



JJ VIRGIN

THE  
**COCKTAIL  
GUIDE**

CELEBRATE WITHOUT  
DERAILING YOUR DIET

**10 TASTY DRINKS &  
#1 HANGOVER HACK**

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I remember the first time a reporter asked me, “Do you ever cheat?” It startled me a little until he clarified: “You know, by eating something you shouldn’t or having a drink?”

**Here’s the truth:** if you’re talking about “cheating” on your diet, you’re on the wrong diet! Eating and drinking well is a lifestyle, not a harsh set of rules that you dread and occasionally let yourself break.

I follow *The Virgin Diet*, which means I don’t ever deliberately eat gluten, dairy, peanuts, or corn because they make me break out, feel miserable, and put me at risk for serious health issues. The same goes for artificial sweeteners and high-sugar impact foods.

But I also don’t miss out! I eat amazing meals both at home and in restaurants. I’ve learned how to cook and order so that I what I get tastes incredible and does great things for my body. (I also take **Safety Net** before I eat anything prepared for me by someone else, just in case gluten, dairy, or other harmful foods do sneak in...)

If you’re tempted to “cheat,” that means you don’t have enough support and healthy options. You NEVER have to compromise your health to enjoy tasty, nourishing food and drinks – the recipes in this Cocktail Guide are proof of that!

Cheers to you and your health,  
JJ

Eating and drinking well is a lifestyle, not a harsh set of rules that you dread



**P.S.**

**Every drink in this guide can also be made without alcohol, so no worries if you want to join the party and still stay sober. Check the recipes to find out how...**

# Drinking Tips

## Before You Drink, Remember...

To avoid hangovers and the toll alcohol can take on your diet and health, remember the 5 tips below:

**Eat first.** Alcohol can increase your appetite and stop fat-burning. Before you start drinking, eat a nourishing meal with clean, lean protein, healthy fats, and plenty of fiber from veggies or quinoa. For help building a balanced plate, check out this handy [infographic!](#)

**Stay hydrated.** Be sure you're getting enough water every day, and drink an extra glass of filtered water for every alcoholic drink you have. (Not sure how much H2O you need for your weight? Try the widget in this [blog.](#))

**Quality counts.** During the fermentation process, enzymes gobble up sugars to create alcohol. However, some cheaper or sweeter wines have leftover sugars – bad news for your blood glucose levels and your waistline. I get my wine from [Dry Farms Wines](#), with a selection of high-quality, organic wines that are mycotoxin- and sugar-free.

**Don't use alcohol as a sleep aid.** While a glass of wine might make you drowsy, the insulin roller coaster it causes can actually keep you from sleeping well and cause dangerous health issues down the line. If you're having trouble falling asleep, try an all-natural sleep aid like [Sleep Candy](#), with a blend of botanicals and vitamins that help restore your natural sleep cycle without side effects.\*

**Remember to detox.** Eat, stay hydrated, and drink alcohol in moderation. Then the next morning – and every morning! – start your day with a healthy detoxifying Green Cleansing Smoothie (recipe on [page 15](#)). It's got all the nutrients your body needs for a fresh start.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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EAT

STAY HYDRATED

DRINK ALCOHOL  
IN MODERATION

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# JJ's TEQUILA TREAT

*Now it's  
really a party!*

Enjoy JJ's Tequila Treat recipe with the clean flavors of lime, pink grapefruit, and cucumber, plus refreshing basil. (For a Virgin Treat, substitute 2 oz. sparkling water and 2 oz. grapefruit juice for the tequila.)



## MAKES 2 SERVINGS

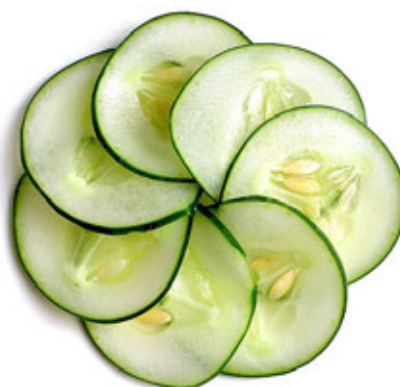


- 4 oz.** tequila
- 4 oz.** sparkling mineral water
- 2 oz.** freshly squeezed lime juice
- ¼ cup** peeled, seeded, crushed cucumber
- 1 oz.** freshly squeezed pink grapefruit juice
- 1 Tbsp.** finely chopped fresh basil

In a large tumbler, muddle together the fruit juices, crushed cucumber, and fresh basil.

