



JJ VIRGIN

# GOING GLUTEN FREE

**DELICIOUS GLUTEN-FREE  
RECIPES & ALL THE FACTS  
ABOUT CUTTING GLUTEN**

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# INTRO

Eating gluten-free isn't just a diet fad. Hard science proves that eliminating gluten from your diet can improve issues ranging from ADHD to autoimmune disease to leaky gut; help you lose that stubborn weight; and stop symptoms like headaches, gas and bloating, digestive problems, skin trouble, mood swings, joint pain, and more.

This guide is designed to give you the all the facts you need to go gluten-free, plus some delicious recipes that will help you give up gluten without giving up your favorite foods. Go completely gluten-free for just 3 weeks, and I bet you'll see results that inspire you to make the change for life!

Best,  
JJ



# TOP 5 REASONS TO AVOID GLUTEN

Gluten is a protein found in wheat, rye, and other grains that can wreak havoc with your immune system and gut health. While only about 1 in 133 people have a complete inability to digest gluten (also called “celiac disease”), many others suffer from gluten sensitivity.

Symptoms of gluten sensitivity can include headaches, joint pain, brain fog, digestive issues, anxiety, and depression. They may occur hours or even days after you eat gluten. And a gluten-free diet has been proven to reduce inflammation and insulin resistance (an early warning sign for type 2 diabetes).<sup>1</sup>

**Here are the top 5 reasons to avoid bread, pasta, and other gluten-containing foods:**

- 1 Gluten causes leaky gut.** Gluten damages the tight junctions in your gut, allowing small particles of undigested food, bacteria, and even toxins to escape your digestive lining into your bloodstream. This leaky gut can lead to a cascade of health problems and autoimmune issues.<sup>2</sup>
- 2 Gluten triggers inflammation.** Gluten-induced leaky gut creates inflammation. Chronic inflammation contributes to every degenerative disease, including diabetes, Alzheimer’s, cancer, and obesity.<sup>3</sup>
- 3 Gluten-containing foods are low in nutrients.** Common vehicles for gluten like bread and pasta are notoriously low in vitamins, minerals, and other nutrients compared to vegetables, fruits, nuts, and seeds.



4

**Gluten inhibits other nutrient absorption.** Gluten not only brings little to the nutrition party, it also steals nutrients that other foods bring! For instance, gluten-triggered leaky gut inhibits your body from absorbing nutrients and making [vitamin B12](#). Gluten also contains phytates, an anti-nutrient that can block mineral absorption.

5

**Gluten makes you fat.** Gluten contains lectins, which can create pre-diabetes and cause you to store more calories as fat. To make things worse, lectins can trigger leptin resistance, which makes you feel hungrier even after you've eaten a full meal.<sup>4</sup> Couple lectins with leaky gut, inflammation, and poor nutrient levels that can stall metabolism, and you've got a surefire way to pile on weight.

**The risks and discomfort caused by gluten make an airtight case for removing it from your diet! Learn how to go gluten-free now on page 10 with 5 Easy Strategies to Ditch Gluten for Good.**

*Article Sources:*

1 <http://www.ncbi.nlm.nih.gov/pubmed/23253599>

2 <http://www.ncbi.nlm.nih.gov/pubmed/16265432>

3 <http://www.ncbi.nlm.nih.gov/pubmed/21248165>

4 <http://www.ncbi.nlm.nih.gov/pubmed/17212793>

## GLUTEN-FREE BREAKFAST RECIPES

# ESPRESSO-ALMOND SHAKE

Espresso and almonds come together for a nutty, rich protein shake with a caffeinated kick and plenty of energizing protein and filling fiber. Any flavor of protein powder tastes great in this versatile recipe!



MAKES 1 SERVING

- **2 scoops** any flavor [JJ Virgin All-In-One Protein Shake powder](#)
- **6 oz.** unsweetened vanilla almond milk
- **4 oz.** brewed coffee, chilled
- **2 tbsp** almond butter
- **1/2 tsp** [Extra Fiber](#)
- **1/2 tsp** instant espresso powder
- **4-5** ice cube

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!

## GLUTEN-FREE BREAKFAST RECIPES

# VANILLA ALMOND PALEO PROTEIN PANCAKES

These scrumptious protein pancakes are light, fluffy, and delicious. And since they're gluten-free and dairy-free, they're also a healthy Paleo breakfast option!



