

JJ VIRGIN's

MOST WANTED GUIDE

Recipes That Will Keep You Out of Trouble



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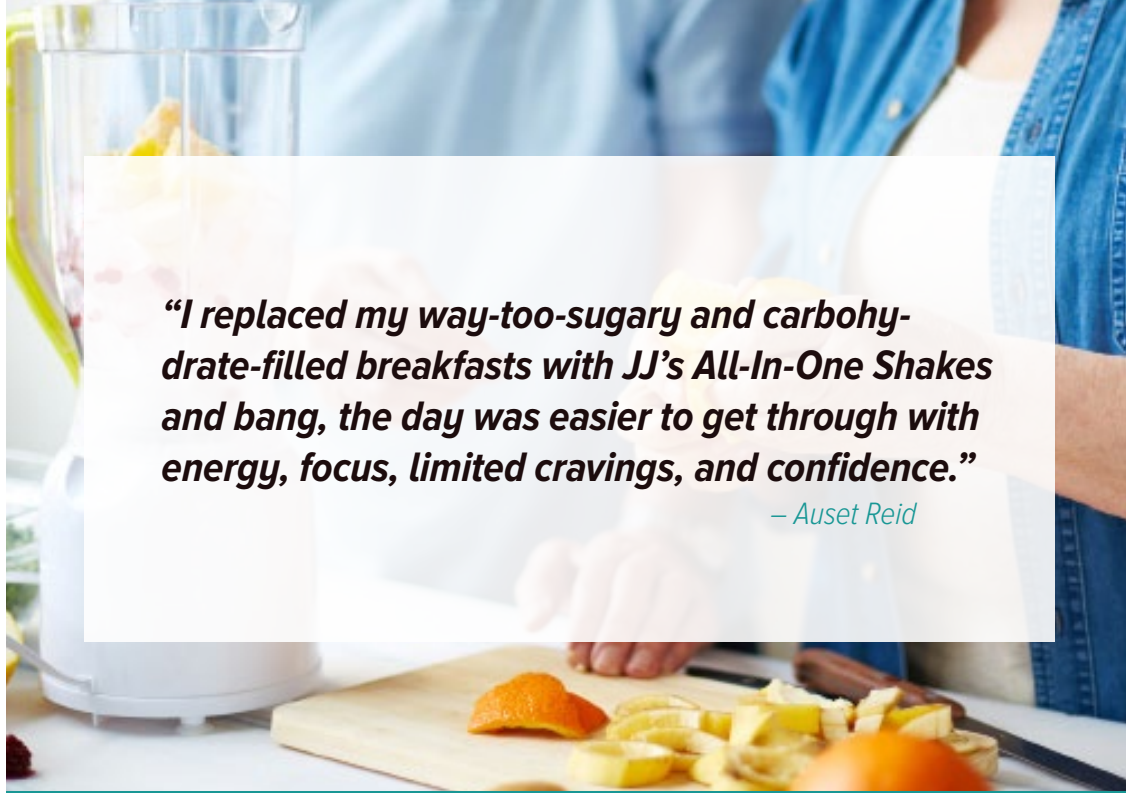
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“I replaced my way-too-sugary and carbohydrate-filled breakfasts with JJ’s All-In-One Shakes and bang, the day was easier to get through with energy, focus, limited cravings, and confidence.”

– Auset Reid

I make a living helping people live healthy, fit lives, but that doesn’t mean I’m perfect. I’m not immune to temptation. I know that fresh bread tastes good, and if they’re handing out free chocolate bars, I’ll be first in line.

The single most valuable piece of dieting advice I can give you is that feeling hungry and deprived is the fastest way to fail. Don’t skip out on all your favorites – swap them out for something better!

The recipes in this guide are all delicious, nutritious alternatives for the foods that are most likely to cause cravings and mistakes. And these aren’t just lookalikes that pretend to be yummy but actually taste awful. Once you try these new versions, you’ll never look back. In fact, your friends and family will be requesting them!

So let’s make a pact: we don’t have to be superheroes. We just have to make smart choices and eat great food. You can do this!

Off to make a chocolate protein shake,
JJ

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1. INSTEAD OF BREAKFAST MUFFINS, TRY BLUEBERRY POWER MUFFINS...

