

JJVIRGIN
7 Day
CHALLENGE
STOP, DROP and SWAP



MEAL PLAN,
SHOPPING LIST & RECIPES

JJVIRGIN

7 DAY STOP, DROP & SWAP CHALLENGE MEAL PLAN, SHOPPING LIST & RECIPES

HOLD THE OVERWHELM

It's incredibly empowering to discover all the sneaky places the 7 high-FI foods hide! But it can also be a little intimidating to think about replacing everything from sandwiches to salad dressing...

That's why I've got an entire week of meals all planned out for you - menu, shopping list, recipes: the works! And I made sure that you cook in larger batches and use multi-tasking ingredients like quinoa, chicken and fresh spinach across multiple recipes.

Not only will you save time and money, you'll never have to wonder, "What's for dinner?"

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You might notice you're having 2 protein shakes a day to jumpstart your results. It also keeps meal prep as simple as possible! (Don't forget to get your Virgin Diet-approved protein powder [HERE](#)...)

You're going to be amazed by how much better you feel after just seven days without gluten, dairy, soy, eggs, corn, peanuts, and sweeteners!

One last note: your shopping list and recipes assume only one person is eating. However, you can easily multiply the amounts if you're feeding a family!

Get ready for a fantastic week!

Best,



*The recipes included below are from my NYT bestsellers **The Virgin Diet Cookbook** and **Sugar Impact Diet Cookbook**. If you're looking for more yummy, healthy inspiration, be sure to check them out!*

JJ VIRGIN

A WORD ABOUT FIBER...

FIBER: NO ONE REALLY WANTS TO TALK ABOUT IT, BUT EVERYONE NEEDS TO!

After working with thousands of clients throughout the years, I've found that 50-60 grams of fiber a day is an optimal amount for preventing illness and protecting your health. As usual, the government is behind on their nutrition advice, and the USDA recommends about half that as a minimum.

You know what's really frightening? *Most Americans are only getting a mere fraction of the USDA-recommended amount!*

Scientific reports show that the average fiber intake for women is only 12 grams per day, and men aren't faring much better with a measly 16 grams. That tells me we've got a lot of work to do...

How to Increase Your Fiber Intake Safely

Unless you're a vegetarian who eats large amounts of legumes and veggies, chances are you're not getting nearly enough fiber. The good news is that the shakes and meals in this guide will help you change that.

However, if you suddenly increase your fiber intake, it can cause uncomfortable gas, bloating, and cramps, as well as bowel irregularity. For that reason I suggest raising the amount of fiber you eat each day in 5 gram increments.

Wait until you aren't having any digestive symptoms before you increase again. Keep stepping up the amount of fiber you're eating gradually until you reach the goal of 50-60 grams a day.

Stepping Up Your Shakes

The shake recipes in this guide have been designed for a lower fiber intake. However, if they cause any symptoms, cut down the amount of chia seeds, cacao nibs, or frozen spinach in your shake.

Conversely, if you typically eat a high-fiber diet, you can double the amount of berries, chia seeds, or cacao nibs in your shakes.

Remember, if you have any questions, you can always reach out in the private Facebook group!

7 DAY STOP, DROP & SWAP CHALLENGE

MEAL PLAN

MONDAY

Stop, Drop & Swap Shake
 Creamy Almond Shake
 Blackened Salmon & Confetti Quinoa

TUESDAY

Stop, Drop & Swap Shake
 Cherry-Berry Bliss Smoothie
 High-Protein Power Bowl with Salmon

WEDNESDAY

Stop, Drop & Swap Shake
 Creamy Almond Shake
 Quinoa Fusilli with Cherry Tomatoes, Garlic, Basil, and Olive Oil and spinach side salad

THURSDAY

Stop, Drop & Swap Shake
 Cherry-Berry Bliss Smoothie
 Rosemary-Dijon Flank Steak, steamed broccoli, and baked sweet potato

FRIDAY

Stop, Drop & Swap Shake
 Creamy Almond Shake
 Quinoa Fusilli with Cherry Tomatoes, Garlic, Basil, and Olive Oil and spinach side salad

SATURDAY

Stop, Drop & Swap Shake
 Cherry-Berry Bliss Smoothie
 Tandoori Chicken, brown rice, baked sweet potato, and side spinach salad

SUNDAY

Stop, Drop & Swap Shake
 Creamy Almond Shake
 High-Protein Power Bowl with Tandoori Chicken

SNACK

Cacao Nib Protein Cookie Bites

Meat-free options are provided for each meal. If you're vegetarian or vegan, you'll also find plenty more plant-based recipes in the Breakthrough Vegan Guide, found in the Resources Library on each Challenge web page.

