I encourage you to challenge them after you've completely eliminated them and the other 6 foods for 3 weeks), only choose barnyard or omega-3...

### The Virgin Diet: 7 Foods, 7 Days, 7 Pounds | Prevention

The Virgin Diet is a diet which eliminates 7 groups of food to which the dieter may have a unsuspected food intolerance. The theory is that food intolerance leads to inflammation which in turn...

### New Diet Fads - What You Need To Know | MedPage Today

Brittney's Virgin Diet Smoothie 2 fruit servings and 1 veggie serving. I drink this every morning with a handful of 10-12 almonds. Easy on-the-go breakfast! Not the prettiest or sweetest smoothie but it is quick, easy, and nutritious. Submitted by: BRITTNEYJ85.

### The Virgin Diet Recipes | SparkRecipes

2) With The Virgin Diet, you're eating the perfect foods to help balance blood sugar and hormone levels. No more cravings, mood swings, or fatigue like in the past. 3) The Virgin Diet could improve your sex life. Guys, eating the right foods can boost testosterone levels.

### The Virgin Diet Paperback - Books - JJ Virgin | JJ Virgin ...

The Virgin Diet lists seven high-FI foods, foods that cause food intolerance, they include the following: gluten, soy, dairy, eggs, corn, peanuts, and sugar/artificial sweeteners. The Virgin Diet takes three weeks to complete. For 21 days Virgin Dieters must stop eating the seven high-FI foods.

### The Virgin Diet - Diets in Review

Is your health holding you back? What's the fastest, simplest path to optimal health? Nutrition leader, JJ Virgin has cracked the diet code. You have UNLIMIT...

### Biggest Diet Mistakes: 7 Foods To Never Eat | JJ Virgin ...

And the most common diet foods-like egg whites, wheat bread, and fat-free yogurt-are some of the worst offenders. These "healthy" foods are actually making you fat In this book, celebrity nutritionist and fitness expert J. J. Virgin pinpoints the ten foods that sabotage weight loss.