Most commercial muffins are just cupcakes without the frosting! It's about time you have something tasty to go with your coffee that will actually give you energy, instead of filling you up with sugar and plunging you into a brain fog. The Blueberry Power Muffin is gluten-free and packs plenty of protein and fiber, plus bonus omega-3s from the blueberries.

BLUEBERRY POWER MUFFINS

- **2/3 cups** Bob's Red Mill Gluten-Free All-Purpose Baking Flour
- **3/4 cup** ground raw almonds
- **1/4 cup** chia seeds
- **1/4 cup** freshly ground flaxseed
- **2 tsp** monk fruit extract
- **2 tsp** grain-free, aluminum-free baking powder
- **1 tsp** ground cinnamon
- **1/4 tsp** sea salt
- **2/3 cups** unsweetened coconut milk
- **1/4 cup** macadamia nut oil
- **1 tbsp** real vanilla extract
- **2/3 cup** fresh or frozen organic blueberries (no need to thaw)

• **Preheat oven to 350F. Line a 12-cup muffin tin with paper liners.**

• **Combine the flour, almonds, chia seeds, flaxseed, monk fruit extract, baking powder, and cinnamon in a large mixing bowl. Whisk well and set aside.**

• **Combine the coconut milk, oil, and vanilla in a separate small mixing bowl.**

• **Add the wet ingredients to the dry, and stir with a wooden spoon or rubber spatula until just moistened. Don't overmix – stir enough to eliminate pockets of dry ingredients, but don't worry if there are lumps. Gently fold in the blueberries.**

• **Spoon the batter into the lined muffin cups. Bake for 27-29 minutes, until tops are lightly browned and a toothpick inserted in the middle of a muffin comes out clean. Remove from the oven and allow to cool.**

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2. INSTEAD OF CANDY BARS, TRY THE CREAMY CHOCOLATE ALMOND BUTTER SHAKE...

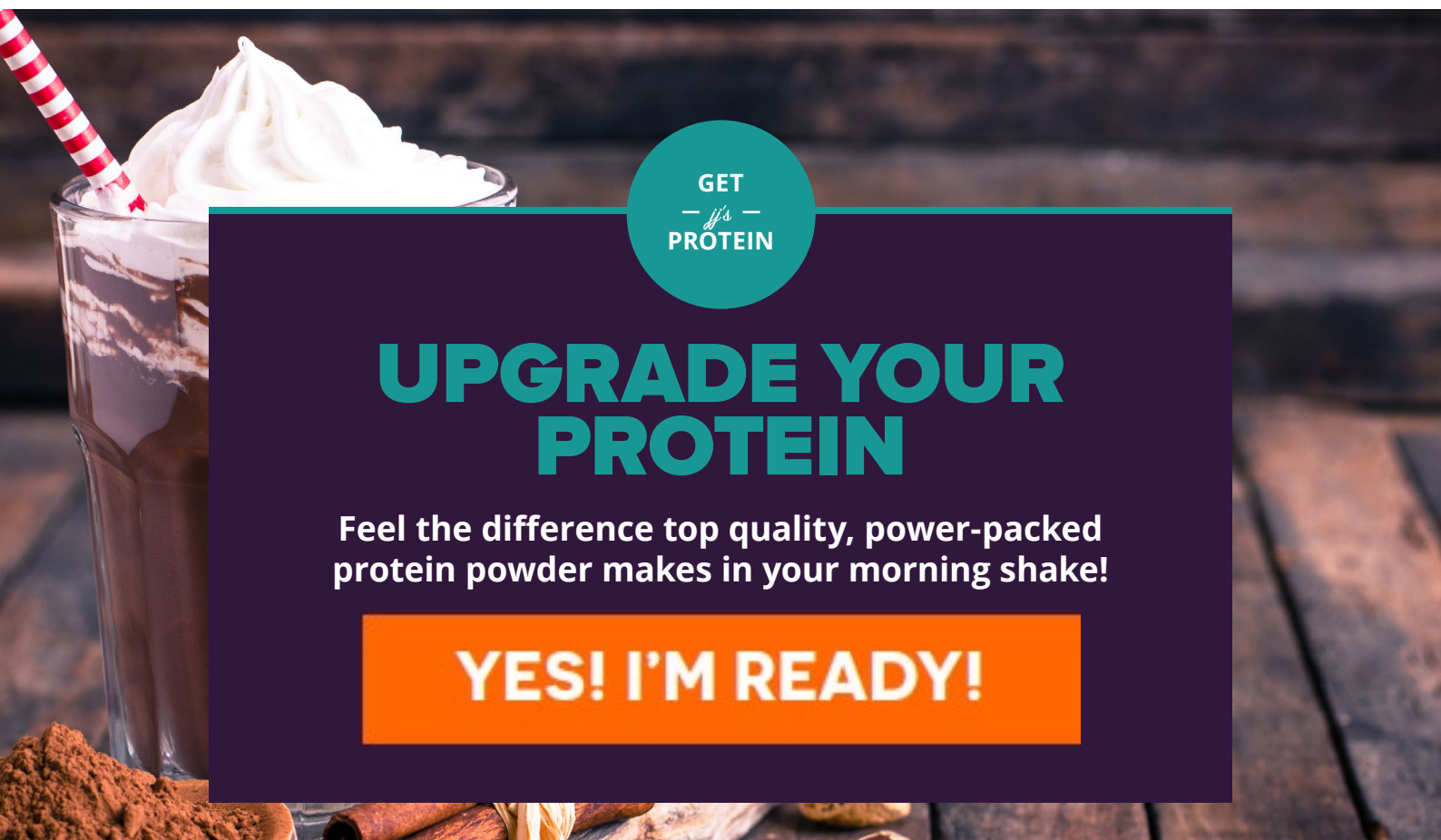
There's plenty of candy bars that feature that magical pairing of nuts and chocolate. Time to enjoy the taste of everyone's favorite peanut butter cup minus the sugar, empty carbs, and potential allergens. Enjoy heart-healthy omega-3s from almonds, plus rich chocolate flavor. You have to try this utterly satisfying protein shake recipe that makes it okay for breakfast to taste like a candy bar!