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

STOP, DROP AND SWAP CHALLENGE

7 DAY STOP, DROP & SWAP CHALLENGE

SHOPPING LIST

PANTRY

JJ Virgin Store

- JJ Virgin All-In-One Protein Shake** (your choice of flavor and protein type)
- JJ Virgin Extra Fiber** (if desired)
- JJ Virgin Sprinkles** (if snack recipe is desired)

Dry Goods

- 82 oz. unsweetened coconut milk
- 32 oz. unsweetened vanilla almond milk
- 6 oz. gluten-free, corn-free quinoa pasta
- 3 Tbsp unsalted shelled sunflower seeds
- 1/4 cup almonds
- 1/2 cup uncooked quinoa
- 1 cup uncooked brown rice
- 1 can organic no-salt-added cannellini beans
- 1 cup chia seeds
- 1/2 cup unsweetened, unsalted almond butter (1 cup if snack recipe is desired)
- 1/4 cup organic cacao nibs (3/4 cup if snack recipe is desired)
- 1/2 cup walnuts (if snack recipe is desired)
- 1/2 cup gluten-free organic rolled oats (not quick cook oats or instant oat meal; only if snack recipe is desired)
- 1/2 cup chopped nuts or shredded unsweetened coconut (if snack recipe is desired)

Oil & Seasonings

- | | |
|--|--|
| <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> sweet paprika |
| <input type="checkbox"/> macadamia nut oil | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> coconut oil | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> dried thyme |
| <input type="checkbox"/> rice vinegar (unseasoned) | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> sea salt | <input type="checkbox"/> ground cinnamon |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> real vanilla extract (if snack recipe is desired) |
| <input type="checkbox"/> smoked paprika | |



7 DAY STOP, DROP & SWAP CHALLENGE

SHOPPING LIST

STOP, DROP AND SWAP CHALLENGE

FRIDGE & FREEZER

Produce

- 16 oz. (1 lb.) organic fresh baby spinach or mixed greens
- 1 avocado
- 1 pint organic cherry tomatoes
- 1 bag organic baby carrots
- 2 lemons
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 medium red onion
- 2 small sweet potatoes or yams (about 5 ounces each)
- 1 head garlic
- 1 head fresh broccoli
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh rosemary
- small piece fresh ginger

Meat

- 4 bone-in skinless chicken thighs
- 4 oz. grass-fed steak
- 2 6-oz. fillets wild salmon

Other

- 1/2 cup unsweetened cultured coconut milk yogurt

Frozen

- 4 cups organic frozen mixed berries
- 3-1/2 cups organic frozen spinach
- 3/4 cups organic frozen pitted dark cherries
- 3/4 cups organic frozen blueberries
- 1/2 cup organic frozen peas

7 DAY STOP, DROP & SWAP CHALLENGE RECIPES

SHAKES

STOP, DROP & SWAP SHAKE

MAKES 1 SERVING

- 2 scoops **JJ Virgin Paleo-Inspired All-In-One Protein Shake** (your choice of flavor)
- 1 Tbsp chia seeds or 2 tsp **JJ Virgin Extra Fiber**
- 1/2 cup frozen mixed berries
- 1/2 cup organic frozen spinach
- 8 oz. unsweetened coconut milk

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding ice cubes. Enjoy!



*This has been the best challenge! In just one week, I have experienced restful sleep, decreased swelling in my ankles, and my blood pressure is back in normal range. Happy to announce my weight loss...wait for it...12 pounds!**

Lisa H

CREAMY ALMOND SHAKE

- 2 scoops **JJ Virgin Paleo-Inspired All-In-One Protein Shake** (your choice of flavor)
- 1 Tbsp chia seeds or 2 tsp **JJ Virgin Extra Fiber**
- 1 Tbsp organic cacao nibs
- 8 oz. unsweetened vanilla almond milk
- 2 Tbsp unsweetened, unsalted almond butter
- 4-5 ice cubes

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding ice cubes. Enjoy!



MAKES 1 SERVING

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CHERRY-BERRY BLISS SMOOTHIE

- 2 scoops **JJ Virgin Paleo-Inspired All-In-One Protein Shake** (your choice of flavor)
- 1 Tbsp chia seeds or 2 tsp **JJ Virgin Extra Fiber**
- 8 oz. unsweetened coconut milk
- 1/4 cup organic frozen pitted dark cherries
- 1/4 cup organic frozen blueberries
- 1/2 small avocado

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding ice cubes. Enjoy!



