

THE VIRGIN DIET



SHAKE GUIDE

WWW.JJVIRGIN.COM

"I replaced my way-too-sugary and carbohydrate-filled breakfasts with JJ's All-In-One Shakes and bang, the day was easier to get through with energy, focus, limited cravings, and confidence."

– Auset Reid



Copyright © 2015 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Shake Guide are for your personal use only and are subject to the Terms And Conditions at www.jjvirgin.com. The recipes have not been reviewed or approved by any government, healthcare organizations, or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies, or omissions.

Neither JJ Virgin nor JJVA render medical advice. This book offers health, fitness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health care professional. Do not disregard, avoid, or delay obtaining medical or health-related advice from your health care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional, and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.



5 REASONS TO MAKE BREAKFAST THE VIRGIN DIET SHAKE

Convenience is a huge factor in *The Virgin Diet*. Many diets provide elaborate meals that require hours in the kitchen or obscure ingredients you have to drive around town to look for. Who has time for that?

Juggling your ever-expanding to-do list while picking up your kids from soccer practice and fielding your boss's increasingly urgent voice mails doesn't leave you much time to prepare meals.

That's where The Virgin Diet Shake comes in. In just minutes, you can prepare a fast, filling, delicious shake that lets you get on with your day.

Breakfast makes an ideal time for The Virgin Diet Shake. "*I don't have time,*" and "*I'm not hungry within an hour of waking up,*" (my clients' two top excuses for skipping breakfast) go out the window here. You certainly have five minutes to whip together The Virgin Diet Shake.

(By the way, surely you saw the study in the *American Journal of Clinical Nutrition* that showed a higher-protein breakfast suppresses hunger and helps you burn fat better.)

Likewise, I hear people say they sometimes skip lunch. They're bogged down at the office, for instance, and just can't stop to eat.

Again, The Virgin Diet Shake to the rescue. You can prepare one just about anywhere in minutes. You'll be getting the protein, good fat, and fiber to keep you full and focused for hours.

Traveling? I do that a lot, and I always have The Virgin Diet Shake in my bag along with my favorite accessory, the NutriBullet. Talk about saving money over those \$20 continental breakfasts and substandard airport food!

Here are five reasons I recommend The Virgin Diet Shake for fast, lasting fat loss and steady, sustained energy all morning!

5 REASONS TO MAKE BREAKFAST THE VIRGIN DIET SHAKE

- 1 EASY.** Manufacturers know reaching for a box of cereal with skim milk takes less effort than fixing a mixed-vegetable omelet. They also know among the franticness of looking for your keys and getting the kids ready for school, you're most likely to take the path of least resistance at breakfast. A protein shake offers you the same convenience without cereal's empty carbs that spike and crash your blood sugar.
- 2 LASTING ENERGY.** That low-fat muffin and latte raises your insulin levels, which means you're due for a mid-morning crash that will leave you running for the nearest bagel cart. A protein smoothie, on the other hand, gives you sustained energy for hours. That means no 11 a.m. Krispy Kreme cravings and no snapping at your coworkers once your blood sugar levels crash.
- 3 INEXPENSIVE.** Tally up how much you spend on breakfast biscuits, muffins, or whatever else counts for breakfast. Surprised? A protein shake provides a cost-effective alternative. For the price of a large coffee, you get high-quality, fat-burning protein that keeps you full and focused for hours.
- 4 FAST.** You know that time excuse for not having breakfast? It doesn't work with a protein shake. In about the time it takes to pour cereal and milk, you can toss all your ingredients in a blender for a filling, delicious breakfast.
- 5 HEALTHY.** Sure, they're convenient and offer a little protein and nutrients, but those so-called healthy breakfast bars and canned shakes come loaded with sugar, artificial sweeteners and flavors, and other things that don't constitute a smart breakfast. On the other hand, you can custom-load a protein shake with good fat, fiber, antioxidants, and of course high-quality protein that boosts your metabolism and helps burn fat. A study in the International Journal of Obesity showed that protein shakes "can safely and effectively produce significant sustainable weight loss and improve weight-related risk factors of disease."

