




JJ VIRGIN's



# SMOOTHIE GUIDE

**48 TASTY,  
PROTEIN-PACKED  
RECIPES**

JJVIRGIN.COM



# SMOOTHIEGUIDE

**The recipes in this guide are all tried and true - in fact, I've been drinking a protein shake every day for almost thirty years!**

I'm living proof that a smoothie (or two) a day can help you stay lean, energized, and healthy. And you won't find a more convenient meal, whether you're juggling your normal daily routine or traveling for work or play.

Added bonus: the endless flavor combinations mean you'll never get bored. And I say that after about 10,000 shakes and counting...

**So why am I such a fan of protein shakes and smoothies?** Drinking one for breakfast every day has been the number one needle mover for thousands of people who successfully follow the Virgin Diet and Sugar Impact Diet. It's the perfect post-workout recovery drink and the fastest, simplest way to boost your fat-burning potential.

Your wallet will thank you, too! For about the price of a large coffee, you can make a tasty, healthy breakfast instead. (Don't worry, you're welcome to add your java to your shake for a caffeine boost...)

Protein shakes are not only great time and money savers, they're also a healthy meal option at any age. A smoothie is the perfect way to get great nutrition past even the pickiest palates.

**Read on for 48 amazing recipes for protein shakes, smoothie bowls, energizing hot drinks, and even fun snack alternatives.** Once you start the protein shake habit, you won't ever go back!

Let's get shaking,  
JJ



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**\*Remember to wait to enjoy recipes that contain fruit until you're not in Cycle 2 of the Sugar Impact Diet.**



*After trying JJ's All-In-One Shakes, I lost 10 pounds in 2 weeks and have more energy than I have had in a very long time. I don't have the congestion in my head and the bloated feeling I get after having dairy. And the sugar cravings are gone! Thanks to JJ for sharing her knowledge with all of us!*

**- Shawn P.**

*\*Everyone's body and experience is different. The success stories throughout this guide are just examples, and your results may vary.*

# Creating Your Smoothie

Whether you call it a smoothie or shake, the key to a healthy meal replacement drink is clean, lean protein, healthy fats, and plenty of fiber.

Remember to avoid ingredients likely to cause food intolerances (such as gluten, soy, dairy, eggs, corn, and peanuts), as well as anything artificial or high-sugar impact.

*HERE'S SOME TIPS TO HELP YOU CREATE THE IDEAL SMOOTHIE OR SHAKE:*

**1. ADD PROTEIN FOR POWER** Ever had a sugar crash soon after your morning smoothie? That's because it didn't contain enough protein! Every shake should contain 20-25 grams of protein for sustained energy.

Helpful tips for protein sources:

- **Look for a complete protein profile in your vegan protein.** (That means it contains all nine essential amino acids.) Preferred sources are pea, chia, chlorella, or brown rice.
- **If you prefer a Paleo protein source, look for defatted beef protein with branched-chain amino acids.** Be sure the cows are grass-fed, hormone-free, and never given GMO feed.
- **Avoid soy, egg, or dairy (including whey) protein powders.** They cause inflammation that can cause skin breakouts, headaches, joint pain, fatigue, and even weight gain.

**2. ADD FIBER TO STAY FULL** If your stomach is growling soon after your morning shake, you missed the fiber! Fiber helps you feel full and burn fat, not to mention manage your blood glucose and cholesterol levels. Help prevent heart disease and type 2 diabetes by adding fiber to your shake.

Some great choices:

- freshly ground flaxseed
- chia seed
- avocado
- JJ Virgin Extra Fiber
- berries
- leafy greens

**3. ADD HEALTHY FAT TO STAY LEAN** In order to burn fat, you have to eat fat! Despite what 1980s nutrition gurus would have you believe, eating low-fat/no-fat tells your body to hang on to the fat you already have, especially around your middle.

Healthy Fat Sources include:

- coconut oil or coconut butter
- nut or seed butters (never peanut butter)
- avocado
- unsweetened coconut, almond, or cashew milk
- full-fat Greek yogurt (if not dairy intolerant)

**THOSE 3 STEPS WILL GUARANTEE A SHAKE OR SMOOTHIE THAT GIVES YOUR BODY EXACTLY WHAT YOU NEED TO LOOK AND FEEL YOUR BEST!**

# Shortcut to the **PERFECT SHAKE**

Select your protein.

Add your healthy fats

Add your fiber.

Add liquid, ice, and blend!

Add your fruit and veggies.



## CHOICES FOR FIBER:

- Avocado
- Flax seed
- Chia seeds
- Leafy greens
- Extra Fiber

## CHOICES FOR FRUIT & VEGGIES:

- Blueberries
- Raspberries
- Strawberries
- Spinach
- Kale
- Chard
- Pumpkin
- Butternut squash

## CHOICES FOR HEALTHY FATS:

- Coconut oil
- Almond butter
- Cashew butter
- Full-fat Greek Yogurt\*
- Avocado

## CHOICES FOR LIQUID:

- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened cashew milk

## ADD SOME CRUNCH & TEXTURE:

- Sliced almonds
- Chopped walnuts or cashews
- Unsweetened coconut
- Cacao nibs

\*If not sensitive to dairy

# COLD SMOOTHIES AND SHAKES

## YOUR FIRST SHAKE RECIPE

THIS BASIC SHAKE RECIPE IS PERFECT FOR BEGINNERS --  
QUICK, EASY, AND COMPLETE NUTRITION.

MAKES 1 SERVING



### INGREDIENTS

- **2 scoops** [JJ Virgin All-In-One Protein Shake powder, any flavor](#)
- **1/2 cup** frozen organic berries
- **1/2 small** avocado, peeled and pitted
- **1 Tbsp** chia seeds or 2 tsp [JJ Virgin Extra Fiber](#)
- **10 oz.** unsweetened coconut or almond milk

Blend and enjoy!

Your shake can be thickened by adding ice cubes or thinned by adding cold water. This is just the beginning...

# CREAMY CHOCOLATE ALMOND BUTTER SHAKE

(A.K.A. JJ'S FAVORITE!)

