



JJ VIRGIN's

America the Beautiful: 25 Delicious All-American RECIPES

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I can't think of a better way to celebrate the melting pot that is the United States than with the recipes in this guide. Their ingredients and origins are global, but the dishes are perfectly at home on any American dinner table.

As with all of our recipes, you'll find plenty of clean, lean protein, slow-low carbs, and healthy fats. There's also never any of the foods most likely to cause intolerances, like gluten, corn, soy, and peanuts.

I hope these dishes nurture and nourish you and your loved ones. These recipes are great examples of how our differences unite us, and I think that's what really makes America great!

Enjoy,
JJ

STRAWBERRIES AND CREAM OVERNIGHT OATS

THE DELECTABLE FLAVORS OF STRAWBERRIES AND CREAM MEET THE CONVENIENCE OF OVERNIGHT OATS IN THIS CONVENIENT, GLUTEN-FREE RECIPE FULL OF ALL THE PROTEIN AND FIBER YOU NEED TO START YOUR DAY RIGHT.

MAKES 1 SERVING



INGREDIENTS

- **1 scoop** JJ Virgin Vanilla All-In-One Protein Shake powder
- **2/3 cup** unsweetened vanilla almond milk
- **1/3 cup** plain full-fat Greek yogurt or cultured coconut milk
- **1/2 cup** gluten-free rolled oats (not quick cook)
- **1/4 cup** chopped fresh strawberries (not frozen)
- **1 tbsp** freshly ground flaxseed
- **1/2 tsp** vanilla extract
- pinch sea salt

In a medium-sized mixing bowl, whisk together the protein shake powder, almond milk, and yogurt or cultured coconut milk until thoroughly mixed and smooth. Stir in the remaining ingredients until well-combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.

INDIVIDUAL BAKED BREAKFAST FRITTATAS

FRITTATAS ARE LIKE A CROSS BETWEEN OMELETS AND CRUSTLESS QUICHE. THIS VERSION INCLUDES BACON, RED BELL PEPPER, AND ASPARAGUS FOR A FLAVOR-PACKED BRUNCH DISH.

MAKES 12 SERVING



INGREDIENTS

- **olive oil** for the pan
- **6 slices** nitrate-free uncured bacon
- **1 small** red onion, chopped
- **1 small** red bell pepper, finely chopped
- **1 tsp** dried basil
- **8 oz.** asparagus, trimmed and cut into 1/2-inch pieces
- **12 large** eggs*
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper

Preheat the oven to 350°F. Lightly dampen a paper towel with a small amount of olive oil and wipe the inside of each cup in a 12-cup muffin pan.

Heat a large skillet over medium heat. Add the bacon and cook until crisp, turning once, 6 to 7 minutes. Transfer to a plate lined with paper towel to drain. When cool enough to handle, chop the bacon and set aside.

Pour off all but 1 tablespoon of the bacon fat from the skillet and return to the stove over medium-high heat. Add the onion, bell pepper, and basil; cook stirring occasionally, until the vegetables are starting to soften, 2 to 3 minutes. Add the asparagus and cook until bright green, 4 minutes. Remove from the heat and stir in the chopped bacon. Divide the mixture evenly among the prepared muffin cups.

Whisk together the eggs, salt, and black pepper in a bowl. Divide the mixture evenly among the muffin cups. Bake until the eggs have puffed up and set, 17 to 18 minutes. Remove the frittatas from the muffin pan and serve warm or at room temperature.

***Only if you're not intolerant to eggs.**

CHAI WALDORF SALAD

CHAI WALDORF SALAD STARS IN OUR CLASSIC SUNDAY BRUNCH MENU, BUT IT'S A CONVENIENT AND TASTY WAY TO GET YOUR PROTEIN, FRUITS, AND VEGGIES ANY TIME OF DAY!

MAKES 2-4 SERVINGS



INGREDIENTS

- **2 scoops JJ Virgin Chai Plant-Based All-In-One Protein Shake Powder**
- **8 oz.** full-fat plain Greek yogurt*
- **2 tbsp** freshly ground flaxseed
- **1 tsp** ground cinnamon
- **1/4 tsp** ground nutmeg
- **1** organic apple, cut into 1/2-inch chunks*
- **1/2 cup** celery, cut into 1/2 inch slices
- **1/2 cup** chopped pecans or walnuts, plus 1 Tbsp to garnish

In a medium glass bowl, whisk together the first 5 ingredients to make a thick dressing. Stir in the apple, celery, and nuts until well-coated. Garnish with chopped nuts and serve.