Add the tequila, mix well, and divide evenly between two glasses.

Pour half the mineral water into each glass, stir lightly, then add ice cubes to fill glass.



# DOUBLE BERRY WINE SPRITZER



*This light,  
refreshing  
drink is summer  
in a glass!*

With fresh berries, lemon juice, and sparkling water, you can practically taste the sunshine. (For a Virgin Spritzer, just replace the wine with more sparkling water.)

**MAKES 2 SERVINGS**



- ¼ cup** organic strawberries
- ¼ cup** organic raspberries
- ½ tsp. JJ Virgin Sprinkles** (or to taste)
- 8 oz.** red wine (I love Pinot Noir from [Dry Farm Wines!](#))
- 8 oz.** chilled sparkling water
- 2 fresh lemon wedges

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Divide the berries evenly between two large glasses and add the Virgin Sprinkles. With the back of a spoon, lightly mash until blended.

Add half the wine to each glass and stir. Pour in the sparkling water.

Squeeze one lemon wedge into each glass, add ice cubes, and garnish with a few berries or lemon slices.

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# KEVITA MARGARITAS

*A sparkling  
probiotic drink!*

KeVita sparkling probiotic drink makes this margarita recipe as healthy as it is delicious. A tasty cocktail that boosts your immune system and weight loss? Start pouring! (For a Virgin Margarita, just omit the tequila.)

## MAKES 2 SERVINGS



- 2 whole**, peeled limes
- 4 oz.** tequila (I love Casamigos!)
- 8-10** ice cubes
- ½ tsp.** [JJ Virgin Sprinkles](#) (or to taste)
- 15 oz.** [KeVita Mojita Lime Mint](#) sparkling probiotic drink

Using a blender, blend together the whole, peeled limes, tequila, and ice cubes until completely smooth and slushy.

Pour in one bottle of Mojita Lime Mint KeVita, stir to mix, and pour finished cocktail into 2 glass tumblers.

Garnish with a sprig of mint and a lime twist, and enjoy.



Want more  
delicious,  
low-sugar impact  
drink recipes  
like a protein-packed  
**Birthday Cake Shake**  
or an anti-inflammatory  
**Spiced Turmeric Latte?**



Head to   
**JJVIRGIN BLOG**

# MY FAVORITE HANGOVER

# HACK

Boost your  
**B12**

If you've ever partied a little too hard, you know the morning after can leave you pretty miserable. Many of the classic hangover symptoms – fatigue, headaches, dizziness, and nausea – are because alcohol burns through your vitamin B12 reserves.

Vitamin B12 is crucial to a lot of your body's important functions, including helping create red blood cells and flush alcohol out of your body.

**That means it's super important to boost your B12 stores before you drink and replenish them afterwards.**

In fact, if you're in the habit of wine with dinner or a nightcap before bed, you probably need to supplement every day. Studies show that drinking alcohol regularly stops your body from absorbing the B12 in your diet.<sup>1</sup>

To get my B12, I use **B12 Boost**. They're black cherry-flavored sublingual tabs that dissolve in your mouth – the fastest way to get B12 into your system without resorting to an injection. They're quick, convenient, and taste great.



Invite **B12 Boost** to the party,  
and show your hangover the door!

SHOP NOW

1. <http://www.ncbi.nlm.nih.gov/pubmed/20206879>



# FRESHLY JUICED JALAPENO BLOODY MARY

*Nothing says  
Sunday brunch  
like a  
Bloody Mary*

This version has fresh tomato and lime juice, plenty of spice and flavor, plus fun garnishes. Good morning! (For a Virgin Mary, simply omit the vodka.)