References:

Blom WA, et al. Effect of a high-protein breakfast on the postprandial ghrelin response. *Am J Clin Nutr.* 2006 Feb;83(2):211-20.

Mierlo CA, et al. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes Relat Metab Disord.* 2003 May;27(5):537-49.

CREATING YOUR **SHAKE**

Replace a meal a day with a healthy shake to support fat loss, optimal nutrition, and ideal body composition.



PROTEIN SOURCES:

Look for a blend of vegan proteins. Preferred sources are pea, chia, cranberry, chlorella, and/or rice.

The new kid on the block is beef protein (look for defatted with no antibiotics or hormones added).

Avoid soy, egg, or milk (including whey) protein powders.

Go High Protein

Each serving should contain 20 – 25 grams of protein.

Go Natural

Look for GMO- free and hormone-free (no recombinant bovine growth hormone, or rGBH).

Avoid artificial colors and sweeteners as well as other nasty additives.

Go Low-Sugar Impact

Look for 4–5 grams of sugar per serving, max. Stick with a very small amount of natural sweetener or sugar alcohol (e.g., stevia, xylitol, erythritol, rice syrup, evaporated cane juice syrup, dextrose).

Avoid fructose and agave.

CREATING THE PERFECT SHAKE:

1. Select your protein
2. Add your fiber
3. Add your fruit
4. Add your spinach or kale
5. Add your healthy fat
6. Add liquid, ice, and blend!



THE VIRGIN DIET **SHAKE**

THE VIRGIN DIET BASIC SHAKE RECIPE

Makes 1 serving

2 scoops JJ Virgin's All-In-One Shake

1–2 scoops JJ Virgin's Extra Fiber

8–10 ounces unsweetened coconut, almond, or cashew milk

½ to 1 cup fresh or frozen berries

1–2 tablespoons freshly ground flax, chia, hemp, or nut butter (not peanut)

Ice to desired thickness



GET CREATIVE!

OPTIONAL ADD-INS

Handful of raw kale, spinach, or other leafy greens

½ small avocado

Espresso powder, or ¼ cup strong brewed coffee (reduce your liquid by this amount)

Lemon, lime, or orange zest

Spices including cinnamon & nutmeg – ⅛ teaspoon to taste

Cayenne pepper or chipotle chili powder – scant pinch! Add more to taste

No-sugar-added extracts, including vanilla, almond, orange, coconut, peppermint – ⅛ teaspoon or more to taste

Nut butters (not peanut) 1-2 tablespoons

Raw cacao nibs or powder – 1 tablespoon

Raw coconut cream

Hemp seeds – 1-2 tablespoons

Shredded unsweetened coconut – 1 tablespoon

Coconut butter – 1-2 tablespoons

MCT oil – 1-2 tablespoons

Fresh ginger – 2 teaspoons or more to taste



JJ'S PERSONAL FAVORITE!

1 scoop JJ Virgin's Paleo-inspired All-In-One Chocolate Shake

1 scoop JJ Virgin's Plant-Based All-In-One Chocolate Shake

1 scoop JJ Virgin's Extra Fiber

1/2 avocado

8-10 ounces of unsweetened almond milk

Ice to desired thickness

2 tablespoons cacao nibs

Blend everything in my NutriBullet but the cacao nibs until smooth and to your desired thickness. Add the cacao nibs and pulse ONCE.

For a little extra decadence - add a swirl of nut butter to your glass.

I like to eat this in a big coffee mug with a spoon!

WE LOVE SO DELICIOUS DAIRY FREE!



JJ'S TEAM FAVORITES



BIG BEN'S JOURNEY

Graphic Designer Ben Clark, Big Ben Media

I used to be really fat. Like 350 pounds fat. You could see that panic in passenger's faces as I would board a commercial airliner fat. After starting The Virgin Diet, I'm not as fat as I used to be, and while I still have a long way to go, I'm down 36 lbs in approximately 3 months, and I can tie my own shoes again. My energy is up, and my weight is down, and my knees hardly ever whisper, "Help Me!" anymore.