***If dairy is an issue, please substitute unsweetened cultured coconut milk. If you're in Cycle 2 of the Sugar Impact Diet, wait to make this recipe because it contains fruit.**

Get the protein you need without any of the 7 high-FI Foods

— JJ Virgin —
Paleo-Inspired All-In-One Shakes
make it easy!



- 21g clean protein per serving
- the power of bone broth
- rich chocolate or versatile vanilla

BETTER THAN EVER SHAKE

START YOUR DAY OFF RIGHT WITH A TASTY PROTEIN SHAKE WITH HEALTHY, DETOXIFYING INGREDIENTS LIKE TURMERIC, GINGER, AND COCONUT OIL.

MAKES 1 SERVING



INGREDIENTS

- **2 scoops** [Vanilla or Chai JJ Virgin All-In-One Protein Shake powder](#)
- **1 cup** fresh greens (kale leaves, baby spinach, or chard)
- **1/2 small** avocado
- **10 oz.** unsweetened coconut milk
- **1 tbsp** chia seeds
- **1 tbsp** coconut butter or coconut oil
- **2 tsp** grated fresh ginger
- **1/4 tsp** ground turmeric
- **1/8 tsp** ground cinnamon
- dash ground cayenne pepper
- **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. Enjoy!

BLUEBERRY POWER MUFFINS

MOST MUFFINS ARE JUST CUPCAKES WITHOUT THE FROSTING. THIS GLUTEN-FREE RECIPE IS FULL OF THE PROTEIN AND FIBER YOU NEED TO POWER THROUGH YOUR DAY. (NO MORE SUGAR CRASHES OR MUFFIN TOPS FROM YOUR MUFFINS!)

MAKES 12 MUFFINS



INGREDIENTS

- **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** 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.

HOT QUINOA CEREAL WITH WARM BERRY COMPOTE

THIS HEARTY, WARMING BREAKFAST RECIPE HAS THE PROTEIN AND FIBER YOU NEED TO START YOUR DAY OFF RIGHT. IT'S LIKE A COMFORTING HUG IN A BOWL AND WILL SOON BE A FAMILY FAVORITE.

MAKES 1 SERVING



INGREDIENTS

- **1 cup** fresh strawberries, hulled and sliced
- **1/2 cup** fresh blueberries
- **3/4 tsp** pure vanilla extract (divided)
- **1/4 tsp** monk fruit extract
- **1/3 cup** unsweetened coconut milk
- **1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake powder](#)
- **2/3 cup** filtered water
- **1/4 tsp** ground cinnamon
- **1/3 cup** quinoa flake cereal
- **2 tbsp** chopped pecans

Combine the strawberries, blueberries, 1/4 teaspoon of the vanilla extract, and the monk fruit extract in a small saucepan. Cook over low heat, stirring occasionally, until the fruit is warm and tender, about 4 minutes.

Meanwhile, combine the coconut milk and protein shake powder in a small bowl and stir until the powder has dissolved; set aside.

Combine the water, remaining 1/2 teaspoon vanilla, and the cinnamon in a small saucepan over medium-high heat. Add the cereal, reduce to medium, and cook, stirring often, until thickened, about 1-1/2 minutes. Remove from heat and stir in the coconut milk mixture and pecans.

Pour hot cereal into bowl, then top with warm berry compote and serve.

BREAKFAST & BRUNCH

BERRY CHIA SEED PUDDING

THE BRAIN-BOOSTING OMEGA-3S IN BERRIES COMBINED WITH
THE FIBER AND PROTEIN IN CHIA SEEDS MAKE THIS PUDDING
A GREAT BREAKFAST OPTION

MAKES 2 SERVINGS



INGREDIENTS

- **1 cup** fresh blueberries or raspberries
- **1 1/2 cups** organic unsweetened coconut milk
- **1 tsp** pure vanilla extract
- **1/8 tsp** sea salt
- **1/3 cup** chia seeds

Combine the ingredients in a glass bowl, and stir well. Refrigerate overnight or up to 6 hours and enjoy!

