

### My Fully Compatible Virgin Diet Recipes: For Simple, Easy, and Delicious Weight Loss (Sugar Free, Gluten Free, Egg Free, Soy Free, Corn Free, Peanut Free, and Dairy Free Cooking)

Elizabeth Albero

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My Fully Compatible Virgin Diet Recipes: For Simple, Easy, and Delicious Weight Loss (Sugar Free, Gluten Free, Egg Free, Soy Free, Corn Free, Peanut Free, and Dairy Free Cooking) Elizabeth Albero The Virgin Diet is the most effective and important diet to be introduced in ages! Congratulations for giving it a go. Although incredible for your health and well being, the diet is very restrictive. All of the recipes included in this book are 100% compatible with the diet. You will not find any dairy, sugar, gluten, soy, corn, eggs, or peanuts in any of these recipes. Good luck!



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