It's the easiest diet I've ever tried to follow and the results are almost immediate.

BEN'S CHOCOLATE COVERED FROZEN BANANA SHAKE

- 1 cup unsweetened almond milk
- 1 small handful of FROZEN banana slices, 1/4 to 1/2 cup
- 1/2 tsp of vanilla extract
- 1 small handful of raw almonds, about 1/4 cup
- 2 scoops of JJ Virgin's All-In-One Shake Chocolate

Blend to desired consistency. Top with raw cacao nibs.

BRANDY'S JOURNEY

Director of Customer Experience, Brandy Burke

My 35-pound weight loss journey is a long one – not because I didn't have the tools and products I needed (because I certainly did), but because it took me a while to realize that I was worth the effort it would take to get myself back to good health. Having heart failure, Hashimoto's Disease, and other auto-immune illnesses had me feeling exhausted and pretty hopeless, and honestly, I used my health issues as an excuse for the extra weight I was carrying. As the Director of Customer Experience, I speak with so many of our customers who share their success stories with me daily – I would listen to those stories and celebrate for them, but still inside, I never thought anything would work for me. I'm happy to say that I found my motivation over the summer, and I've gone from 163.5 lbs to 128.0 lbs by following The Virgin Diet – the weight loss is great – but the best part is that I actually FEEL really good. I'm sleeping better, my bones and muscles don't ache, I have energy like I haven't in years, and my hair isn't coming out in clumps.

I use **JJ's Vanilla Plant-Based Shake** daily because I love that it's so versatile – but in the last few weeks, I began adding in the **Leaky Gut Powder**. I've always had digestive issues (bloating, irregularity, embarrassing stomach noises, etc). Experiencing those symptoms and knowing I have food sensitivities, immune system issues, and a lot of medication consumption, using Leaky Gut seemed like a no-brainer. After a couple of weeks of use, I'm already seeing positive results. I mix it in with my shake and forget about it.

I realize now that this is a lifestyle change – that if I want to FEEL good and LOOK good, I have to treat my body well, and I'm worth the effort that it takes to do so.



BRANDY'S MORNING STARTER

- 8 oz unsweetened almond milk
- 2 scoops **JJ Virgin's Plant-Based All-In-One Shake Vanilla**
- 1 teaspoon chia seeds
- 1 tablespoon **Leaky Gut Support Powder**
- 1/2 cup frozen organic blueberries
- 1 teaspoon organic cold pressed coconut oil

When the family is eating ice cream, I throw it in the freezer for 10 or 15 minutes and eat it with a spoon.

RECIPES

MINT CHOCOLATE CRUNCH SHAKE

1 serving JJ Virgin's All-In-One Chocolate Shake

1 serving JJ Virgin's Extra Fiber

10 fresh mint leaves, or substitute ¼ teaspoon pure peppermint extract

8-10 ounces unsweetened coconut or almond milk

1 tablespoon raw cacao nibs

In a blender, blend together all the ingredients until smooth.

Top with additional cacao nibs.



COCO-CASHEW SHAKE

The Sugar Impact Diet, Grand Central 2014

- 1 serving JJ Virgin's All-In-One Chocolate Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- 1 tablespoon freshly ground flaxseed
- 1 tablespoon cashew butter
- 8–10 ounces unsweetened cashew or coconut milk
- 5–6 ice cubes

Combine the protein powder, fiber, ground flax, cashew butter, coconut milk, and ice cubes. Mix on high until smooth. Thin with additional cold water if desired.



STRAWBERRY PROTEIN “MILKSHAKE”

The Virgin Diet Cookbook, Grand Central 2014

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1-1/2 cups unsweetened coconut milk
- 1 cup frozen organic unsweetened strawberries
- 1 to 2 tablespoons chia seeds
- 1/2 teaspoon vanilla extract

Combine the protein powder, coconut milk, strawberries, chia seeds, and vanilla extract in a blender. Mix on high until smooth. Thin with additional cold water if desired.