CREAMY CHOCOLATE ALMOND BUTTER SHAKE

- **2 scoops** [Chocolate JJ Virgin All-In-One Protein Shake powder \(your choice of protein type\)](#)
- **2 tsp** [Extra Fiber](#)
- **2-3 tbsp** almond butter
- **1 tbsp** cacao nibs
- **1/8 tsp** almond extract (optional)
- **10 oz.** unsweetened almond milk
- **4-5** ice cubes

• **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. Delicious!**



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YES! I'M READY!

3. INSTEAD OF FAST FOOD BURGER AND FRIES, TRY TEX-MEX BURGERS AND SPICED SWEET POTATO FRIES...

If the drive-thru is calling, try this pair of amazing recipes instead. The burgers are full of juicy, savory flavor (Hint: there's bacon in there!) and topped with health-boosting avocado salsa. They're accompanied by healthy sweet potato fries that are gobble-up good, with a little heat to balance the sweetness.

TEX-MEX BURGERS WITH AVOCADO SALSA

SALSA

- **1 avocado**, cut into 1/4-inch dice
- **1 plum tomato**, seeded and cut into 1/4-inch dice
- **1/2 medium** red bell pepper, cut into 1/4-inch dice
- **1 small** jalapeño pepper, finely chopped
- **3 tbsp** finely chopped red onion
- **2 tbsp** chopped fresh basil
- **1 tbsp** lime juice
- **1/4 tsp** sea salt

BURGERS

- **1 lb** grass-fed lean ground beef
- **2 slices** nitrate-free bacon, cooked crisp and coarsely chopped
- **1 tsp** ground cumin
- **1/2 tsp** onion powder
- **1/4 tsp** smoked paprika
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper
- **4** organic Boston or romaine lettuce leaves

•Combine avocado, tomato, bell pepper, jalapeño, onion, basil, lime juice, and salt in a medium bowl. Cover & set aside.

•Prepare a grill for direct high heat or heat a grill pan over medium-high heat.

•Gently combine the beef, bacon, cumin, onion powder, paprika, salt, and pepper in a medium bowl. Working the mixture as little as possible, form it into four 1/2-inch-thick patties.

•Make a small indentation in the center of each patty with your thumb. (This helps them cook evenly when they naturally puff up on the grill.) Place the burgers on the grill or grill pan, cover, and cook for 4 minutes per side for medium, or to desired doneness.