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

MAKES 1 SERVING

## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder](#)
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **2-3 Tbsp** unsweetened 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. 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. Irresistible!



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.

# VERY VANILLA STRAWBERRY SMOOTHIE

GIVE THE CLASSIC COMBINATION OF STRAWBERRIES AND CREAM A HEALTHY MAKEOVER WITH THIS DELICIOUS RECIPE.  
(BEST WAY EVER TO SNEAK IN SOME GREENS!)

**MAKES 1 SERVING**



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 cup** frozen organic strawberries
- **1/2 small** avocado, peeled and pitted
- **1/2 cup** fresh baby spinach leaves
- **1 tsp** real vanilla extract
- **10 oz.** unsweetened vanilla almond milk

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Yummy!



*I started using JJ's Paleo-Inspired Chocolate Shakes for my morning meal, and I've already dropped 10 pounds. I love the chocolate flavor. It feels like I'm eating a treat, but I know it's quick, easy, and good for me too. My favorite meal of the day!*

**- Shelby H.**



# CHOCOLATE RASPBERRY DELIGHT

ENJOY THIS DELICIOUS PROTEIN SHAKE WITH RASPBERRIES AND CHOCOLATE. IT'S THE PERFECT WAY TO GET UP AND GO IN THE MORNING OR REFUEL AFTER A WORKOUT.

MAKES 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **1/2 cup** frozen organic raspberries
- **1 Tbsp** cacao nibs
- **10 oz.** unsweetened coconut milk

Blend the ingredients together until smooth.

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



Delicious and nutritious  
JJ Virgin All-In-One Protein Shakes

**PALEO OR PLANT-BASED**  
**CLEAN PROTEIN • 1g SUGAR OR LESS**



# Brandy's Journey: A Success Story

From JJ Virgin & Associates 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, 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 autoimmune illnesses left me feeling exhausted and pretty hopeless. 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 inside, I still never thought anything would work for me.

I'm happy to say that I found my motivation over the summer of 2015, and **I've gone from 163.5 lbs to 128.0 lbs** by following **The Virgin Diet** and drinking a protein shake every day. 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 more energy than I've had 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. I also add the Leaky Gut Powder because I've always had digestive issues (bloating, irregularity, embarrassing stomach noises, etc). I just mix it in with my shake and forget about it.

Experiencing those symptoms and knowing I have food sensitivities, immune system issues, and a lot of medication consumption, using Leaky Gut Support seemed like a no-brainer. After only a couple of weeks of use, I saw positive results.

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

MAKES 1 SERVING

### INGREDIENTS

- 8 oz. unsweetened almond milk
- 2 scoops [JJ Virgin Vanilla Plant-Based All-In-One Shake powder](#)
- 1 Tbsp chia seeds
- 1 Tbsp [Leaky Gut Support](#)
- 1/2 cup frozen organic blueberries
- 1 tsp organic cold pressed coconut oil

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

# PEACHY SUNRISE CHAI SMOOTHIE

THIS IS THE PERFECT SHAKE TO WAKE UP TO: FRUITY, SPICY, AND ENERGIZING. THE WARM TASTE OF CHAI SPICES BLEND PERFECTLY WITH THE NATURAL HEAT OF FRESH GINGER.

MAKES 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **8 oz.** unsweetened almond milk
- **1/2 cup** frozen organic peach slices
- **1 Tbsp** chia seeds or 2 tsp of [JJ Virgin Extra Fiber](#)
- **1/2 cup** baby spinach leaves
- **1/2 tsp** peeled, grated fresh ginger

Blend the ingredients together until smooth. Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.



*I found JJ when I was searching for an answer to my hand and knee pain. Following JJ's Virgin Diet and using her All-In-One Protein Shakes, I lost 50 pounds and all of my pain is gone!* - **Melanie P.**

# JJ'S BIRTHDAY CAKE SHAKE

SOMEBODY LIGHT THE CANDLES! THIS TASTY VANILLA AND ALMOND PROTEIN SHAKE WITH WHIPPED COCONUT CREAM AND SPRINKLES MAKES EVERY DAY A FUNFETTI CELEBRATION.

Makes 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **10 oz.** unsweetened coconut milk
- **1 Tbsp** coconut butter
- **1 Tbsp** almond butter
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **1 tsp** real vanilla extract
- **1/8 tsp** almond extract
- **4-5** ice cubes
- **Whipped** coconut cream (recipe below)
- **1 tsp** [all-natural rainbow sprinkles](#)

Blend the shake mix, coconut milk, coconut butter, almond butter, Extra Fiber, vanilla extract, almond extract, and ice cubes together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top your shake with a dollop of whipped coconut cream and sprinkles. Celebration time!

## WHIPPED COCONUT CREAM

MAKES 1/2 CUP

THIS DREAMY, DAIRY-FREE WHIPPED CONCOCTION MAKES THE PERFECT TOPPING FOR ANY DRINK OR TREAT. IT'S A BEAUTIFUL CLOUD OF NATURALLY SWEET COCONUT.

- **(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.

# What Makes JJVIRGIN ALL-IN-ONE PROTEIN SHAKES Different

## **CLEAN, COMPLETE PROTEIN**

JJ Virgin All-In-One Protein Shakes are formulated naturally using responsibly sourced, hormone- and GMO-free ingredients. In the Paleo-Inspired shakes, that means you get easily digestible beef protein peptides with the power of bone broth. In the Plant-Based shakes, we use low-allergenicity vegan proteins including pea, chia, and chlorella that have all 9 essential amino acids.

## **ANTI-INFLAMMATORY INGREDIENTS**

JJ Virgin All-In-One Protein Shakes never include the foods most likely to cause intolerances. No dairy, soy or corn proteins, gluten, grains, eggs, or artificial sweeteners. That means you won't suffer from symptoms like gut discomfort, skin breakouts, joint pain, headaches, and even weight gain that other protein shakes can cause.

