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## THE VIRGIN DIET: DROP 7 FOODS, LOSE 7 POUNDS, JUST 7 DAYS (PAPERBACK)

William Morrow Company, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The 24-week New York Times bestseller now in paperback with a new introduction and more of JJ s favorite recipes. Your fat is not your fault. Are you eating all the right things--low-fat yogurt, egg-white omelets, whole-grain bread, even tofu--but still can t lose the weight? Your favorite diet foods may be to blame. In this runaway bestseller, nutrition and fitness expert JJ Virgin reveals the...

### Read PDF The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days (Paperback)

- Authored by Jj Virgin
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