BREAKFAST & BRUNCH

CREAMY CHOCOLATE ALMOND BUTTER SHAKE

ENJOY THE TASTE OF EVERYONE'S FAVORITE PEANUT BUTTER CUP MINUS THE SUGAR, EMPTY CARBS, AND POTENTIAL ALLERGENS!

MAKES 1 SERVING



INGREDIENTS

- **2 scoops** Chocolate [JJ Virgin All-In-One Protein Shake powder](#)
- **2 tsp** [Extra Fiber](#)
- **2-3 tbsp** almond butter
- **1 tbsp** cacao nibs
- **1/8 tsp** almond extract (optional)
- **10 oz.** 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!



Stay fuller longer with
Extra Fiber



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

LUNCH

LENTIL BACON SOUP

LENTILS HAVE GREAT PROTEIN AND CHOLESTEROL-LOWERING FIBER, NOT TO MENTION A DELICIOUS, EARTHY TASTE. THEY'RE PERFECT WITH SMOKY BACON IN THIS COZY SOUP RECIPE.

MAKES 4 SERVINGS



INGREDIENTS

- **6 slices** nitrate-free bacon, chopped
- **1 medium** onion, finely chopped
- **3 cloves** garlic, minced
- **3 celery** stalks, finely chopped
- **1 carrot**, finely chopped
- **1 tsp** dried oregano
- **1 dried** bay leaf
- **1 cup** organic brown lentils, picked over and soaked*
- **4 cups** organic low-sodium chicken broth or stock
- **3 tbsp** tomato paste
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper

Heat a Dutch oven over medium heat (or indirect heat over a campfire) and add the bacon; cook, stirring occasionally, until crisp, 7-8 minutes. Use a slotted spoon or tongs to transfer the bacon to a plate lined with a paper towel to drain.

Pour off all but 2 tablespoons of bacon fat from the pan and return it to the heat. Stir in the onion, garlic, celery, carrot, oregano, and bay leaf; cook, stirring occasionally, until the vegetables are very tender, 14-15 minutes.

Add the lentils, broth or stock, and tomato paste, and bring to a boil. Immediately reduce the heat to medium-low, cover the pan, and simmer until the lentils are tender, 28-30 minutes.

Remove the bay leaf and stir in the bacon, salt, and pepper. Serve and enjoy!

LUNCH

TURKEY, SPINACH, AND STRAWBERRY WRAPS

LEAN, LIGHT TURKEY AND CRISP BACON PAIRED WITH JUICY STRAWBERRIES AND FRESH SPINACH MAKE FOR A DELICIOUS, SWEET-AND-SAVORY WRAP, EQUALLY SUITED TO BREAKFAST OR LUNCH.

MAKES 2 SERVINGS



INGREDIENTS

- **4 slices** nitrate-free uncured bacon
- **2 brown** rice tortillas
- **2 tbsp** Sugar Impact Mayonnaise (recipe below)
- **1 cup** baby spinach
- **1/2 cup** strawberries, hulled and sliced
- **6 oz.** deli-sliced nitrate-free turkey

Heat a small nonstick skillet over medium heat. Add the bacon and cook until crisp, turning once, 6 to 7 minutes. Transfer to a plate lined with a paper towel to drain.

Spread one side of each tortilla with 1 tablespoon of the mayonnaise. Top each with half of the bacon, spinach, strawberries, and turkey. Roll, serve, and enjoy!

LUNCH

SUGAR IMPACT MAYONNAISE

STORE-BOUGHT MAYO COMES PACKED WITH SWEETENERS, DAMAGING OILS, AND MYSTERY ADDITIVES KNOWN AS “NATURAL FLAVORS.” THIS VEGAN-FRIENDLY HOMEMADE VERSION IS FRESH AND CREAMY, BUT WITHOUT THE SUGAR IMPACT OR EGGS.

MAKES 1 CUP



INGREDIENTS

- **1/4 cup** unsweetened coconut milk
- **1/2 cup** raw cashews
- **4 tsp** lemon juice
- **1 tbsp** Dijon mustard
- **1/2 tsp** sea salt
- **1/2 cup** macadamia nut oil

Combine the coconut milk, cashews, lemon juice, mustard, and salt in a blender and puree. With the blender running, add the oil in a slow, steady stream until the mixture is thick and creamy.

Store in an airtight container in the refrigerator for up to 3 weeks.



Satisfy your sweet tooth
with just 1 gram of sugar...