## MAKES 1 SERVING



- 8 oz.** fresh tomato juice
- 1** fresh jalapeño, seeds and ribs removed
- ½** small lime, juiced
- 1 dash** sea salt
- 1 dash** celery salt
- ⅓ tsp.** freshly ground black pepper
- ¼ tsp.** garlic powder
- ¼ tsp.** onion powder
- ½ tsp.** prepared horseradish
- 2 oz.** vodka
- garnishes (as many as you like, including celery stalks with leaves, crisp bacon, olives, or cocktail onions)

In a cocktail shaker, thoroughly mix together all ingredients except garnishes.

Pour into a tall ice-filled glass, garnish as you like, and enjoy!



# CHAMPAGNE TWIST COCKTAIL



*There is a twist  
to these bubbles*

Try this twist on a champagne cocktail with a delightful bubbly, boozy kick. (For a Virgin Twist, replace the vodka with extra grapefruit juice.)

**MAKES 1 SERVING**



**1 oz.** vodka  
**2 oz.** freshly squeezed grapefruit juice  
**1-1/2 oz.** sparkling water  
**1-1/2 tsp.** freshly squeezed lemon juice  
**2** ice cubes  
lemon peel curls to garnish



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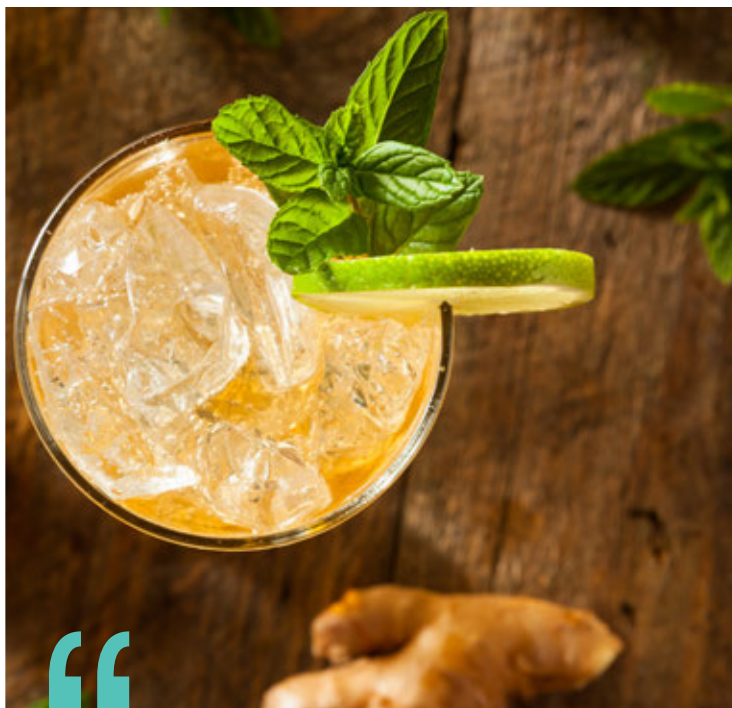
Measure vodka and juices into martini shaker and add 2 ice cubes; shake until cold.

Pour into champagne flute. Measure sparkling water and add to flute.

Garnish with lemon peel curls. Cheers!

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# GINGER MOJITO



*\*I love KeVita Sparkling Probiotic Drink in Mojito Lime Mint here, but any brand is fine.*

## It's Mojito time!

This delicious twist on the classic drink includes the kick of immune-boosting fresh ginger and a sparkling probiotic drink for great taste and nutrition. (For a Virgin Mojito, just omit the vodka.)

### MAKES 1 SERVING



- juice of one lime
- 8-10** fresh mint leaves, chopped
- 1 tsp.** grated fresh ginger
- 1 dash JJ Virgin Sprinkles** (to taste)
- 8 oz.** sparkling probiotic drink\*
- 2 oz.** vodka

Mash lime juice, mint leaves, ginger, and Virgin Sprinkles with a mortar and pestle or the back of a fork to release the essential oils in the mint leaves.

Add to glass and pour over sparkling probiotic water and rum.

Stir, then add ice cubes, and serve.



In the mood  
for an **energizing**  
cup of java to start your next  
exercise session right?

GET THE FREE RECIPE  
for **Energizing Pre-Workout Coffee** now...