CHOCOLATE COCONUT JOY

- 1 serving JJ Virgin's All-In-One Shake Chocolate
- 1 serving JJ Virgin's Extra Fiber
- 8-10 ounces unsweetened coconut milk
- 1 tablespoon almond butter
- 1/4 to 1/2 teaspoon almond extract
- Ice to desired thickness

Blend until smooth.

PEACH-BERRY-ALMOND SMOOTHIE

The Virgin Diet Cookbook, Harlequin 2012

1 serving **JJ Virgin's All-In-One Vanilla Shake Mix**

1 cup unsweetened almond milk

1/2 cup frozen organic peaches

1/2 cup frozen organic blueberries

1 tablespoon almond butter

1 to 2 tablespoons freshly ground flax meal

1/4 teaspoon almond extract

1/4 to 1/2 cup cold water

Combine the protein powder, almond milk, peaches, blueberries, almond butter, flax meal, almond extract, and 1/4 cup water in a blender. Mix on high until smooth. Thin with additional cold water if desired.



CHOCOLATE-CHERRY-CHIA SHAKE

The Virgin Diet Cookbook, Grand Central 2014

1 serving **JJ Virgin's All-In-One Chocolate Shake Mix**

1 cup frozen organic unsweetened dark cherries

1 cup unsweetened almond milk

1 tablespoon almond butter

1 to 2 tablespoons chia seeds

1/4 to 1/2 cup cold water

Combine the protein powder, cherries, almond milk, almond butter, chia seeds, and 1/4 cup water in a blender. Mix on high until smooth. Thin with additional cold water if desired.



50/50 BAR SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake Mix
1 serving JJ Virgin's Extra Fiber
8-10 ounces unsweetened coconut milk
1 orange, peeled
1 tablespoon freshly ground flaxseed meal
Ice to desired thickness

Blend all ingredients until smooth.

MIXED BERRY & AVOCADO PROTEIN POWER

The Virgin Diet Cookbook, Grand Central 2014

1 serving JJ Virgin's All-In-One Vanilla Shake Mix
1 cup unsweetened coconut milk
1 cup frozen organic mixed berries
1/2 small ripe avocado
1 to 2 tablespoons freshly ground flax meal
1/4 to 1/2 cup cold water



Combine the protein powder, coconut milk, mixed berries, avocado, flax meal, and 1/4 cup water. Mix on high until smooth. Thin with additional cold water if desired.



PEACH MELBA SHAKE

By Virgin Diet Community Member Tonia Murray

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- ½ cup fresh or frozen raspberries
- 1 tablespoon unsweetened coconut milk
- 1/2 teaspoon JJ's Virgin Sprinkles
- 1 cup frozen peaches
- 8-10 ounces ice cold water

In a small pan over low heat cook raspberries, coconut milk, and Sprinkles until berries begin to break down and release their juices, creating a sauce.

Refrigerate the sauce for at least 30 minutes.

When ready to make smoothie, place the peaches, protein powder, fiber, and water in a blender and puree until smooth. Pour into glasses and stir in the chilled raspberry sauce.

CHOCOLATE ORANGE SHAKE

- 1 serving JJ Virgin's All-In-One Chocolate Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- 1 peeled orange or 2 peeled tangerines
- Dash of cinnamon
- 8-10 ounces unsweetened coconut milk
- 4-5 ice cubes

Blend all ingredients until smooth.





ESPRESSO-ALMOND SHAKE

*The Sugar Impact Cookbook,
Grand Central, 2015*

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- 1 shot espresso or 1/4 cup strong brewed coffee
- 1 tablespoon almond butter
- 2 teaspoons freshly ground flax seed
- 1/4 teaspoon almond extract
- 8-10 ounces unsweetened almond milk
- 5-6 ice cubes

Combine the protein powder, fiber blend, coffee, almond butter, flax seed, almond extract, almond milk, and ice cubes. Mix on high until smooth. Thin with additional cold water if desired.

GREENS APPLE SHAKE

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- 1 chopped apple
- 1 scoop of greens powder
- 10 ounces unsweetened coconut milk

Blend all ingredients until smooth. Add additional coconut milk if too thick.