## **SCIENCE-BASED FORMULAS**

Because we understand the science behind burning fat and building muscle, JJ Virgin All-In-One Protein Shakes also include fiber, healthy fats, vitamins, and minerals. The complete protein in Paleo-Inspired Shakes is boosted with BCAAs (branched-chain amino acids) to support skin and connective tissue. Plant-Based Shakes contain 9 whole-food fruits and vegetables, plus prebiotics and probiotics.

## **LOW SUGAR IMPACT\***

Fast food breakfast platters average 32-48 grams of sugar, and America's favorite at-home breakfast options don't fare much better! Popular breakfast cereals average 13 grams of sugar per serving. (And let's be honest, who only eats 3/4 of a cup of cereal for breakfast?) Meanwhile, a seemingly innocent meal of eggs, whole wheat toast with jam, and a glass of OJ will add 35 grams of sugar to your daily total. JJ Virgin All-In-One Protein Shakes? Just 1 gram or less of sugar per serving.

## **THIRD-PARTY QUALITY TESTING**

When it comes to the promise of superior quality, you don't have to take our word for it! Like all JJ Virgin products, JJ Virgin All-In-One Protein Shakes are third-party tested for quality and efficacy before they're ever made available to our community. By paying for outside quality control testing, we assure you receive an exceptional product every time.

\*Sugar impact comparisons made using McDonalds Big Breakfast (48g sugar); Burger King Ultimate Breakfast Platter (32g sugar); Raisin Bran with milk (19g sugar); Frosted Mini-Wheats with milk (11g sugar); Honey Nut Cheerios with milk (9g sugar); 2 eggs, 2 pieces of Sara Lee honey whole wheat toast with Smuckers strawberry jam, 8 oz. Minute Maid orange juice (35g sugar)

# MINT CHOCOLATE CRUNCH SHAKE

THIS DELIGHTFULLY FROSTY SHAKE HAS A SMOOTH MINTY FLAVOR. IF YOU'VE BEEN CRAVING A PINT OF MINT CHOCOLATE CHIP ICE CREAM, HERE'S YOUR ANSWER!

Makes 1 **SERVING**



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 small** avocado, peeled and pitted
- **1/4 tsp** pure peppermint oil
- **10 oz.** unsweetened coconut milk
- **2 Tbsp** raw cacao nibs
- **4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top with a sprinkling of cacao nibs for extra crunch.

# GREEN CLEANSING SMOOTHIE

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

**MAKES 1 SERVING**



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla 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 or 2 tsp of [JJ Virgin Extra Fiber](#)
- **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.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Get ready to cleanse and detoxify the safe way!

# PUMPKIN SPICE LATTE SHAKE

EVERY FALL, THE INTERNET GOES PREDICTABLY WILD FOR ALL THINGS PUMPKIN SPICE. BUT PUMPKIN SPICE LATTES COME WITH EMPTY CARBS, ADDED SUGARS, DAIRY, AND ARTIFICIAL FLAVORS. SKIP THE PSL AND CHOOSE THIS INEXPENSIVE, NUTRITIOUS RECIPE INSTEAD!

Makes 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Chai Plant-Based Protein Shake powder](#)
- **1/2 cup** canned packed pumpkin (NOT pumpkin pie filling)
- **1/2 tsp** peeled, grated fresh ginger
- **1 Tbsp** freshly ground flaxseed
- **Dash** ground cinnamon
- **5 oz.** brewed coffee, chilled
- **5 oz.** unsweetened coconut milk
- **4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of sweetness, you can also add a dash of [JJ Virgin Sprinkles](#) to taste.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Pumpkin pie never had it so good!



# CHOCOLATE SUPERFOODS SMOOTHIE

THIS SMOOTHIE IS FULL OF YUMMY, NUTRITIOUS SUPERFOODS THAT CAN HELP YOU BURN FAT, FIGHT DISEASE, AND SLOW AGING.

MAKES 1 SERVING

## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **10 oz.** unsweetened almond milk
- **1/2** small avocado
- **1 cup** fresh baby spinach
- **1/2 cup** frozen mixed berries (look for blueberries, raspberries, or açai berries)
- **1 Tbsp** chia seeds or 2 tsp of [JJ Virgin Extra Fiber](#)
- **1 Tbsp** raw cacao powder
- **1 tsp** grated fresh ginger

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Now that's what I call super!

# BLUEBERRY-MINT SMOOTHIE BOWL

MAKES 1 SERVING

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **10 oz.** unsweetened coconut milk
- **1/2** small avocado
- **1 cup** fresh baby kale
- **1/2 cup** frozen blueberries
- **1 Tbsp** chia seeds or 2 tsp of [JJ Virgin Extra Fiber](#)
- **1 Tbsp** chopped fresh mint
- **1/4 cup** fresh blueberries
- **2 Tbsp** shredded unsweetened coconut

Blend the shake powder, coconut milk, avocado, kale, frozen blueberries, chia seeds, and 2 teaspoons of the fresh mint together until smooth.

Pour smoothie into bowl and top with fresh blueberries, shredded coconut, and remaining mint. Yum!



*Because of JJ Virgin, I can enjoy a healthy breakfast. I suffer from many food allergies but can enjoy her delicious shakes!* - Naia B.

# HOT FLASH-HALTING PROTEIN SHAKE

INGREDIENTS LIKE ALMOND, AVOCADO, FLAXSEED, AND FENNEL CAN HELP NATURALLY ELIMINATE HOT FLASHES, AS WELL AS DETOXYFY YOUR SYSTEM AND SLOW INFLAMMATION AND AGING. TAKE THAT, MENOPAUSE!

Makes 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **10 oz.** unsweetened almond milk
- **1/2** small avocado
- **1 cup** fresh baby spinach
- **1/2 cup** frozen organic mixed berries
- **1 Tbsp** freshly ground flaxseed
- **1 Tbsp** raw cacao powder
- **1/4 tsp** fennel seed

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Bye-bye hot flashes!

# COCO-CASHEW SHAKE

GET A HELPFUL DOSE OF OMEGA-3 FATTY ACIDS IN THIS INFLAMMATION-FIGHTING SHAKE RECIPE. NUTTY, CHOCOLATEY, AND A NEW FAVORITE.