•Remove from the grill or grill pan; place each burger on a lettuce leaf and top with the salsa.

SWEET POTATO FRIES

- **1 lb** sweet potatoes, peeled and cut lengthwise into 1/4"-thick wedges
- **2 tbsp** Malaysian red palm fruit oil (divided)
- **1/2 tsp** ground coriander
- **1/4 tsp** ground cinnamon
- **1/2 tsp** sea salt
- **1/4 tsp** cayenne pepper

•Position the racks in the center and upper third of the oven. Preheat oven to 450F.

•Lightly dampen a paper towel with 1 tablespoon of the palm fruit oil, and thoroughly wipe 2 rimmed baking sheets with it.

•Combine the sweet potato wedges with the remaining palm fruit oil in a large bowl. In a separate small bowl, combine the spices and salt. Add the spice mixture to the potatoes, and toss well to coat.

•Arrange the sweet potatoes in a single layer on the oiled baking sheets, being careful not to overcrowd the pans. (Overcrowding = soggy fries)

•Bake, turning the fries once, until browned, about 20-22 minutes. Swap the position of the pans on the lower and upper racks once halfway during cooking to ensure even browning.

4. INSTEAD OF PUMPKIN PIE, TRY PUMPKIN BREAD PUDDING.....

Pumpkin pie is loaded with sugar, gluten, dairy, and eggs, all of which encourage inflammation and fat-storing. Try this delicious Pumpkin Bread Pudding instead. It's got all the amazing taste and nutrients of pumpkin without other harmful ingredients tagging along. Volunteer to bring dessert this Thanksgiving, and you'll get rave reviews!

PUMPKIN BREAD PUDDING

- olive oil for pan
- **1 loaf** Coconut-Pumpkin Bread (recipe below) preferably 1-2 days old, cubed
- **4 large** eggs
- **2 cups** culinary coconut milk*
- **2 tsp** monk fruit extract
- **1 tsp** real vanilla extract
- **3/4 tsp** ground cinnamon
- **1/4 tsp** ground nutmeg

• **Position a rack in the center of the oven, and preheat the oven to 350F. Lightly dampen a towel with olive oil and wipe a 9"-square baking pan.**

• **Place the bread cubes in the prepared pan. Whisk together the eggs, coconut milk, monk fruit extract, vanilla, cinnamon, and nutmeg in a medium mixing bowl.**

• **Pour the egg mixture over the bread cubes, pressing down the bread cubes to be sure all of it gets wet, and let stand for 20 minutes,**

• **Bake until puffed and the custard has set, 38-40 minutes. Let cool for at least 10 minutes until cutting and serving.**

***Culinary coconut milks are intended for use in recipes that call for canned cooking milks. They're higher in fat than the packaged coconut milk you drink. You can find culinary coconut milk in the Thai section or baking aisle of the grocery store.**

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COCONUT-PUMPKIN BREAD

- **1/2 cup** coconut oil, melted, plus more for the baking pan
- **4 large** eggs
- **1/2 cup** canned packed pumpkin (NOT pumpkin pie filling)
- **1/2 cup** culinary coconut milk
- **1 tbsp** real vanilla extract
- **1 cup** finely ground almond flour
- **1/2 cup** coconut flour
- **2 tbsp** monk fruit extract
- **2 tsp** grain-free, aluminum-free baking powder
- **1/2 tsp** baking soda
- **2 tsp** pumpkin pie spice
- **1 tsp** ground cinnamon
- **1/4 tsp** sea salt

• **Preheat the oven to 350F. Grease an 8"x5" glass loaf pan with coconut oil.**

• **Whisk together the melted coconut oil, eggs, pumpkin, coconut milk, and vanilla in a medium mixing bowl.**

• **In a separate large mixing bowl, combine the almond flour, coconut flour, monk fruit extract, baking powder, baking soda, pumpkin pie spice, cinnamon, and salt, and stir well.**

• **Add the wet ingredients to the dry, and mix until moistened and well-combined. Transfer to the prepared loaf pan and smooth the top with a spatula.**

• **Bake until a toothpick inserted into the center of the loaf comes out clean and the outside has lightly browned, 48-50 minutes. Remove from oven and let cool in the pan for 15 minutes.**

• **Transfer loaf to a wire rack before letting cool completely. Slice and serve or use in Pumpkin Bread Pudding.**

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5. INSTEAD OF A CARB-FILLED PASTA DINNER, TRY EASY PASTA BOLOGNESE...