MAKES 1 SERVING

MONDAY

BLACKENED SALMON

One salmon fillet is for dinner tonight; refrigerate the second to use in tomorrow's delicious High-Protein Paleo Power Bowl. Vegetarians can replace the salmon with 2 cups of cooked lentils, stirred into the Confetti Quinoa.

MAKES 2 SERVINGS

- 1/4 tsp smoked paprika
- 1/4 tsp sweet paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/8 tsp dried thyme
- 1/2 tsp sea salt
- 1/8 tsp cayenne pepper
- 2 (6-ounce) wild salmon fillets
(eat one fillet tonight and save one for tomorrow night)
- 1/2 tsp olive oil
- 2 lemon wedges for serving

Combine the smoked and sweet paprika, cumin, coriander, thyme, salt and cayenne in a small bowl. Rub the mixture over the salmon fillets.

Heat the oil in a large nonstick skillet over medium-high heat. Add the salmon and cook for 4 to 5 minutes per side, until the fish flakes easily with a fork.

Serve one fillet with the lemon wedges and Confetti Quinoa, below.

Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014



CONFETTI QUINOA

This recipe makes 2 servings of quinoa. Eat one with dinner tonight and save the other serving for use later in the week.

MAKES 2 SERVINGS

- 1/2 cup quinoa
- 1/2 tsp sea salt
- 2 tsp coconut oil
- 1/2 medium red onion, finely chopped
- 2 cloves garlic
- 1/2 tsp dried thyme
- 1 medium red bell pepper, finely chopped
- 1 medium yellow bell pepper, finely chopped
- 1/2 tsp ground coriander
- 2 Tbsp unsalted shelled sunflower seeds
- 1-1/2 tsp rice vinegar
- 1/4 tsp freshly ground black pepper

Cook the quinoa with 1/4 teaspoon of the salt according to the package directions.

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, garlic, and thyme and cook for 1 minute.

Stir in the bell peppers and coriander and cook until crisp-tender, 3 to 4 minutes. Add the sunflower seeds and cook for 1 minute.

Stir in the quinoa and cook, stirring, until well mixed and heated through, about 1 minute. Remove from the heat and stir in the vinegar, remaining 1/2 teaspoon salt,

Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014



TUESDAY

HIGH PROTEIN POWER BOWL WITH SALMON

You'll be using salmon and quinoa from yesterday's meal to create tonight's delicious one-bowl dinner. Vegetarians can top their Power Bowl with the leftover Lentil Confetti Quinoa and omit the salmon.

MAKES 1 SERVINGS

- **2 cups** fresh baby spinach or mixed greens
- **1 serving** Confetti Quinoa (from yesterday's meal)
- **6 oz.** Blackened Salmon (from yesterday's meal)
- **1/4 cup** chopped fresh tomato
- **1 Tbsp** unsalted shelled sunflower seeds
- **1 Tbsp** chopped fresh basil
- **1 Tbsp** olive oil
- **1 tsp** freshly squeezed lemon juice
- **1/8 tsp** sea salt
- **dash** ground black pepper

In shallow bowl or plate, start with layer of greens. Top with quinoa, then salmon, tomato, and sunflower seeds.

Sprinkle on chopped fresh basil.

Drizzle olive oil and lemon juice over all ingredients. Add salt and pepper, then enjoy!

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WEDNESDAY

QUINOA FUSILLI WITH CHERRY TOMATOES, GARLIC, BASIL, AND OLIVE OIL

Eat one portion of this tasty pasta now and save the other for later in the week. Serve with a side salad made of baby spinach tossed in olive oil, lemon juice, salt, and pepper.

MAKES 2 SERVINGS

- 6 oz. quinoa fusilli pasta
- 2 Tbsp olive oil
- 2 cloves garlic
- 1/8 tsp crushed red pepper flakes (or more to taste)
- 1 pint organic grape tomatoes, halved
- 1 cup canned organic no-salt-added cannellini beans, drained and rinsed
- 1/4 cup organic green peas, cooked
- 1/4 cup thinly sliced fresh basil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to the directions.

While the pasta is cooking, heat the oil in a large nonstick skillet over medium-high heat. Add the garlic and pepper flakes and cook, stirring, until fragrant, about 30 seconds.

Add the grape tomatoes and cook, stirring occasionally, until softened, 6 to 7 minutes. Stir in the beans and peas and cook for 1 minute.

Drain the pasta and add it to the tomato mixture. Cook, tossing, until hot, 1 minute.

Remove from the heat and stir in the basil, salt, and pepper before serving.

Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014

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THURSDAY

ROSEMARY-DIJON FLANK STEAK

This delicious steak dinner comes together in minutes. Bake 2 sweet potatoes at 375F until fork tender, then serve steak with one of the potatoes and 1 cup of steamed broccoli. (Save the second sweet potato for tomorrow.) Vegetarians can replace the steak with 1 cup canned organic no-salt-added cannellini beans seasoned with the steak marinade ingredients.