HIGH-FIBER CAPPUCCINO SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake Mix

1 serving JJ Virgin's Extra Fiber

1 tablespoon chia seeds

8-10 ounces of unsweetened coconut milk

Espresso powder (try a Starbucks VIA packet)

Dash of cinnamon

5-6 cubes of ice

Combine the protein powder, fiber blend, chia seeds, coffee, coconut milk, cinnamon, and ice cubes. Mix on high until smooth. Sprinkle top with a little additional cinnamon.



RISE AND SHINE MOCHA ESPRESSO SHAKE

The Virgin Diet Cookbook, Grand Central 2014

1 serving JJ Virgin's All-In-One Chocolate Shake

1 cup unsweetened almond milk

1 tablespoon almond butter

1 to 2 tablespoons freshly ground flax meal

1 teaspoon instant espresso or coffee powder (or substitute ¼ cup strong coffee)

1/8 teaspoon ground cinnamon

1/4 teaspoon vanilla extract

1/4 cup cold water

Combine the protein powder, almond milk, almond butter, flax meal, espresso powder, cinnamon, vanilla extract, and water in a blender. Add a few ice cubes before blending to make a thicker shake.

Mix on high until smooth. Thin with additional cold water if desired.

STRAWBERRY-CHOCOLATE PROTEIN SHAKE

By Virgin Diet Community Member Gloria Philpott

- 1 serving **JJ Virgin's All-In-One Chocolate Shake Mix**
- 1 cup unsweetened almond milk
- 1 cup strawberries
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- 4 ice cubes



Blend all the ingredients in a blender, and process until smooth.

Note: if using frozen strawberries, you will not need to add ice cubes.

NUTTY CHAI BREAKFAST BLAST

The Virgin Diet Cookbook, Grand Central 2014

- 1 serving **JJ Virgin's All-In-One Chai Shake Mix**
- 1 cup unsweetened coconut milk
- 1 cup baby spinach
- 1/2 medium apple, peeled and cut into chunks
- 1 tablespoon cashew butter
- 1 to 2 tablespoons freshly ground flax meal
- 1/4 to 1/2 cup cold water

Combine the protein powder, coconut milk, spinach, apple, cashew butter, flax meal, and 1/4 cup water in a blender. Mix on high until smooth. Thin with additional water if desired.

TURKISH COFFEE CHAI SHAKE

Virgin Diet Community Member Christy Coutts Darden

- 1 serving **JJ Virgin's All-In-One Chai Shake**
- 5 ounces unsweetened coconut milk
- 5 ounces coffee
- 1 teaspoon chia seeds
- 1 tablespoon raw sunflower seeds
- 1/4 to 1/2 teaspoon cardamom

Blend all ingredients until smooth.
Sprinkle additional cardamom on top for extra flavor.



LEAN AND GREEN SHAKE

The Sugar Impact Diet, Grand Central 2014

1 serving JJ Virgin's All-In-One Vanilla Shake Mix

1 serving Extra Fiber

1/2 small avocado

2 cups baby spinach

1 tablespoon almond butter

1/8 teaspoon ground cinnamon

8–10 ounces unsweetened cashew milk

5–6 ice cubes

Blend all ingredients until smooth.

GREEN COCONUT PROTEIN SHAKE

The Virgin Diet Cookbook, Grand Central 2014

1 serving JJ Virgin's All-In-One Vanilla Shake

1 cup unsweetened coconut milk

1 cup baby kale or baby spinach

1/4 small ripe avocado

1/4 medium apple, peeled and cut into chunks

2 teaspoons chia seeds

1/4 teaspoon coconut extract

1/4 to 1/2 cup cold water

Combine the protein powder, coconut milk, kale, avocado, apple, chia seeds, coconut extract, and 1/4 cup water in a blender. Mix on high until smooth. Thin with additional cold water if desired.



CHOCO CHIPOTLE SHAKE

1 serving JJ Virgin's All-In-One Chocolate Shake Mix

1 cup unsweetened almond milk

2 tablespoons almond butter

1/4 teaspoon cinnamon

Scant 1/8 teaspoon powdered chipotle pepper (to taste!)