There's something so deliciously cozy about a hot plate of pasta. But the bloating, sugar crash, and potential weight gain are way too big a compromise. Fortunately, you don't have to say goodbye to pasta. Say hello to a tasty bolognese sauce that goes perfectly with any of the great gluten- and corn-free pastas currently available; my favorites are quinoa pasta and lentil pasta. You can also use this scrumptious sauce to top steamed spaghetti squash or zucchini noodles.

EASY PASTA BOLOGNESE

- **16 ounces** grass-fed ground beef
- **1/2 medium** onion, chopped
- **2** celery stalks, finely chopped
- **1** carrot, finely chopped
- **4** cloves garlic, minced
- **1 tsp** dried basil
- **1/2 tsp** dried oregano
- **1/2 cup** dry red wine
- **1 can (28-ounce)** organic diced tomatoes, undrained
- **3 tbsp** organic tomato paste
- **8 oz** gluten- and corn-free pasta
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper

• **Heat a large nonstick skillet over medium-high heat and add the beef. Cook, stirring and breaking the beef into crumbles with a wooden spoon, until it is no longer pink, 4-5 minutes.**

• **Add the onion, celery, carrot, garlic, basil, and oregano and cook, stirring occasionally, until the vegetables start to soften, 3-4 minutes. Pour in the wine, bring to a boil, and cook until it has nearly evaporated, about 1 minute.**

• **Add the diced tomatoes and tomato paste and bring to a boil. Then reduce the heat to medium and simmer until slightly thickened, 15-18 minutes.**

• **Meanwhile prepare pasta according to package directions and drain. Remove the skillet from the heat and season with the salt and pepper. Divide pasta among 4 bowls and top each with the sauce.**

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6. INSTEAD OF ICE CREAM, TRY STRAWBERRY PUDDING POPS...

If temptation is calling in the grocery store freezer aisle, put down that tub of Ben & Jerry's and walk away. You've got a scrumptious, easy recipe for a frozen treat waiting at home. Fresh, juicy strawberries just scream sweet treat, and you can't go wrong with this healthy take on a classic pudding pop.

STRAWBERRY PUDDING POPS

- **1 lb** strawberries, hulled and finely chopped
- **1 (16-ounce)** container unsweetened vanilla cultured coconut milk
- **1 tsp** real vanilla extract
- **2-1/2 tsp** monk fruit extract

• **Whisk together the ingredients in a medium mixing bowl. Pour into Popsicle molds and freeze overnight.**

• **Dip the bottoms of the molds into warm water to remove the pops, then transfer to a resealable bag or container and freeze until ready to eat.**

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7. INSTEAD OF SUGAR COOKIES, TRY LEMON ALMOND COOKIES...

Sugar cookies get handed out by the dozen during the holidays, and they also make a pretty regular appearance at birthday parties. The name alone is enough to let you know you want to give them a pass, but you still deserve a chewy cookie treat! Try these tender, flavorful Lemon Almond Cookies. Your taste buds will be applauding, while the omega-3 fats in the almonds give your heart and brain something to celebrate too.

LEMON ALMOND COOKIES

- **2 cups** almond flour
- **2 tbsp** [JJ Virgin Sprinkles](#)
- **1/2 tsp** grain-free, aluminum-free baking powder
- **1/4 tsp** baking soda
- **1/4 tsp** sea salt
- **1/3 cup** coconut butter
- **2 large** eggs
- **1/4 tsp** almond extract
- **1 tsp** grated lemon zest
- **1 tsp** grated orange zest

• **Preheat the oven to 350F. Line a large baking sheet with parchment paper.**

• **Combine the almond flour, Virgin Sprinkles, baking powder, baking soda, and salt in the bowl of a food processor and pulse a few times to combine. Then add the coconut butter, eggs, almond extract, lemon zest, and orange zest, and pulse until well-combined.**

• **Form level tablespoons of dough into 24 small balls and place, evenly spaced, on the baking sheet. Press each ball down to a thickness of 1/2 an inch.**

• **Bake until lightly browned, 16-18 minutes. Remove from oven and let cool completely on baking sheet, about 30 minutes, until serving. Can be stored in an airtight container.**

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8. INSTEAD OF MARGARITAS, TRY JJ'S TEQUILA TREAT...