MAKES 1 SERVING

- 4 oz. grass-fed flank steak, trimmed
- 2 tsp Dijon Mustard
- 1 Tbsp olive oil
- 1 tsp chopped fresh rosemary
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

Combine the steak, mustard, 1 teaspoon of the oil, and the rosemary in a medium bowl.

Heat a grill pan over medium heat until hot.

Season the steak with the salt and pepper, and add it to the pan. Cook for 4 to 5 minutes per side or medium-rare, or to desired doneness.

Transfer to a cutting board and let stand for 5 minutes before cutting into slices and serving.

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*I have lost 10 pounds so far. This leads me to believe food sensitivity IS at the root cause of my inability to lose weight. I love that JJ and her team of experts counsel us with their knowledge, experience, strength, and hope.**

Lisa K

FRIDAY

QUINOA FUSILLI WITH CHERRY TOMATOES, GARLIC, BASIL, AND OLIVE OIL

Enjoy the second serving of the pasta you made Wednesday night, along with another spinach side salad. Instead of cooking, prep and marinate the chicken for tomorrow's dinner.

SATURDAY

TANDOORI CHICKEN

This recipe makes 2 servings of chicken. Eat one tonight and save the other for tomorrow's dinner. Vegetarians can substitute the chicken with 2 cups chickpeas, seasoned with as chicken would be.

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MAKES 2 SERVINGS

- 4 bone-in skinless chicken thighs (about 1 pound), trimmed
- 1/2 cup unsweetened cultured coconut milk yogurt
- 1 Tbsp lemon juice
- 2 cloves garlic, minced
- 2 tsp minced fresh ginger
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp sea salt
- 1/8 tsp ground cinnamon
- 1/8 tsp cayenne pepper
- olive oil for frying pan
- chopped cilantro to serve

Combine the coconut milk, lemon juice, garlic, ginger, paprika, cumin, cinnamon, and cayenne in a large bowl. Add the chicken and toss well to coat. Cover with plastic wrap and refrigerate overnight.

Preheat the oven to 450F. Lightly dampen a paper towel with a small amount of olive oil and wipe a large rimmed baking sheet with it.

Remove the chicken from the marinade and season with the salt. Place the chicken on the prepared baking sheet. Roast until a thermometer inserted into the thickest part of the chicken registers 165°F, 25 to 28 minutes. Enjoy!

SUNDAY

HIGH-PROTEIN PALEO POWER BOWL WITH TANDOORI CHICKEN

You'll be using the last of your Tandoori Chicken and brown rice to create another easy one-bowl dinner.

MAKES 1 SERVING

- 2 cups fresh baby spinach or mixed greens
- 1/2 cup steamed brown rice
- 1 serving Tandoori Chicken, coarsely chopped
- 1/4 cup chopped baby carrots
- 2 Tbsp almonds, chopped
- 1 Tbsp chopped fresh cilantro
- 1 Tbsp olive oil
- 2 tsp Dijon mustard
- 1/8 tsp sea salt
- dash ground black pepper
- dash ground cumin, paprika, and/or cayenne pepper to taste

In shallow bowl or plate, start with layer of greens. Top with brown rice, chicken, carrots, and almonds. Sprinkle on chopped fresh cilantro.

In a small bowl, whisk together the olive oil, mustard, and seasonings and drizzle over salad ingredients. Enjoy!

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*My 7 days have ended... I don't feel headaches, bloating or gas after eating. My psoriasis has cleared 70% this week, and my skin is softer. Thank you, JJ - you have changed my perspective of food, and I am motivated to continue!**

Samela P.

CACAO NIB PROTEIN COOKIE BITES

I don't recommend snacking - going 4-6 hours between meals is essential to a speedy metabolism. However, if you need an extra burst of energy, these Cacao Nib Protein Cookie Bites are a healthy, tasty way to get it!

MAKES 20 COOKIE BITES

- 2 scoops **JJ Virgin Paleo-Inspired All-In-One Protein Shake** (your choice of flavor)
- 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. Makes about 20 cookie bites; one serving is 4 bites



**Don't stop
at 7 days!**
Finish what you started with

Break | THE FOOD
INTOLERANCE
SOLUTION
THROUGH
| BY JJ VIRGIN



**JUST
\$37**
FOR A VERY
LIMITED TIME

Get the complete online program, with
all the resources, meal plans, recipes,
and support you need to feel even better!

STOP, DROP AND SWAP CHALLENGE

*Your results may vary. Everyone's body and experience is different.

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