MAKES 5-6 3" PANCAKES

- **1 cup** almond flour (superfine ground almonds)
- **1 tsp** baking soda
- **1/4 tsp** [JJ Virgin's Sprinkles](#) or monk fruit extract
- **pinch** sea salt
- **2 eggs\***
- **1/4 cup** water
- **2 tsp** vanilla extract
- **1/4 tsp** almond extract
- coconut oil for pan

Whisk almond flour, baking soda, JJ Virgin's Sprinkles, and the pinch of sea salt together in a medium mixing bowl until there's no lumps.

In a small mixing bowl, whisk together the eggs, water, and vanilla and almond extracts. Add the liquid ingredients to the dry ingredients and whisk together until thoroughly mixed.

Preheat a lightly oiled nonstick pan over medium heat. Drop batter by 2 tablespoonfuls onto the prepared pan, and cook until pancakes are golden brown and edges are dry, about 3-4 minutes.

Flip and cook until browned on the other side, 2-3 minutes. Repeat with remaining batter. Serve your pancakes with full-fat Greek yogurt or cultured coconut milk, fresh berries, and a sprinkle of cacao nibs or sliced almonds.

*\*Only if you don't have an egg intolerance.*



## GLUTEN-FREE BREAKFAST RECIPES

# BLUEBERRY POWER MUFFINS

Most muffins are just cupcakes without the frosting, but 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**

- **2/3 cup** 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 cup** 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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# 5 EASY STRATEGIES TO DITCH GLUTEN FOR GOOD

If you're ready to ditch gluten, the five strategies below can make the transition easier. In fact, you'll be amazed at how quickly you adjust your habits and food choices. Just remember that there's no going halfway when you're eliminating gluten. Even trace amounts can cause symptoms.

**Check out the tips below, then commit to going completely gluten-free for at least 21 days, so you can decide whether a gluten-free life is right for you.**

1

**Don't fall into the gluten-free junk food trap.** Just because a food is gluten-free doesn't make it healthy! A cookie is still a cookie, even if it doesn't contain wheat, and many gluten-free processed foods are just as full of sugar and artificial additives. Even if you're going gluten-free, it's still important to eat plenty of clean, lean protein, fiber, and healthy fats and watch your sugar impact.

2

**Read labels.** While a lot of savvy food marketers have hopped on the gluten-free bandwagon, there are still healthy, nutritious options that don't advertise their lack of gluten. Learn to look for the places gluten hides (like lunch meat, condiments, and oatmeal) and recognize products that don't require a gluten-free version (such as bottled water, fruit, or nuts and seeds).

3

**Quality counts.** You are what you eat. Avoiding gluten means avoiding animals that ate gluten as well. Meat sourced from livestock fed unhealthy grains can still cause symptoms. (This holds true for corn and soy sensitivities, too.) Choose organic, grass-fed beef and buy eggs and meat from chickens that are pasture-raised on their natural diet.



4

**Make swaps instead of sacrifices.** Eliminating gluten doesn't have to be painful if you make what I call "lateral shifts" – simple substitutes for your favorite foods. Instead of giving up on noodles altogether, try quinoa pasta or spaghetti squash with your favorite marinara. Brown rice wraps or Romaine lettuce leaves can replace wheat tortillas. For baking, try almond or coconut flour instead of wheat or rye flour. And if you're craving pizza, melt a little goat cheese and tomato sauce on a Portobello mushroom.

5

**Have a backup plan.** Going gluten-free takes some forethought, so start looking at restaurant menus online before you make reservations. It's also helpful to Google nearby grocery stores when traveling out of town. And just in case you get stuck with no gluten-free dining options in sight, keep a safe stash of [healthy, gluten-free meal replacement bars](#) on hand.

You can do this! I'm betting the transformation is so obvious after you get rid of gluten, you'll wonder why you ever chose whole wheat bread and pasta at all...

# SATISFY YOUR SWEET TOOTH THE HEALTHY WAY

CONQUER YOUR CRAVINGS WITH ALL THE HEALTH BENEFITS OF FIBER AND ONLY 1 GRAM OF SUGAR!



We've all been there: the movie theater surrounded by candy and popcorn, work events with complimentary carbs on every table, birthday parties with cake, ice cream, and no willpower in sight... the world is full of opportunities to indulge your sweet tooth and sabotage your health and happiness in the process.

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BE KEEPING THEM TO  
YOURSELF...**

**SATISFY YOUR SWEET TOOTH AND**

**BUY NOW**



## GLUTEN-FREE LUNCH RECIPES

# QUINOA SUMMER SALAD

This drool-worthy salad has all the fiber and complete protein of quinoa, plus refreshing, vitamin-loaded summer veggies and naturally detoxifying cilantro. It does double duty as a meatless main dish or healthy side.