**Dark Chocolate
Coconut Fiber Bars**



LUNCH

GARLIC HUMMUS WITH LENTIL CHIPS

HOMEMADE HUMMUS HAS A DEEP, RICH FLAVOR THAT PUTS STORE-BOUGHT VERSIONS TO SHAME. WITH THE ZIP OF GARLIC AND TABASCO, THIS RECIPE IS A WINNER!

MAKES 8 SERVINGS



INGREDIENTS

- **3 tbsp** extra virgin olive oil
- **4 cloves** garlic, thinly sliced
- **1 can** (15-ounce) organic, no-salt-added chickpeas, drained
- **4 tsp** tahini paste
- zest of one lemon
- **2 tbsp** freshly squeezed lemon juice
- **1/2 tsp** Tabasco sauce (or more to taste)
- **2 tbsp** water (plus more as needed)
- **1/4 tsp** sea salt
- **4 oz.** lentil chips

Heat the oil in a small skillet over medium heat. Add the garlic and cook, stirring, until lightly browned, 1-1/2 to 2 minutes. Transfer the garlic and any oil in the pan to a small bowl and let cool for 2 minutes.

Combine the chickpeas, tahini, lemon zest, lemon juice, Tabasco sauce, water, and the garlic and oil in a food processor and process to a puree.

Transfer to a bowl and stir in the salt. For a slightly thinner consistency, stir in additional 1-2 tablespoons of water. Serve with lentil chips.

LUNCH

FRESH FRUIT WITH CINNAMON ALMOND BUTTER

THE WARMTH OF CINNAMON AND NATURAL SWEETNESS OF ALMONDS MAKE THIS SUPER-SIMPLE ALMOND BUTTER A HOME RUN! (AND YOU CAN'T BEAT THE HEALTHY FATS AND PROTEIN FOR STEADY BLOOD SUGAR AND ENERGY LEVELS.) DON'T FORGET TO LEAVE TIME TO SLOW-ROAST YOUR ALMONDS BEFOREHAND.

MAKES 12 SERVINGS



INGREDIENTS

- **1 cup** slow-roasted almonds (see below for instructions)
- **4 tsp** coconut butter
- **1 1/2 tsp** monk fruit extract
- **1/4 tsp** ground cinnamon
- **1/8 tsp** almond extract (optional)
- **8 oz. celery** sticks and fresh fruit such as apple slices and berries*

To Slow-Roast Almonds: Place **1 cup** raw almonds 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 almond butter.

Combine the slow-roasted almonds, coconut butter, monk fruit extract, cinnamon, and almond extract (if using) in a food processor. Process until a smooth paste forms. Serve almond butter with celery sticks and fresh fruit.

Almond butter can be stored in a covered container in the refrigerator for up to **3** months. Let stand at room temperature until softened slightly before serving.

LUNCH

VEGETARIAN WHITE CHILI

NOTHING WARMS YOU UP LIKE A SATISFYING BOWL OF CHILI! THIS VEGETARIAN RECIPE IS STILL PACKED WITH PROTEIN TO KEEP YOU ENERGIZED. TRY IT TOPPED WITH GUACAMOLE AND BAKED BROWN RICE TORTILLA STRIPS FOR EXTRA CRUNCH AND FLAVOR.

MAKES 4 SERVINGS



INGREDIENTS

- **1 cup** dry quinoa, rinsed and cooked (about 3 cups cooked)
- **2 tbsp** olive oil
- **2 medium** yellow onions, chopped
- **4 cloves** garlic, minced
- **1 medium** red bell pepper, chopped
- **1 medium** green bell pepper, chopped
- **1 jalapeño** pepper, seeded and finely chopped
- **1 tbsp** chili powder
- **2 tsp** dried oregano
- **1 tsp** ground coriander
- **1/2 tsp** smoked paprika
- **2 (15-ounce) cans** cannellini beans, drained and rinsed
- **2 cups** low-sodium vegetable stock or vegetable broth
- **1/4 cup** chopped fresh cilantro
- **3/4 tsp** sea salt

Heat the oil in a Dutch oven over medium-high heat. Add the onion, garlic, and peppers; cook, stirring occasionally, until the veggies are slightly softened, 4-5 minutes. Stir in the spices and cook, stirring, for 1 minute.

Add the beans and stock and bring the mixture to a boil. Cover and reduce the heat to medium-low and simmer, stirring occasionally, until the vegetables are tender, 18-20 minutes.