A night out for drinks is a great way to kick back, but the hangover and long-term impact on your stress hormones and blood glucose really aren't something to celebrate. Instead of choosing a sweet cocktail, enjoy JJ's Tequila Treat. It's got the clean flavors of lime, pink grapefruit, and cucumber, plus refreshing basil. (For a virgin treat, substitute more sparkling water for the tequila.) Now you've got a reason to party!

JJ'S TEQUILA TREAT

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

• **In a 12-oz tumbler, muddle together the fruit juices, crushed cucumber, and fresh basil. Add the tequila and mix well.**

• **Pour in the mineral water, stir lightly, then add ice cubes to fill glass.**

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9. INSTEAD OF CHOCOLATE PUDDING, TRY CHOCOLATE AVOCADO MOUSSE...

Get the creamy chocolate flavor you crave without all the added sugar. Dark chocolate has numerous health benefits, and studies prove eating it every day can do everything from preventing wrinkles to protecting your heart. The avocado and coconut in this recipe provide the velvety texture and also add heart-healthy, immune-boosting fats. For an especially decadent treat (that's still super healthy), top your mousse with a dollop of Whipped Coconut Cream.

CHOCOLATE AVOCADO MOUSSE

- **2 oz** dark chocolate, 70% cacao or higher, finely chopped
- **1 ripe** avocado, halved, pitted, peeled, and mashed
- **3/4 cup** unsweetened cultured coconut milk
- **1-1/2 tsp** monk fruit extract
- **1 tsp** real vanilla extract
- **4 tsp** raw cacao nibs

• **Place 3/4 of the chocolate in a small microwave-safe bowl and microwave in 15-second intervals, stirring after each, until just melted. Stir in the remaining chocolate until melted and smooth; let cool for 3 minutes.**

• **Combine the avocado, cultured coconut milk, monk fruit extract, and vanilla extract in a medium mixing bowl. Beat with an electric mixer on the highest setting until well-combined.**

• **Now add the melted chocolate and beat until the mixture is light and fluffy. Refrigerate for at least 1 hour, then top with cacao nibs before serving.**

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WHIPPED COCONUT CREAM

- **1 (14 oz.)** can full-fat unsweetened coconut milk, refrigerated at least 12 hours

• **Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut meat into a medium bowl. Beat with an electric mixer on medium-high speed until completely whipped and thick.**

• **Refrigerate until ready to use.**



10. INSTEAD OF ORDERING CHINESE TAKEOUT, TRY ASIAN CHICKEN IN LETTUCE CUPS...

Traditional Chinese takeout is full of carbs, sodium, and potentially toxic fats. Bypass the paper menu and make these delicious lettuce cups at home. They're quick and easy, coming together in about 20 minutes. There's something so appealing about a meal that doesn't require utensils: just roll lettuce leaves around the savory, peppery chicken filling and dig in! Serve with brown rice and steamed veggies on the side for a filling Asian feast.

ASIAN CHICKEN IN LETTUCE CUPS

- **1 tbsp** Malaysian red palm fruit oil
- **1 lb** organic free-range ground chicken
- **1-1/2 tbsp** grated fresh ginger
- **4 cloves** garlic, minced
- **3** green onions, thinly sliced
- **1/2 medium** red bell pepper, cut into 1/4" dice
- **2** celery stalks, finely chopped
- **1** carrot, finely chopped
- **1/4** chopped fresh cilantro
- **1/4** cup, slow-roasted cashews,* coarsely chopped
- **2 tbsp** lime juice
- **2 tsp** fish sauce
- **8** Boston lettuce leaves

• **Heat oil in a large nonstick skillet over medium-high heat until very hot.**

• **Add the chicken, ginger, garlic, and green onions and cook, breaking the chicken into smaller pieces with a wooden spoon, until it is starting to brown and cooked through, 7-8 minutes.**

• **Transfer to a bowl and stir in the remaining ingredients except lettuce. Divide filling between lettuce leaves and serve.**

***To Slow-Roast Cashews:** Place 1 cup cashews and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts. Spread them on a rimmed baking sheet and bake at 140F for 8 hours. Let cool completely before making lettuce cups.

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