MAKES 4-6 SERVINGS

- **4 cups** organic low-sodium chicken broth
- **1 1/2 cups** uncooked red quinoa
- **1/4 cup** olive oil
- **1/4 cup** freshly squeezed lemon juice
- **1** red bell pepper, finely chopped
- **1/2 small** red onion, finely chopped
- **1/2** English cucumber, cut into bite-size chunks
- **1/2 cup** slivered almonds, chopped
- **1/2 cup** finely chopped fresh cilantro
- **1/2 tsp** sea salt (or to taste)
- **1/4 tsp** freshly ground black pepper

Put the quinoa and chicken broth in a medium saucepan and bring to boil. Cook for about 15 minutes or until quinoa is chewy and cooked through. Allow to cool.

In a small bowl, whisk together the lemon juice and olive oil. In a large bowl, mix together the cooked and cooled quinoa, veggies, and almonds.

Pour over the dressing, toss to combine, then season with salt and pepper. Enjoy as a meatless main dish or as a delicious side for grilled chicken or fish.

## GLUTEN-FREE LUNCH RECIPES

# HEALTHY CHICKEN AND VEGETABLE FRIED RICE

Make your own tasty chicken fried rice with plenty of lean protein, fiber, and healthy fats and none of the questionable ingredients in typical takeout.



### MAKES 2 SERVINGS

- **8 oz.** pre-cooked organic brown rice
- **2 tsp** coconut oil
- **1/4 cup** organic low-sodium chicken broth
- **1** red bell pepper, finely sliced lengthwise, then cut in half
- **1-2** thinly sliced scallions, white and green parts separated
- **1 clove** garlic, minced
- **1 tbsp** finely grated fresh ginger
- **1 1/2 cups** steamed broccoli florets
- **1/4 cup** slivered almonds
- **1 tbsp** sesame seed oil
- **2 tbsp** gluten-free tamari (in Asian foods aisle) or coconut aminos
- **1/2 cup** cubed cooked organic free-range chicken breast

In a large skillet, heat coconut oil on medium-high. Sauté bell pepper, white part of onions, ginger, and garlic in coconut oil until soft, about 2-3 minutes.

Add rice, mix well, and cook for another 3 minutes without stirring. (This undisturbed cooking time allows the rice to get a delicious browned, crispy layer.)

Add chicken broth, broccoli, almonds, sesame oil, tamari, and cubed chicken breast. Mix well and allow to heat through, about 1-2 minutes. Top with green parts of onions and serve immediately.



## GLUTEN-FREE LUNCH RECIPES

# TANGY LIME SHRIMP & 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

- **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 lime 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.



# TOP 15 PLACES GLUTEN HIDES

We've talked about the dangers of gluten and the easiest ways to go gluten-free. But one of the most challenging parts of eating gluten-free is hunting down the hidden sources of gluten in common foods.

The obvious no-no's include anything with "wheat," "barley," or "rye" in the name; bread, noodles, and flour are the most common offenders. It's also important to look for gluten-free rolled oats, as they're often processed with gluten. The same goes for soy sauce, Korean gochujang sauce, and beer, typically brewed or fermented with wheat or barley.

**However, the following 15 foods can be tricky because they are commonly used names for ingredients that contain gluten.**

**When eating gluten-free, it's important to avoid:**

- 1. Bulgur** (dried cracked wheat)
- 2. Bran** (the hard outer husk of several grains)
- 3. Couscous** (tiny grains of wheat pasta)
- 4. Einkorn** (a species of wheat)
- 5. Farina** (a cereal made of wheat)
- 6. Farro** (a blend of grains)
- 7. Groats** (often made from barley)
- 8. Kamut** (ancient wheat species)
- 9. Malt Extract or Flavoring** (both come from barley)
- 10. Matzo** (made of wheat without leavening)
- 11. Orzo** (looks like rice but is actually wheat pasta)
- 12. Seitan** (vital wheat gluten often used as a meat substitute)
- 13. Semolina** (cereal made of durum wheat)
- 14. Spelt** (a species of hulled wheat)
- 15. Triticale** (a hybrid of wheat and rye)

**Learning to read labels is a big part of going gluten-free,  
and this list can help you succeed!**



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30  
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## GLUTEN-FREE DINNER RECIPES

# GRILLED WILD SALMON W/ ONION MARMALADE OVER GREENS

Enjoy tender wild Alaskan salmon grilled and served over a bed of greens, then topped with a naturally sweet and tangy onion marmalade.