4-5 ice cubes

Blend all ingredients until smooth. Shave a few dark chocolate curls on top. (85% -100% cacao)

PUMPKIN PIE PROTEIN SHAKE

Jeanne Peters, RD

1 serving JJ Virgin's All-In-One Vanilla Shake
1 serving JJ Virgin's Extra Fiber
1/2 cup unsweetened coconut milk
1/2 cup canned pumpkin
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
1/4 cup cold water
about 3/4 cup crushed ice cubes
or 8-10 ice cubes

Blend all ingredients in a blender, adding more liquid, spices, or ice to your desired taste and consistency.

This amount makes a pretty large serving – if you feel the need for an extra-large shake, this will do the trick.



COCONUT LIME SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake
1 serving JJ Virgin's Extra Fiber
8-10 ounces unsweetened coconut milk
1/2 avocado
1-2 cups spinach
1 tablespoon fresh lime juice
1 teaspoon lime zest

In a blender, blend together all the ingredients until smooth.

CHERRY CHIA ALMOND SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake Mix
1 cup frozen organic unsweetened dark cherries
1 cup unsweetened almond milk
1 tablespoon almond butter
1 to 2 tablespoons chia seeds
4-5 ice cubes

In a blender, blend together all the ingredients until smooth.



BLUEBERRY GINGER SURPRISE

1 serving JJ Virgin's All-In-One Vanilla Shake
½ cup frozen blueberries
2 teaspoons fresh ginger, finely chopped or grated
2 cups kale or spinach
1 cup unsweetened coconut milk
1 tablespoon chia seeds
4-5 ice cubes

The surprise is the fresh taste of ginger! Use a small piece of ginger, and use the back of a spoon to peel. Grate or finely chop the flesh.

In a blender, blend together all the ingredients until smooth.



AVO-RASPBERRY CREAM SHAKE

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 10-oz container So Delicious Culinary Coconut Milk (or substitute unsweetened coconut milk)
- 1/2 small avocado
- 1 tablespoon chia seeds
- 1 cup frozen raspberries

In a blender, blend together all the ingredients until smooth. Thin with filtered water if necessary.

BERRY MINT SHAKE

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 cup frozen mixed berries
- 10 fresh mint leaves, or substitute ¼ teaspoon pure peppermint extract
- 1 tablespoon chia seeds
- 8-10 ounces unsweetened coconut or almond milk

In a blender, blend together all the ingredients until smooth.



LEMON CREAM WITH SPRINKLES

- 1 serving JJ Virgin's All-In-One Vanilla Shake Mix
- 1 serving JJ Virgin's Extra Fiber
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1 small container So Delicious Greek-style Cultured Coconut Milk plain, or substitute 8-10 ounces unsweetened coconut milk
- 4-5 ice cubes
- Shake of JJ's Virgin Sprinkles

In a blender, blend together all the ingredients until smooth. Serve with a shake of Sprinkles on top.



KALE ORANGE MINT SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake Mix
1-2 cups kale
1 orange, peeled
10 fresh mint leaves, or substitute ¼ teaspoon pure peppermint extract
8-10 ounces unsweetened almond milk
1 tablespoon freshly ground flax meal
4-5 ice cubes

In a blender, blend together all the ingredients until smooth.

CHOCOLATE BLUEBERRY ALMOND SHAKE

1 serving JJ Virgin's All-In-One Chocolate Shake Mix
1 serving JJ Virgin's Extra Fiber
1 cup frozen blueberries
1 tablespoon almond butter
8-10 ounces unsweetened almond milk
1 tablespoon raw cacao nibs

In a blender, blend together all the ingredients until smooth. Sprinkle some additional cacao nibs on top.



HONEYDEW MINT CHIA SHAKE

1 serving JJ Virgin's All-In-One Vanilla Shake
1 cup of honeydew melon chunks
Small container of So Delicious Dairy Free Cultured Coconut Milk, plain (or substitute 8 ounces of unsweetened coconut milk)
5 fresh mint leaves, or substitute 1/8 teaspoon pure peppermint extract
1 tablespoon chia seeds

In a blender, blend together all the ingredients until smooth. Thin with filtered water if necessary.