Remove from the heat and stir in the cilantro and salt. Divide the cooked quinoa between 4 bowls and then top each with 1/4 of the white chili. Enjoy piping hot.

LUNCH

TANGY LIME SHRIMP AND AVOCADO WRAP

THIS QUICK AND TASTY GLUTEN-FREE SHRIMP WRAP MAKES A WONDERFUL LUNCH OR LIGHT DINNER. THE ZIP OF LIME JUICE ON THE SHRIMP IS BALANCED BY CREAMY AVOCADO.

MAKES 1 WRAP



INGREDIENTS

- **2 tsp** olive oil
- **4 oz.** shrimp
- **1/4 tsp** sea salt, plus more to taste
- **1/8 tsp** freshly ground black pepper, plus more to taste
- **2 tsp** lime juice
- **1/2 small** avocado, thinly sliced
- **1 brown** rice tortilla
- **1 cup** chopped Romaine lettuce
- **1/4 cup** diced tomato

Heat olive oil in small sauté pan over medium-high heat. Add shrimp to pan, and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook until pink, about 1-2 minutes per side. Be sure not to overcook!

Turn off heat and add lime juice, then quickly toss shrimp to coat. The juice will bubble and thicken, creating a delicious tangy glaze on the shrimp.

Heat brown rice tortilla according to directions, then layer on chopped lettuce and tomato and avocado slices. Top with cooked shrimp and drizzle with any juices from the pan. Season with additional salt and pepper to taste, then roll and serve. Recipe is easily doubled or more to serve a crowd.

DINNER

GRASS-FED BEEF TENDERLOIN STEAKS WITH SAUTEED SHIITAKES

BEEF TENDERLOIN IS MELTINGLY TENDER, AND A SAUCE OF SAUTEED SHIITAKE MUSHROOMS ADDS EXTRA FLAVOR, PLUS SUPPORT FOR YOUR IMMUNE AND CARDIOVASCULAR SYSTEM. JUST RIGHT FOR A ROMANTIC NIGHT IN...

MAKES 4 SERVINGS



INGREDIENTS

- **1 tbsp** plus 2 teaspoons macadamia nut oil
- **1 large** shallot, chopped
- **12 oz.** shiitake mushrooms, stems removed, caps quartered
- **1 tbsp** chopped fresh tarragon
- **1/2 cup** dry red wine*
- **3/4 cup** organic low-sodium beef broth
- **2 tsp** coconut aminos
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper
- **4 (4-ounce)** grass-fed beef tenderloin steaks, about 1 inch thick, trimmed

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the shallot and cook until starting to soften, 1 to 2 minutes. Add the mushrooms and tarragon and cook until the mushrooms have softened and started to brown, 6 to 7 minutes.

Stir in the wine, bring to a boil, and cook for 1 minute. Add the broth and coconut aminos, return to a boil and cook until slightly reduced, about 4 minutes. Stir in 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper; transfer to a bowl and cover to keep warm.

Wipe out the skillet with a paper towel; add the remaining 2 teaspoons oil and heat over medium heat. Season the steaks with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, and add them to the skillet. Cook the steaks, turning once, until medium-rare, 3 to 4 minutes per side, or until desired doneness.

Transfer the steaks to serving plates. Return the skillet to medium-high heat and add the mushrooms. Cook until hot, about 1 minute. Spoon the mushrooms over the steaks to serve.

***Until Cycle 3 of the Virgin Diet or Sugar Impact Diet, substitute an additional 1/4 cup beef broth for the red wine.**

DINNER

BUTTERNUT SQUASH FRIES

BUTTERNUT SQUASH FRIES ARE JUST RIGHT FOR A COZY, TASTY FAMILY MEAL. THEY'VE GOT PLENTY OF VITAMINS AND FIBER, PLUS GREAT FLAVOR AND NATURAL SWEETNESS.

MAKES 4 SERVINGS



INGREDIENTS

- **2 lbs** butternut squash, peeled, seeded, and cut into 2-inch x 1/4-inch sticks
- **4 tsp** olive oil plus more for the pan
- **1/2 tsp** sea salt

Preheat the oven to 450F. Lightly oil a large baking sheet.

Combine the squash, 4 teaspoons olive oil, and sea salt in a large mixing bowl and mix well. Arrange the squash sticks in a single layer, without touching, on the prepared baking sheet.