### MAKES 4 SERVINGS

- **2 medium** red onions, thinly sliced
- **2 tbsp** olive oil
- **1 tbsp** apple cider vinegar
- **1 tsp** sea salt
- **1/2 tsp** freshly ground black pepper
- **4 fillets** wild-caught salmon, 4-6 oz. each
- **8 cups** fresh arugula
- **1/4 cup** chopped fresh parsley
- **juice** of half a fresh lemon
- **1** lemon, cut into wedges

Heat the grill or preheat a grill pan to medium heat. In a bowl, mix together the onion, olive oil, vinegar, and half the salt and pepper.

Place the onions in the middle of a large piece of foil; crimp it closed and place it on the grill or grill pan. Grill for about 10 minutes until the onions are soft, shaking the foil occasionally to stir.

Cut each salmon fillet into 2-3 strips, and brush with the olive oil. Season with remaining salt and pepper, then cook strips of salmon on the grill or grill pan for 2 minutes on each side, or until cooked through.

Arrange the salmon on top of the arugula and drizzle with the lemon juice. Combine the chopped parsley with the cooked onions and place on top of salmon. Serve with lemon wedges.



## GLUTEN-FREE DINNER RECIPES

# BACON AND MUSHROOM SWEET POTATO HASH

Potato hash sometimes flies under the breakfast radar, but this tasty, savory mix of sweet potatoes, mushrooms, and bacon will change all that! Perfect for breakfast in bed or brunch...



### MAKES 1 SERVING

- **1 small** sweet potato (about 5 ounces), peeled, halved lengthwise, and sliced into thin half-moons
- **4 slices** nitrate-free bacon
- **1 medium** red onion, thinly sliced
- **2 cloves** garlic, sliced
- **1/4 tsp** dried basil
- **1/4 tsp** ground cumin
- **4 oz.** white mushrooms, sliced
- **1/4 tsp** sea salt
- **1/8 tsp** freshly ground black pepper

Place the sweet potato in a small saucepan and add enough cold water to cover by 2 inches. Bring to a boil and cook until the potato is crisp-tender, about 2 minutes; drain and set aside.

Cook the bacon in a large nonstick skillet over medium heat until crisp, 6 to 7 minutes. Drain on a plate lined with paper towel, and then cut into 1-inch-pieces.

Pour off all but 1 tablespoon fat from the skillet and heat the skillet over medium-high heat. Add the onion, garlic, basil and cumin and cook for 1 minute. Stir in the mushrooms and cook, stirring occasionally until they are starting to brown, 5 to 6 minutes.

Add the sweet potatoes and continue cooking until they are tender, 4 to 5 minutes longer. Remove from the heat and stir in the bacon, salt, and pepper. Serve hot.

## GLUTEN-FREE DINNER RECIPES

# 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

- **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 (recipe below)
- **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.



## GLUTEN-FREE DINNER RECIPES

# HOMEMADE KETCHUP

Ketchup is an essential, but store-bought versions are syrupy sweet and can contain gluten. This quick and tasty recipe has beautiful tomato flavor without any added sugar.



### MAKES 2 CUPS

- **2 (6-oz)** cans organic tomato paste
- **1 (8-oz)** can organic tomato sauce
- **1/3 cup** apple cider vinegar
- **1/2 cup** water
- **2 tsp** monk fruit extract
- **1 tsp** onion powder
- **1/2 tsp** garlic powder
- **1/4 tsp** ground allspice
- **1/2 tsp** sea salt
- **1/4 tsp** freshly ground black pepper

Combine all the ingredients in a small saucepan over medium heat. Bring to a simmer, then immediately reduce the heat to medium-low.

Cover the pan and simmer gently, stirring occasionally, until thickened, about 15 minutes. Let the ketchup cool completely before refrigerating. Store, covered, for up to 3 weeks.





**if you've ever found yourself cramping and bloated after a steak dinner, you know what happens without enough digestive enzymes! If you're over 35 or experience regular stress, you may need to supplement to avoid painful digestive upset and make the most of your meals.<sup>1-2</sup>**

**THAT'S WHERE METABOLIC DIGESTIVE BALANCE COMES IN...**

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Sources:

1 <http://www.ncbi.nlm.nih.gov/pubmed/22991491>

2 <http://www.ncbi.nlm.nih.gov/pubmed/21480414>





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