APPLE CHAI INFUSION SHAKE

First Prize Winner of our Chai Shake Contest, Virgin Diet Community Member Kate Richards

1 serving **JJ Virgin's All-In-One Chai Shake**

1 cup unsweetened coconut milk

1 cup kale

1/2 cup fresh or frozen apples

1 tablespoon chia seeds

1 tablespoon sunflower seed butter

1 teaspoon pure vanilla extract

1/2 teaspoon cinnamon

1/4 teaspoon fresh ginger

Pinch of peppercorns

*optional: dash of cloves, allspice, and nutmeg

*optional: 1/2 cup butternut squash

In a blender, blend together all the ingredients until smooth. Thin with filtered water if necessary.



OTHER WAYS TO USE JJ'S ALL-IN-ONE SHAKE MIX

MOCK NUTELLA

Serves 1

Stir 1 tablespoon water into 2 tablespoons **JJ Virgin's All-In-One Chocolate shake** until it looks like chocolate sauce. Mix in 1 tablespoon nut butter and enjoy on apple slices.

PROTEIN POWER OATMEAL

Be sure to buy gluten-free, long cooking or steel cut oats

Prepare oatmeal as directed for 1 serving. Towards the end of cooking add 1 teaspoon cinnamon

Remove from heat and add:

1-2 tablespoons chopped nuts
(almonds, pecans, walnuts)

1 scoop **JJ Virgin's All-In-One**

Vanilla Shake liquefied in $\frac{1}{4}$ cup water or coconut milk

Stir well. Can add more water if needed for desired consistency.

WARM "SHAKE" BERRY PIE

1 cup frozen berries (any type) and/or dark cherries

1 teaspoon cinnamon

$\frac{1}{2}$ cup unsweetened coconut milk

1 scoop **JJ Virgin's All-In-One Vanilla Shake**

1 tablespoon chia seeds

1 tablespoon chopped walnuts

Warm cherries/berries and coconut milk over medium heat until fruit is warm.

Pour off a few tablespoons of liquid and combine with the All-In-One Shake, whisk until smooth, and add back to mixture. Stir in chia seeds and chopped walnuts.

MOCHA

Add to your espresso:

1/4 cup heated unsweetened coconut or almond milk

1/2 scoop **JJ Virgin's All-In-One Chocolate Shake**

(add more or less shake mix to your taste and desired consistency)

CAPPUCCINO

Add to your espresso:

1/4 cup heated unsweetened coconut or almond milk

1/4-1/2 scoop **JJ Virgin's All-In-One Vanilla Shake** (add more or less shake mix to your taste and desired consistency)

1/8 teaspoon cinnamon

Mix the shake powder in with the heated coconut or almond milk, add to espresso, and sprinkle cinnamon on top.



CHOCOLATE COCONUT POPSICLES

2 scoops **JJ Virgin's All-In-One Chocolate shake**

12 ounces unsweetened coconut milk

Shake in a shaker cup or blend in the Nutri Bullet. Pour into popsicle molds and freeze.

Make extras because kids and adults will love these!

CHAI WALDORF SALAD

By Virgin Diet Community Member Frederick Williams

- 1 scoop of JJ Virgin's All-In-One Chai shake
- 4 ounces unsweetened coconut milk
- 1 teaspoon freshly ground flax seed meal
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/2 organic apple, cored and cut into 1/2 inch pieces
- 1/4 cup celery, cut into 1/2 inch pieces
- 1/4 cup chopped pecans or walnuts (reserve 1 teaspoon for garnish)

Mix together apple, celery, and nuts.

Whisk together the first 5 ingredients in small bowl for a thick shake.

In a stemmed goblet or parfait glass, place alternate layers using 1/3 of the apple mix and 1/3 of the shake mixture each time. Top with nuts and enjoy.



You're Worth It!



**EVERYTHING YOU NEED TO SUCCEED
IN MEETING YOUR HEALTH GOALS!**



SHOP NOW!