Roast the squash, turning occasionally, until browned, 23-25 minutes and serve.



Low on energy? Try B12 Boost



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DINNER

PAN-SEARED SCALLOPS WITH BACON AND SPINACH

THIS QUICK, SIMPLE SCALLOP DISH BRINGS THE RESTAURANT ELEGANCE HOME, MAKING IT PERFECT FOR A DATE NIGHT IN. WITH PLENTY OF VITAMIN B12 AND OMEGA-3S, YOUR CARDIOVASCULAR SYSTEM WILL THANK YOU TOO.

MAKES 4 SERVINGS



INGREDIENTS

- **3 slices** nitrate-free bacon
- **1 medium** onion, thinly sliced
- **1 large** shallot, sliced
- **4 cloves** garlic, sliced
- **2 (10 oz)** packages frozen organic spinach, thawed and squeezed dry
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper
- **1 lb** wild sea scallops (16 to 20 per pound)*

Heat a large nonstick skillet over medium heat. Add the bacon and cook, turning occasionally, until crisp, 6 to 7 minutes. Drain on a plate lined with a paper towel; chop and set aside.

Pour off all but 1 tablespoon bacon fat from skillet, setting aside 2 teaspoons for cooking the scallops. Heat the fat in the skillet over medium-high heat. Add the onion, shallot, and garlic; cook, stirring occasionally until softened and lightly browned, 6 to 7 minutes.

Add the spinach and cook, stirring until hot, about 2 minutes. Stir in the bacon, 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Transfer to a bowl and keep warm.

Wipe out the skillet and heat the reserved 2 teaspoons bacon fat over medium-high heat. Season the scallops with the remaining salt and 1/8 teaspoon pepper. Place the scallops in the skillet and cook turning once, until nicely browned and just opaque in the center, 5 to 6 minutes.

Divide the spinach among four plates and top with the scallops. Serve and enjoy!

***For moist, tender scallops, cook until they just turn opaque in the center.**

DINNER

LEMONY ROASTED ARTICHOKE HEARTS

THIS LIGHT ARTICHOKE RECIPE MAKES THE PERFECT VEGGIE SIDE DISH FOR RICHER MAIN COURSES LIKE STEAK AND SEAFOOD. FILLING, FULL OF VITAMIN C, AND SO EASY!

MAKES 4 SERVINGS



INGREDIENTS

- **2 tbsp** olive oil, plus more for the pan
- **2 (9-ounce)** boxes frozen artichoke hearts, thawed
- **1/4 tsp** sea salt
- **1/8 tsp** freshly ground black pepper
- **2 tsp** grated lemon zest
- **1 tsp** lemon juice

Preheat the oven to 450°F.

Lightly dampen a paper towel with a small amount of olive oil and wipe a large rimmed baking sheet with it. Combine the 2 tablespoons of oil, artichoke hearts, salt, and pepper in a large bowl and toss to coat.

Place the artichoke hearts on the prepared baking sheet and roast, stirring occasionally, until browned and tender. 22 to 23 minutes. Transfer to a bowl and toss with the lemon zest and lemon juice. Enjoy!

DINNER

SLOW COOKER GARLIC-HERB BEEF SHANKS

PATIENCE PAYS OFF WITH THIS COZY, DELICIOUS ONE-POT MEAL. PAIR BEEF SHANKS AND VEGGIES WITH HERBS AND BROTH, AND LET THE SLOW COOKER DO THE REST.

MAKES 3-4 SERVINGS



INGREDIENTS

- **4 beef** shanks (2-1/2 lbs)
- **1 tsp** sea salt
- **1/2 tsp** freshly ground black pepper
- **1/4 cup** arrowroot starch
- **2 tbsp** olive oil
- **1 med** yellow onion, chopped
- **1 stalk** celery, chopped
- **1 carrot**, peeled and chopped
- **4 cloves** garlic, finely chopped
- **1 cup** beef broth or stock
- **1/2 cup** red wine
- **2 tbsp** tomato paste
- **1/2 tsp** dried oregano
- **2 dried** bay leaves
- **4 fresh** thyme
- **1/2 cup** freshly chopped parsley

Pat the beef shanks dry using a paper towel. Place the arrowroot starch, salt, and pepper in a resealable plastic bag, add the beef shanks, and seal. Toss well until beef shanks are completely coated, then shake off excess starch.