# LEMON-AID SHANDY

*Refreshing  
summer boost*

The lemonade base of this drink includes L-glutamine, a powerful amino acid that can help boost weight loss and crush sugar cravings. Be sure to choose gluten-free beer to avoid inflammation and food intolerances. (Virgin Lemon-Aid is delicious too – just use water instead of beer.)



**MAKES 2 SERVINGS**



zest and juice of 1/2 a lemon, plus extra slices for garnish

**16 oz.** gluten-free beer

**½ tsp.** L-Glutamine Powder

**¼ tsp.** JJ Virgin Sprinkles (or to taste)

**1 Tbsp.** chia seeds

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Stir together the lemon zest, L-glutamine, Virgin Sprinkles, and chia seeds in a tumbler.

Add the lemon juice and beer, and stir gently until well-combined and Sprinkles are dissolved.

Pour into chilled glasses, garnish with extra lemon slices, and enjoy.

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# MATCHA MOSCOW MULE

## Green tea on the rocks!

Green tea is one of my favorite drinks, for both its health benefits and taste. So it was only natural that it would eventually wander into my cocktails! (For a Virgin Mule, substitute green tea for the green tea-infused vodka.)



### MAKES 1 SERVING



- 5 oz.** sparkling water
- 2 oz.** green tea-infused vodka (directions below)
- 1 tsp.** lime juice
- ½ tsp.** finely grated fresh ginger
- dash **JJ Virgin Sprinkles** (or to taste)

#### TO INFUSE THE VODKA:

Steep 5 organic green tea bags in a 750ml bottle of premium vodka overnight. Take out the bags and strain, then return to the bottle.

#### TO MAKE YOUR COCKTAIL:

Mix the vodka, lime juice, ginger, and Virgin Sprinkles well in a tumbler. Add the sparkling water, stir gently, then pour into a copper mug filled with crushed ice.



# WHITE RUSSIAN



*Conjure up  
cozy feelings*

Made with my favorite coffee, mycotoxin-free Bulletproof from Dave Asprey, this drink is a dream! Whether the name conjures up images of The Dude or snowy Siberia, all it will take is one taste to forget everything but your new favorite cocktail. (For a Virgin Russian, add extra coffee instead of vodka.)

**MAKES 1 SERVING**



**6 oz.** brewed and chilled organic coffee  
**3 oz.** unsweetened coconut milk  
**2 oz.** vodka  
 $\frac{1}{4}$  tsp real vanilla extract  
dash **JJ Virgin Sprinkles** (or to taste)

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Stir together the coffee, coconut milk, vodka, vanilla, and Virgin Sprinkles in a glass tumbler.

Add ice cubes and drink up!

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# GREEN DETOX SMOOTHIE



Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!

## After the party!

After a night of partying, start your day off right with a tasty green smoothie full of healthy, detoxifying ingredients like turmeric, ginger, and coconut oil.

### MAKES 1 SERVING



- 2 scoops** Vanilla or Chai JJ Virgin All-In-One Protein Shake powder
- 1 cup** fresh greens (kale leaves, baby spinach, or chard)
- ½** small avocado, peeled and pitted
- 10 oz.** unsweetened coconut milk
- 1 Tbsp.** chia seeds
- 1 Tbsp.** coconut butter or coconut oil
- 2 tsp.** grated fresh ginger
- ¼ tsp.** ground turmeric
- ⅛ tsp.** ground cinnamon
- dash ground cayenne pepper
- 4-5** ice cubes

A close-up of a smoothie in a glass. The smoothie is a rich, dark brown color. It is topped with a generous amount of chocolate chips and a single, bright red cherry with a green stem. A blue and white striped straw is inserted into the smoothie. The background is a soft, out-of-focus bokeh of light blue and white.

# HUNGRY

for more **scrumptious**, filling shakes?

TRY OUR  
**Stress-Busting**  
Chocolate-cherry smoothie recipe

**check it out!**

JJVIRGIN BLOG

# MISTAKES HAPPEN

Safety Net catches you



**Gluten, dairy, soy,  
and eggs can sneak  
in when you eat out.**

[SHOP NOW](#)

Take **SAFETY NET**  
before meals to block trouble foods and some carbs.\*

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# JJ VIRGIN

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