**MAKES 1 SERVING**



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **1 Tbsp** freshly ground flaxseed
- **2 Tbsp** cashew butter
- **10 oz.** unsweetened cashew milk
- **4-5** ice cubes

Blend the ingredients together until smooth.

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



*I can feed my picky daughter a delicious shake and know she is getting a ton of good nutrition!* - Gina H

# LEMON MERINGUE PIE SMOOTHIE

THIS YUMMY SMOOTHIE HAS THE CREAMY TANG OF LEMON MERINGUE PIE, MINUS THE GLUTEN, SUGAR, AND EGGS. SO TASTY!

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **6 oz.** full-fat Greek yogurt or cultured coconut milk
- **1 Tbsp** fresh lemon juice
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **1 tsp** lemon zest
- **4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of extra sweetness, you can also add a dash of [JJ Virgin Sprinkles](#).)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. dessert for breakfast...

# BUTTERNUT CHAI BEAUTY

THIS YUMMY, FILLING PROTEIN SHAKE IS AUTUMN IN A CUP. IT'S GOT THE NATURAL, BUTTERY SWEETNESS OF BUTTERNUT SQUASH, PLUS SPICES FROM CHAI, CINNAMON, AND NUTMEG.

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla or Chai All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 cup** canned packed butternut squash or cooked, cubed butternut squash
- **1 cup** fresh kale leaves
- **1 cup** unsweetened coconut milk
- **2 Tbsp** sunflower seed butter
- **1 tsp** real vanilla extract
- **1/8 tsp** ground nutmeg
- **dash** ground cinnamon
- **4-5** ice cubes

Blend the ingredients together until smooth.

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

# CHOCOLATE COCONUT HEAVEN SHAKE

THIS PROTEIN SHAKE RECIPE IS COOKIES AND CREAM MEETS A MOUNDS CANDY BAR. IT'S GOT NO ADDED SUGAR, DREAMY FLAVOR, AND ENOUGH FIBER TO STAY FULL FOR HOURS.

Makes 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **1** [JJ Virgin Dark Chocolate Coconut Fiber Bar](#)
- **1 tsp** real vanilla extract
- **10 oz.** unsweetened coconut milk
- **4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding more ice cubes or thinned by adding more cold water. Like a candy bar minus the guilt!



*I have lost weight, which is great, but more importantly, I feel so much better. More energy and I'm loving life!* - Michelle D.

# What's the Difference Between **PALEO-INSPIRED** and **PLANT-BASED** ALL-IN-ONE **SHAKES?**

## PALEO-INSPIRED SHAKES

are suited to the grain-free Paleo diet or those who prefer animal protein.



**20g**  
PROTEIN

**DAIRY**  
FREE

**GLUTEN**  
FREE

**SOY**  
FREE

If you love the power of bone broth but hate the hassle, try Paleo-Inspired All-In-One Shakes instead!

- Every serving contains 20g of beef protein per serving, conscientiously sourced from cows who are never given any antibiotics, hormones, or GMO feed.
- Unlike whey or soy protein, Paleo-Inspired shakes don't cause extra gas and bloating, skin issues, congestion, or weight gain.
- You'll also still get plenty of vitamins, minerals, and whole-food fruits and veggies.

## PLANT-BASED SHAKES

are ideal for vegetarians (and folks who wish they were, but draw the line at eating fresh veggies).



**22g**  
PROTEIN

**DAIRY**  
FREE

**GLUTEN**  
FREE

**SOY**  
FREE

If you love the fiber and nutrients of fruits and veggies but not their taste, these shakes are the answer - perfect for picky eaters!

- Every serving contains 9 whole-food fruits and vegetables and 22g of protein from low-allergenicity pea, chia, and chlorella.
- You get all the goodness of apricots, beets, broccoli, cabbage, carrots, mangos, pineapple, raspberries, and spinach without ever knowing they're there!
- Plus, we add prebiotics and probiotics to boost your immune and digestive system so your body makes the most of every smoothie.

# PEACH-BERRY GREEN SMOOTHIE BOWL

PEACHES, STRAWBERRIES, AND GREENS COME TOGETHER IN THIS TASTY SMOOTHIE BOWL RECIPE. IT'S LIKE SUMMER IN A BOWL, WITH THE PROTEIN AND FIBER YOU NEED TO FEEL GREAT!

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake](#) powder (your choice of protein type)
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **10 oz.** unsweetened vanilla almond milk
- **1/2** avocado
- **1 cup** baby spinach
- **1/2 cup** frozen organic strawberries, sliced
- **1/2 cup** frozen organic peach slices
- **1 tsp** real vanilla extract
- **2 Tbsp** sliced almonds

Blend the shake powder, Extra Fiber, almond milk, avocado, spinach, frozen fruit, and vanilla together until smooth.

Pour smoothie into bowl and top with fresh fruit and almond slices. Pretty and tasty!

# DARK CHOCOLATE-COVERED STRAWBERRY SHAKE

YOU CAN MAKE A HEALTHY PROTEIN SHAKE VERSION OF THIS VALENTINE'S DAY TREAT ANY DAY OF THE YEAR!

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **10 oz.** unsweetened coconut milk
- **1/2 cup** frozen organic strawberries
- **1/2 small** avocado, peeled and pitted
- **1 Tbsp** raw cacao powder
- **1 tsp** real vanilla extract

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Be mine!

# ISLAND COCONUT GREEN SMOOTHIE

THERE'S PLENTY OF COCONUT FLAVOR IN THIS REFRESHING GREEN SMOOTHIE, NOT TO MENTION ALL THE HEALING, ANTI-INFLAMMATORY BENEFITS OF THIS ISLAND FAVORITE. PAPER UMBRELLA, ANYONE?

MAKES 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **10 oz.** unsweetened coconut milk
- **1 cup** mixed baby greens
- **2 Tbsp** coconut butter
- **2 Tbsp** shredded unsweetened coconut
- **1 Tbsp** chia seeds or 2 tsp of [JJ Virgin Extra Fiber](#)
- **1 tsp** lime juice
- **1/8 tsp** coconut extract (optional)
- **4-5** ice cubes

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. The perfect drink for your next stay-cation...