Heat oil in a nonstick skillet over medium-high heat. Add beef shanks and cook until well-browned on the first side, 4-5 minutes. Flip and cook until browned on the second side, 4-5 minutes more. Transfer browned shanks to the slow cooker.

Add the onion, celery, and carrot to the same pan used for the beef shanks and reduce heat to medium. Cook, stirring occasionally, until vegetables begin to soften, 5-6 minutes. Stir in tomato paste, garlic, and dried oregano and cook 1 minute more. Add broth and wine and stir, being sure to loosen up all the flavorful browned bits on the bottom of the pan. Cook until simmering, 2-3 minutes more.

Pour the contents of the pan over the beef shanks in the slow cooker, then add thyme sprigs and bay leaves. Cover and cook on low until meat is tender and falling off the bone, about 6 hours.

Taste cooked beef shanks and season as needed with additional salt and pepper, then sprinkle on chopped parsley. Serve over brown rice or pureed cauliflower.

DINNER

AHI TUNA OVER ASIAN SLAW

TUNA IS HIGH IN PROTEIN AND OMEGA-3S, MAKING IT A HEALTHY, TASTY OPTION, ESPECIALLY WHEN PAIRED WITH THE CRUNCHY VEGETABLES AND EXOTIC ASIAN FLAVORS IN THIS RECIPE.

MAKES 2 SERVINGS



INGREDIENTS

- **3 cups** thinly sliced napa cabbage (about 1/2 medium head)
- **1/2 medium** bell pepper, thinly sliced
- **2 green** onions, thinly sliced
- **2 tbsp** chopped fresh cilantro
- **2 oz.** snow peas, thinly sliced
- **1 tbsp** lime juice
- **2 tbsp** Sugar Impact Mayonnaise (recipe below)
- **1/4 tsp** sea salt
- **2 (6-ounce)** ahi tuna steaks, about 1 inch thick
- **1 tsp** Asian sesame oil
- **1 tsp** coconut aminos

Combine the cabbage, bell pepper, green onions, and snow peas in a medium bowl.

In a separate bowl whisk together the lime juice, mayo, and 1/8 teaspoon of the salt; toss the cabbage and set aside.

Combine the tuna steaks, sesame oil, and coconut aminos in a bowl and let stand for 5 minutes at room temperature.

Heat a grill pan over medium heat until hot. Season the tuna with the remaining 1/8 teaspoon salt and place it on the pan. Cook the tuna, turning it once, until well marked and cooked to medium-rare, about 3 minutes per side, or to desired doneness.

Transfer the tuna to a cutting board and let it cool for 5 minutes. Then cut it across the grain into 1/4-inch-thick slices. Divide the slaw mixture between two plates and top with the tuna.

***Tuna is a medium-mercury food, so if you'd like to eat this recipe weekly, swap out the ahi for wild-caught salmon, shrimp, or halibut.**

DINNER

CHICKEN SLOPPY JOES OVER BROWN RICE

COMFORT FOOD DOESN'T GET BETTER THAN THIS! CHICKEN SLOPPY JOES OVER BROWN RICE IS A HEALTHY, GLUTEN-FREE VERSION OF AN OLD FAMILY FAVORITE.

MAKES 4 SERVINGS



INGREDIENTS

- **1 tbsp** coconut oil or Malaysian palm fruit oil
- **1 medium** onion, chopped
- **1 medium** green bell pepper, chopped
- **3 cloves** garlic, minced
- **1 tsp** chili powder
- **1/2 tsp** dried oregano
- **1/2 tsp** ground cumin
- **1 lb** organic free-range lean ground chicken
- **1/2 cup** Homemade Ketchup (go to jjvirgin.com for recipe)
- **1/4 tsp** sea salt
- **1/4 tsp** freshly ground black pepper
- **2 cups** warm cooked brown rice

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, bell pepper, and garlic and cook, stirring occasionally, until slightly softened, 4-5 minutes. Add the chili powder, cumin, and oregano and cook, stirring, for 30 seconds.

Stir in the ground chicken, breaking into crumbles with a wooden spoon, and cook until it begins to brown, about 6-7 minutes. Stir in the ketchup and cook, stirring, until very hot, about 2 minutes. Remove from the heat and season with the salt and pepper before serving over the brown rice.

