

[**CHEAT SHEET**]**DROP 7 FOODS
FOR 7 DAYS & LOSE 7 POUNDS**

Even when you eat right, you can
get all the wrong results!

Why?

Take a stroll down the health foods aisle of your local grocery store, and I guarantee you'll find the items listed below...

All of them are high-food intolerance foods - "high-FI" for short - which means they're the ingredients most likely to cause uncomfortable symptoms of food intolerance, like stubborn weight gain, joint pain, fatigue, headaches, skin breakouts, gas and bloating... the list goes on.

Here's the kicker: many of them are found in the foods we've been told are part of a healthy diet: whole wheat bread, tofu, whey protein shakes, skinny popcorn, diet soda...

If you can't lose the weight no matter what you try, these foods are the most likely culprits:

- ✓ **GLUTEN**
- ✓ **DAIRY**
- ✓ **EGGS**
- ✓ **SOY**
- ✓ **PEANUTS**
- ✓ **CORN**
- ✓ **ARTIFICIAL SWEETENERS**

Learn more about
these high-FI foods
on the next page!



JJVIRGIN.COM



GLUTEN

This high-FI food takes the cake when it comes to causing chronic inflammation that leads to symptoms like stubborn weight gain, bloating, joint pain, and headaches.



DAIRY

It most definitely does NOT do a body good - think skin breakouts, sinus congestion, headaches, and gut issues. Say "no way" to whey protein and other dairy!



EGGS

Eggs are one of the most common sources of intolerance, and symptoms can include abdominal cramping, fatigue, and uncomfortable bloating. Ouch!



SOY

There's no joy in soy, an inflammatory food that is almost always genetically modified, plus contains compounds that can cause sex hormone imbalances.



PEANUTS

Peanuts aren't a nut at all - they're a legume! And as one of the foods most likely to cause allergies, they're a poor substitute for the amazing nutrition found in true nuts.



CORN

Skip that popcorn at the movies! Corn is the most highly genetically modified food on the planet, and it brings nothing to the party but sugars and inflammation.



ARTIFICIAL SWEETENERS

If you're substituting sucralose or aspartame for sugar, you're actually making things worse! Artificial sweeteners are linked to obesity, type 2 diabetes, and other serious diseases.

So what can you do if these foods are in your diet right now?
Take my fun, **FREE 7-Day Stop, Drop & Swap Challenge!**

I'll give you all the meal plans, recipes, trackers, and support you need to drop the 7 high-FI foods for 7 days and swap them out for delicious options that taste even better.

You'll be amazed by the results - the average Challenge member loses 7 pounds in the first week!

Head to JJVirgin.com/Challenge to get started for free right now.

*"This has been the best challenge! In just one week, I have experienced restful sleep, decreased swelling in my ankles, and my blood pressure is back in normal range. Happy to announce my weight loss... wait for it... 12 pounds!" ~ Lisa H.**