# MOM'S APPLE CHAI SMOOTHIE

THIS SHAKE RECIPE IS AN EXOTIC TWIST ON THE FLAVORS OF MOM'S APPLE PIE, WITH APPLES AND CHAI SPICES, PLUS THE POWER OF GREENS, PROTEIN, AND FIBER.

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **10 oz.** unsweetened almond milk
- **1/2 cup** peeled green apple chunks
- **1 cup** mixed baby greens
- **2 Tbsp** cashew or almond butter
- **1 Tbsp** freshly ground flaxseed
- **dash** ground cinnamon
- **4-5** ice cubes

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

# CHERRY ALMOND SHAKE

NOT ONLY DO THE FLAVORS OF CHERRIES AND ALMONDS COMPLIMENT EACH OTHER BEAUTIFULLY, THEY'RE GREAT SOURCES OF VITAMINS A AND C, PLUS CALCIUM.

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **10 oz.** unsweetened almond milk
- **1/2 cup** frozen organic pitted cherries
- **2 Tbsp** almond butter
- **1 Tbsp** freshly ground flaxseed
- **1/8 tsp** almond extract

Blend the ingredients together until smooth.

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



*Thank you, JJ Virgin! I have lost 17 pounds and 3 inches over 6 weeks and am still losing. I'm 48 years old, and I feel fantastic! The shakes are delicious and filling and provide the nutrition I need for 1 or 2 meals a day, and I don't feel hungry. I will be continuing the shakes and following The Virgin Diet to reach my goal weight because I want to continue feeling wonderful. - Mary W.*

# CHOCOLATE CHERRY CHIA PROTEIN SHAKE

CHOCOLATE, CHERRY, AND NUTRITIOUS CHIA SEEDS COME TOGETHER IN THIS IRRESISTIBLE PROTEIN SHAKE RECIPE. PROTEIN AND FIBER IN ONE YUMMY PACKAGE!

MAKES 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 cup** frozen organic unsweetened dark cherries
- **1 Tbsp** chia seeds
- **1/2 cup** full-fat plain Greek yogurt or cultured coconut milk
- **1/2 cup** cold filtered water

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding more cold water. So good!



*I have not found a better shake than JJ's Paleo-Inspired All-In-One Shake. It makes me feel satisfied and fantastic, while also making me feel like I'm having a decadent dessert. If I need to eat something but need to leave the house fast, I blend up a drink and go. I found this shake after becoming casein intolerant. I decided to refuse to miss out on healthy-yet-creamy things just because I could no longer eat dairy. The texture and flavor of the shakes are perfect. I love them because they make me FEEL good. Thank you, JJ!* - Erin D.

# JJ'S POST-WORKOUT RECOVERY SHAKE

WITHIN AN HOUR OF EXERCISE, YOU NEED A MEAL WITH 20-25 GRAMS OF PROTEIN AND ABOUT 25 GRAMS OF CARBS. THIS IS THE ONLY TIME I RECOMMEND EATING LOW-FIBER AND LOW-FAT, AS YOU WANT YOUR BODY TO BE ABLE TO RAPIDLY ABSORB THESE MACRONUTRIENTS. SINCE FAT AND FIBER SLOW THAT ABSORPTION DOWN, SKIP THEM IN YOUR POST-WORKOUT MEAL.

**MAKES 1 SERVING**



## INGREDIENTS

- **2 scoops** [JJ Virgin Paleo-Inspired All-In-One Protein Shake powder](#) (your choice of flavor)
- **8 oz.** organic unsweetened rice milk
- **1 tsp** [L-glutamine Powder](#)
- **1/2 cup** fresh greens (chard, kale, baby spinach, or mixed supergreens)
- **4-5** ice cubes

Blend the ingredients together until smooth.

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

# 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**



## INGREDIENTS

- **2 scoops** [JJ Virgin All-In-One Protein Shake powder](#) (your choice of protein type and flavor)
- **6 oz.** unsweetened vanilla almond milk
- **4 oz.** brewed coffee, chilled
- **2 Tbsp** almond butter
- **2 tsp** [JJ Virgin Extra Fiber](#)
- **1 tsp** espresso powder
- **4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Plenty of energy headed your way!



*"This is one of the few shakes that keeps me full for quite a while. I use it with JJ's Extra Fiber, and it's a great combination – the flavor is good as well!"*  
- Colleen P.

# PMS-FIGHTING SMOOTHIE

THIS HYDRATING SMOOTHIE IS FULL OF NATURAL ANTI-INFLAMMATORIES, PLUS ANTIOXIDANTS TO HELP BOOST YOUR IMMUNE SYSTEM. PROTEIN GIVES YOU ENERGY, WHILE HEALTHY FATS STOP BLOATING.

MAKES 1 SERVING



## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla or Chai All-In-One Protein Shake powder](#)
- **1 cup** fresh baby spinach
- **1/2** small avocado
- **10 oz.** unsweetened coconut milk
- **1 Tbsp** chia seeds or 2 tsp [JJ Virgin Extra Fiber](#)
- **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.

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

# ENERGIZING HOT DRINKS

Protein shakes don't have to be cold! If you're in the mood for something warm and cozy that won't leave you with a sugar crash or pack on the pounds, try these delicious recipes.

## SPICED TURMERIC LATTE (A.K.A. GOLDEN MILK)

KNOWN FOR ITS ANTI-INFLAMMATORY PROPERTIES, TURMERIC MAKES A DELICIOUS, NURTURING HOT DRINK WHEN MIXED WITH CHAI PROTEIN POWDER AND COCONUT MILK.

**MAKES ENOUGH SPICE PASTE FOR SEVERAL DOZEN LATTES**



### For Spice Paste

- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **2 Tbsp** ground turmeric
- **1 1/2 tsp** ground ginger
- **1/2 tsp** ground cinnamon
- **1/2 cup** filtered water

### For Each Latte

- **8 oz.** unsweetened coconut milk
- **1 tsp** coconut oil
- **1 tsp** spice paste

### To Make the Spice Paste

Stir together all the ingredients in a small saucepan until well-combined. Cook over medium heat, stirring constantly, until the mixture becomes a thick paste, about 1-2 minutes. Let the mixture cool, then store in a small jar in the refrigerator.