DINNER

PEAS WITH ONIONS, GARLIC, AND BACON

WANT TO SEE YOUR KIDS GOBBLE UP THEIR GREEN PEAS? USE THIS RECIPE, FULL OF FLAVORFUL BACON AND GARLIC – THE PERFECT WAY TO INTRODUCE A HEALTHY VEGGIE.

MAKES 4 SERVINGS



INGREDIENTS

- **1 tsp** olive oil
- **4 slices** nitrate-free bacon, chopped
- **2 medium** onions, sliced (about 2 cups)
- **4 cloves** garlic, thinly sliced
- **1/2 tsp** fresh or dried thyme
- **1 1/2 cups** frozen peas
- **1/4 tsp** sea salt
- **1/4 tsp** freshly ground black pepper

Heat the oil in a large nonstick skillet over medium-high heat. Add the bacon and cook, stirring occasionally, until starting to brown, about 4 minutes.

Stir in the onions, garlic, and thyme; cook until lightly browned, 5-6 minutes. Add the peas and cook, stirring occasionally, until bright green and tender, 8-10 minutes. Remove from the heat, stir in the salt and pepper, and serve.



**Afraid gluten will sneak in?
Safety Net catches you.**



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

DESSERT

CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS

AVOCADO IS THE SECRET TO THE RICH, VELVETY TEXTURE OF THIS CHOCOLATE MOUSSE. AND THIS DECADENT TREAT WON'T SPIKE YOUR BLOOD SUGAR, UNLIKE THE TRADITIONAL RECIPE.

MAKES 4 SERVINGS



INGREDIENTS

- **2 oz.** dark chocolate, 70 percent cacao or higher, chopped
- **1** avocado
- **3/4 cup** plain culinary coconut milk (found in the baking aisle with other culinary milks)
- **1 1/2 tsp** teaspoons monk fruit extract
- **4 tsp** cacao nibs

Place three-fourths of the chocolate in a 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, and monk fruit extract in a medium bowl. Beat with an electric mixer on the highest setting until well combined. Add the melted chocolate and beat it in until the mixture is light and fluffy.

Divide among four bowls and refrigerate for at least 20 minutes. Just before serving, sprinkle with the cacao nibs.

DESSERT

BAKED APPLES WITH CINNAMON OATMEAL CRUMBLE

THIS IS THE PERFECT HEALTHY DESSERT RECIPE, WITH THE YUMMY SWEETNESS OF SEASONAL FRUIT AND A DASH OF SPICE AND TEXTURE FROM THE CINNAMON CRUMBLE.

MAKES 4 SERVINGS



INGREDIENTS

- **4 organic** apples (Pink Lady, Fuji, and Gala are all great options)
- **2 tbsp** coconut oil
- **1/4 cup** rolled oats
- **1/4 cup** finely chopped walnuts
- **1 tsp** ground cinnamon

Preheat oven to 350F.

Core each apple, making a large well in the center, and arrange prepared apples in a glass baking dish.

In a medium mixing bowl, stir together the oats, chopped walnuts, and cinnamon; cut in the coconut oil until evenly combined.

Spoon 1/4 of the oat crumble mixture into each apple. Bake in the preheated oven until apples are tender and filling is bubbling, about 30 minutes. Allow to cool slightly, then serve.

DESSERT

CINNAMON ROASTED PECANS

THESE SPICED PECANS ARE NUTRIENT POWERHOUSES WRAPPED UP IN THE DELICIOUS WARMTH OF CINNAMON.



INGREDIENTS

- **1 1/2 cups** slow-roasted pecan halves (directions below)
- **1/2 tsp** macadamia nut oil
- **1/2 tsp** ground cinnamon
- **3/4 tsp** monk fruit extract
- **1/4 tsp** sea salt

To Slow-Roast Pecans: Place 1 cup raw pecans 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 recipe.

Preheat the oven to 200F.

Combine the pecans and oil in a mixing bowl and toss well. Combine the cinnamon, monk fruit extract, and salt in a separate small bowl. Add the spice mixture to the nuts and stir well to coat.

Place the nuts in a single layer on a large baking sheet and bake for 10 minutes. Remove from the oven and let cool at least 10 minutes before serving. Store in a covered container at room temperature.

Recipes originally published in *The Virgin Diet Cookbook*, Grand Central Life & Style, 2014 and *JJ Virgin's Sugar Impact Diet Cookbook*, Grand Central Life & Style, 2015

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