### To Make a Latte

Whisk together all the latte ingredients in a cooking pot and cook over medium heat until warm. (Do not allow to boil.)

This makes a great drink to help you wind down at the end of a long day...

# DARK HOT CHOCOLATE

YOU DON'T NEED DAIRY OR SUGAR TO CREATE A YUMMY ALTERNATIVE TO HOT CHOCOLATE. AS A BONUS, THIS HEALTHY VERSION WILL GIVE YOU PLENTY OF ENERGY!

**MAKES 2 SERVINGS**

## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder](#)
- **14 oz.** unsweetened vanilla almond milk
- **1 Tbsp** raw cacao powder
- **2 tsp** real vanilla extract
- **Whipped** coconut cream and cacao nibs (optional, recipe on p.23)

Blend the protein powder, almond milk, cacao powder, and vanilla extract in a blender until the ingredients are well-mixed.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a dollop of whipped coconut cream and a sprinkle of cacao nibs. So cozy!

# CINNAMON VANILLA CAPPUCCINO

THE WARMTH OF CINNAMON AND COFFEE ARE A MATCH MADE IN HEAVEN. ADD IN VANILLA PROTEIN SHAKE, AND YOUR MORNING JOE IS TRANSFORMED INTO A HEALTHY, SOPHISTICATED DRINK.

**MAKES 1 SERVING**

## INGREDIENTS

- **1-2 shots** freshly brewed espresso
- **1/4 cup** heated unsweetened coconut or almond milk plus more for foam (if desired)
- **1/2 scoop** [JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder](#)
- **1/8 tsp** ground cinnamon

Whisk the shake and cinnamon into the coconut or almond milk until smooth. Stir into your hot espresso, and top with more foamed coconut or almond milk and a sprinkling of cinnamon.



*I lost 8 pounds in 3 weeks, but more importantly, I also lost the bloated feeling and abdominal discomfort I had been experiencing the last six months! I was so surprised by how full I feel after my morning shake, and I have totally cut out snacking between meals. I have just begun this journey, but I feel totally positive about my end result. - Denise C.*

# TURKISH COFFEE

THIS COFFEE DRINK IS GUARANTEED TO LEAVE YOU FEELING WARM AND ENERGIZED. (IF YOU'RE DRINKING IT AFTER NOON, BE SURE TO USE DECAF!)

**MAKES 1 SERVING**



## INGREDIENTS

- **1 scoop** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **4 oz.** unsweetened coconut milk
- **6 oz.** strong brewed coffee (hot)
- **1/8 tsp** ground cardamom
- **Dash** ground cinnamon

In a small bowl, whisk together the coconut milk, chai shake powder, and ground cardamom until smooth and well-combined.

Pour into the hot coffee and stir. Top with a dash of ground cinnamon and enjoy!



# MEXICAN HOT CHOCOLATE

THIS PROTEIN-PACKED RECIPE FOR SPICED HOT CHOCOLATE HAS ALL THE FLAVOR AND FUN WITHOUT THE SUGAR. IT'S DAIRY-FREE AND ABSOLUTELY DELICIOUS!

**MAKES 2 SERVINGS**

## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate Plant-Based All-In-One Protein Shake powder](#)
- **14 oz.** unsweetened coconut milk
- **2 Tbsp** cacao nibs
- **1/4 tsp** ground cinnamon
- **1/8 tsp** cayenne powder (or to taste)

Blend the protein powder, coconut milk, cacao nibs, and cayenne in a blender until the ingredients are well-mixed and the cacao nibs are finely chopped. If you're a real chocoholic, you can also add a tablespoon of raw cacao powder for intense chocolate flavor.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a sprinkle of cacao nibs.

# PROTEIN MOCHA

ADD A BOOST OF FAT-BURNING POTENTIAL TO YOUR MORNING MOCHA WITH THIS QUICK AND EASY RECIPE.

**MAKES 1 SERVING**

## INGREDIENTS

- **1-2 shots** freshly brewed espresso
- **1/4 cup** heated unsweetened coconut or almond milk
- **1/2 scoop** [JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder](#)  
(add more or less shake mix to your taste and desired consistency)

Whisk the shake into the coconut or almond milk until smooth. Stir into your hot espresso and enjoy!

# CREAMY CHAI TEA

HOT TEA WITH EXOTIC SPICES, ALMOND MILK, AND A PROTEIN BOOST MAKES THE PERFECT DRINK ON A COLD DAY.

**MAKES 1 SERVING**

## INGREDIENTS

- **1 scoop** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **4 oz.** unsweetened almond milk
- **1/2 tsp** real vanilla extract
- **6 oz.** strong brewed black tea (hot)
- **dash** ground cinnamon

In a small bowl, whisk together the almond milk, chai shake powder, and vanilla extract until smooth and well-combined.

Pour into the hot tea and stir. Top with a dash of ground cinnamon and enjoy.

# CHAI GREEN TEA WITH WHIPPED COCONUT CREAM

THIS DRINK RECIPE IS ZEN IN A MUG. ANTIOXIDANT-RICH GREEN TEA BLENDS WITH CHAI SPICES AND CREAMY COCONUT FOR A HEALTHY, SOOTHING DRINK. GREAT FLAVOR AND GREAT HEALTH BENEFITS!

MAKES 1 SERVING



## INGREDIENTS

- **1 scoop** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **4 oz.** unsweetened coconut milk
- **6 oz.** brewed green tea (hot)
- **Whipped** coconut cream (recipe on page 19)
- **Dash** of ground matcha powder

In a small bowl, whisk together the coconut milk and chai shake powder until smooth and well-combined. Pour into the hot green tea and stir.

Top with a spoonful of whipped coconut cream and a dash of ground matcha powder for a real showstopper!



*I've been enjoying JJ's Chocolate All-In-One Shakes for over 3 years now, and I have no plans to replace it. It's been a part of my everyday, as I have a shake in the morning to help me perk up, feel invigorated, and know I'm providing my body with great nutrition. Thank you all very much for the work you put in on a daily basis to get your wonderful products out to many health-minded individuals like me. - Ric P.*

# JJ'S ENERGIZING PRE-WORKOUT COFFEE

THE RECIPE BELOW IS AN IDEAL LIGHT PRE-WORKOUT MEAL. MCT OIL SOURCED FROM COCONUT IS EASY TO BURN AND ENERGIZING, WHILE THE CAFFEINE IN THE COFFEE ENHANCES ATHLETIC PERFORMANCE AND SUPPORTS FAT-BURNING. L-GLUTAMINE POWDER CAN HELP BOOST GROWTH HORMONE AND SPARE GLYCOGEN, AND THE PROTEIN AIDS POST-WORKOUT RECOVERY. ADDED BONUS: IT TASTES GREAT!

**MAKES 1 SERVING**



## INGREDIENTS

- **1 scoop** [JJ Virgin All-In-One Protein Shake powder](#) (any flavor or protein type)
- **8 oz.** freshly brewed organic mycotoxin-free coffee
- **1 tsp** [MCT oil](#)
- **1 tsp** [L-glutamine Powder](#)

Whisk shake powder, MCT oil, and L-glutamine Powder into coffee until smooth. Coffee drink can be poured over ice after mixing or served hot.



*Because of JJ Virgin's shakes, I have more energy, feel mentally stronger, and my body is healthy. I am grateful for the encouragement and the quality of these products.*

**- Susanna B.**

# MORE YUMMY WAYS TO USE PROTEIN SHAKES

The fun doesn't stop with drinks! Try these scrumptious, creative recipes for more health meal ideas!

## STRAWBERRY PUDDING POPS

FRESH, JUICY STRAWBERRIES JUST SCREAM SWEET TREAT, AND YOU CAN'T GO WRONG WITH THIS HEALTHY TAKE ON A CLASSIC PUDDING POP.



### INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla Plant-Based Protein Shake powder](#)
- **16 oz.** unsweetened vanilla cultured coconut milk
- **1 tsp** real vanilla extract
- **1 tsp** [monk fruit extract](#)
- **1 lb** strawberries, hulled and finely chopped

Whisk together the shake powder, cultured coconut milk, vanilla extract, and monk fruit extract in a medium mixing bowl until thoroughly mixed. Stir in the strawberries.

Pour mixture 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.

# MOCK NUTELLA

MAKES 1 SERVING

## INGREDIENTS

- **1 scoop** [JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder](#)
- **1 Tbsp** unsweetened almond milk
- **1 Tbsp** unsweetened almond butter

Whisk together ingredients until smooth and creamy. Serve with fresh berries, apple slices

# CHOCO-BERRY CHIA SEED PUDDING

CHIA SEED IS A POWER-PACKED SUPERFOOD, AND THIS PUDDING DOUBLES AS A FILLING BREAKFAST OR A NATURALLY SWEET TREAT.

MAKES 2 SERVINGS

## INGREDIENTS

- **1 scoop** [JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder](#)
- **1-1/2 cups** unsweetened coconut milk
- **1 tsp** vanilla extract
- **pinch** sea salt
- **1/3 cup** chia seeds
- **1 cup** fresh blueberries or raspberries

Whisk together the chocolate shake powder, coconut milk, vanilla, and sea salt in a glass bowl until well-combined. Stir in the chia seed and berries.

Refrigerate overnight or up to 6 hours and serve. This recipe is so simple, it's a great way to get kids involved in the kitchen.



*I never thought I could be full with just a shake for my breakfast. I love the flavor of JJ's All-In-One Shakes, and they are just one of her products I have used to lose over 20 pounds in 4 months! - Laurie W.*

# APPLE CHAI MUFFINS

THESE GLUTEN-FREE MUFFIN ARE GREAT FOR BREAKFAST OR ON THE GO AND FULL OF FRAGRANT CHAI SPICES AND APPLES.

MAKES 24 MINI-MUFFINS



## INGREDIENTS

- **2 cups** apples, shredded or finely chopped
- **2 Tbsp** fresh lemon juice
- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **4 cups** gluten-free oat flour (or gluten-free rolled oats ground in a blender)
- **2 tsp** baking soda
- **1 tsp** aluminum-free baking powder
- **1/2 tsp** sea salt
- **2 tsp** ground cinnamon
- **1/4 tsp** ground nutmeg
- **pinch** cloves
- **1/4 cup** chopped walnuts
- **1 cup** plus 3 Tbsps unsweetened almond milk

Preheat oven to 350F and grease a mini-muffin tin. Combine shredded apples with lemon juice in a small mixing bowl and set aside.

In a separate large mixing bowl, whisk together the rest of the dry ingredients. Stir apple mixture into dry ingredients, then add almond milk.

Stir by hand until it becomes a thick moist batter. Scoop into mini-muffin tin and bake until set and lightly browned, 10-12 minutes.

# RASPBERRY ALMOND QUINOA POWER BOWL

THIS YUMMY BREAKFAST BOWL IS TRULY A SUPERFOOD AND WILL POWER YOU THROUGH EVEN THE MOST CHALLENGING MORNING!

**MAKES 2 SERVINGS**

## INGREDIENTS

- **2 scoops** [JJ Virgin Vanilla Paleo-Inspired All-In-One Protein Shake powder](#)
- **8 oz.** unsweetened almond milk
- **1/2 cup** uncooked quinoa
- **Pinch** of sea salt
- **1 tsp** real vanilla extract
- **1 cup** organic fresh raspberries
- **2 Tbsp** sliced almonds
- **Dash** of ground nutmeg

Rinse and drain the quinoa. Whisk together the almond milk and shake powder in a medium saucepan until well-mixed. Stir in the quinoa and sea salt, then bring to a simmer over medium heat. Cover and reduce heat to low, and simmer for 15 minutes.

Remove from heat and stir in vanilla extract, then let sit 5 minutes to finish absorbing the almond milk. Divide into bowls and top with raspberries, almonds, and a sprinkle of fresh nutmeg.

# TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS

THREE KINDS OF CHOCOLATE AND BERRIES COME TOGETHER IN THIS QUICK, CONVENIENT OVERNIGHT OATS RECIPE. IT'S A DECADENT, GLUTEN-FREE BREAKFAST FULL OF PROTEIN, FIBER, AND VITAMINS!

**MAKES 1 SERVING**

## INGREDIENTS

- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **2/3 cup** unsweetened almond or coconut 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** fresh blueberries (not frozen)
- **1 Tbsp** chia seeds
- **1 Tbsp** raw cacao nibs
- **1 tsp** raw cacao powder
- **1/2 tsp** vanilla extract
- **pinch** sea salt

In a medium-sized mixing bowl, whisk together the protein shake powder, almond or coconut 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.

# CHOCOLATE CRUNCH PROTEIN COOKIE BITES

THESE COOKIE BITES MAKE A DELICIOUS BREAKFAST, A GREAT PICK-ME-UP DURING YOUR EVENING COMMUTE, OR A GUILT-FREE DESSERT.

MAKES 12 COOKIE BITES



## INGREDIENTS

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 cup** chopped walnuts
- **1/2 cup** cacao nibs
- **1/2 cup** gluten-free organic rolled oats
- **1/2 cup** unsweetened almond butter
- **2 Tbsp** coconut oil
- **1 Tbsp** real vanilla extract
- **1/2 tsp** ground cinnamon
- **1/2 tsp** [JJ Virgin Sprinkles](#) (or to taste)

Combine ingredients in food processor and pulse until well-combined and mixture holds its shape when pressed together. Be careful not to over-process.

Roll the mixture with your hands into 1-1/2 inch balls. If desired, roll in organic cacao powder, unsweetened coconut or finely chopped nuts. Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.



# FROZEN CHAI-PECAN MINI BARS

EVEN IF TEMPERATURES ARE FROSTY OUTSIDE, THESE NUTTY LITTLE FROZEN NUGGETS ARE IRRESISTIBLE! FORTUNATELY, THERE'S NO GUILT INVOLVED – JUST HEALTHY PROTEIN, FIBER, AND OMEGA-3S.

**MAKES 12 MINI BARS**

## INGREDIENTS

- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **1 cup** almond butter
- **1/2 cup** unsweetened shredded coconut
- **2 tsp** real vanilla extract
- **1 Tbsp** unsweetened almond milk or coconut milk
- **3 oz.** chopped pecans

In a medium mixing bowl, combine all ingredients except pecans and mix well. In the cups of a silicone mini-muffin pan, layer spoonfuls of the spiced nut butter mixture and chopped pecans.

Cover with aluminum foil, and freeze. Pop frozen bars out of pan and transfer to resealable plastic bag and store in freezer.

# STRAWBERRIES AND CREAM OVERNIGHT OATS

THE DELECTABLE FLAVORS OF STRAWBERRIES AND CREAM MEET THE CONVENIENCE OF OVERNIGHT OATS IN THIS EASY, 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](#) (your choice of protein type)
- **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.

# BAKED PUMPKIN SPICE OATMEAL

THIS BAKED OATMEAL IS THE VERY DEFINITION OF COZY AND MAKES FOR A FILLING, SATISFYING BREAKFAST. MAKE IT THE NIGHT BEFORE – IT'S PERFECTION TOPPED WITH A DOLLOP OF ALMOND BUTTER.

**MAKES 1 SERVING**



## INGREDIENTS

- **1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **1/2 cup** gluten-free quick cooking oats
- **1/4 cup** canned packed pumpkin (not pumpkin pie filling)
- **1/4 cup** plus **1 Tbsp** unsweetened coconut milk
- **1/2 tsp** vanilla extract
- **1/2 tsp** cinnamon
- **1/8 tsp** ground clove
- **1/8 tsp** ground ginger
- **1/4 tsp** [JJ Virgin Sprinkles](#) (to taste)
- **Dash** sea salt

Coconut oil to grease baking dish

Preheat oven to 350F, and grease an 8-ounce ramekin or glass dish with coconut oil. Stir together all the ingredients in a small mixing bowl until well-combined. Pour into greased ramekin. Bake for 20-30 minutes, or until lightly browned and firm. Let cool and then place in refrigerator for several hours or overnight to set.

# 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 SERVINGS**



## INGREDIENTS

- **2 scoops** [JJ Virgin Chai Plant-Based All-In-One Protein Shake powder](#)
- **8 oz.** full-fat plain Greek yogurt or cultured coconut milk
- **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.

# WARM “SHAKE” BERRY PIE PARFAIT

MAKES 1 SERVING

## INGREDIENTS

- **1 cup** frozen organic berries (any type) and/or dark cherries
- **1/2 cup** unsweetened coconut milk
- **1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake powder](#) (your choice of protein type)
- **1 Tbsp** chia seeds
- **2 Tbsp** chopped walnuts
- **1 tsp** ground cinnamon
- **Whipped** coconut cream (recipe on page 19)

Warm cherries/berries and coconut milk over medium-low heat.

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

Serve in a glass, topped with whipped coconut cream and the rest of the chopped walnuts.



*Because of JJ Virgin products, I have more energy, less sugar cravings, and have lost 5 pounds in 2 weeks. These delicious bars make it so easy to get in the fiber I need! Thanks, JJ!* - Genevieve B.

## SATISFY YOUR SWEET TOOTH THE HEALTHY WAY

*I never leave home without a few of our bars in my bag. They're lifesavers when you're stuck in traffic, at the airport, or wherever healthy options aren't readily available. They come in three tasty varieties and six yummy flavors to help meet all your nutritional needs.*

Choose from All-In One Protein Bars, Fiber Bars, and our newest favorite Paleo Brownie Bars!





*I have tried both the Plant-Based and Paleo-Inspired All-In-One Protein Shakes. I love both of them! JJ's Plant-Based shake is the best tasting shake available. I also really enjoy the protein bars as a snack or meal.*

**- Cathy R.**

# SMOOTHIEGUIDE

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