

# FITNESS **JUMPSTART** GUIDE

How to Work Out Smart  
for Great Results

JJ VIRGIN

# Welcome

Fitness is one of my favorite topics! Working out is my #1 stress relief, and I've always had a fascination with everything related to creating a healthy lifestyle.

In fact, in the '80s, I was one of the first personal trainers in the U.S. Of course, back then, I was still preaching the value of counting calories and teaching aerobics. (Remember those leotards?) We've come a long way in the world of exercise since then!

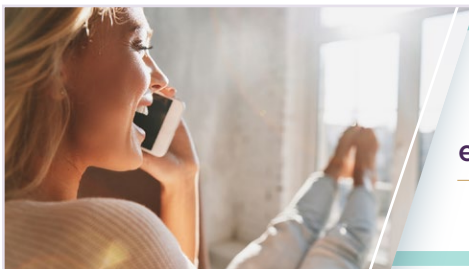
Over the past few decades, I've closely followed the science of health and fitness, while also demonstrating real-world results with hundreds of thousands of clients. Last year, I was honored to be named a Fitness Hall of Famer, and I've created a program that really works and gets fast results. What I'm teaching you is the same thing I use every day!

Over the years, I've found that true fitness is so much more than fitting into those skinny jeans – although that's a great motivator! A good exercise program is your secret weapon to be able to handle a hectic schedule with optimal energy and focus.

***When you have excellent health, everything else in life just gets better!***

So, let's dive into my favorite fitness tips, so you can make it a fun and rewarding part of your life, too.

Best,  
**JJ**



**We've got you covered!**

Get the support, resources, and encouragement you need to succeed

**ONE-ON-ONE COACHING PROGRAM**

**SIGNUP TODAY!**

JJ VIRGIN  
**METABOLIC  
MAKEOVER**  
HEALTH COACHING





02	WELCOME
02	JJ VIRGIN METABOLIC MAKEOVER HEALTH COACH PROGRAM
04	FITNESS POP QUIZ
05	4 REALLY SURPRISING WAYS EXERCISE MAKES YOU FEEL BETTER
09	JJ VIRGIN FAST FITNESS ONLINE PROGRAM
10	EASY EXERCISE NUTRITION TIPS & RECIPES
11	BEFORE YOUR WORKOUT
11	ENERGIZING PRE-WORKOUT COFFEE
12	DURING YOUR WORKOUT
13	AFTER YOUR WORKOUT
13	POST-WORKOUT RECOVERY SHAKE
15	GOT 8 MINUTES? HOW TO BUILD A FAT-BURNING BURST TRAINING WORKOUT
16	EXAMPLE BURST WORKOUT
17	JJ VIRGIN PROTEIN SHAKES
18	BOOTY CAMP: 5 SIMPLE MOVES FOR GREAT GLUTES
22	FITNESS-FOCUSED RECIPES
23	HOT QUINOA CEREAL WITH WARM BERRY COMPOTE
24	CHOCOLATE CHERRY CHIA PROTEIN SHAKE
23	DARK CHOCOLATE COCONUT FIBER BARS
25	BLT & AVOCADO WRAPS
25	SUGAR IMPACT MAYONNAISE
26	SPICED SWEET POTATO FRIES
27	CACAO PECAN PROTEIN TRUFFLES

# FITNESS POPQUIZ

**How savvy are you about fitness?  
Take this quick quiz to find out!**

1. Are you working out without seeing the weight loss you hoped for?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2. Does your workout include long cardio sessions (e.g. walking, running, or treadmill time)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Are your muscles constantly sore from your workouts?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4. Do you stick with light weights to keep from bulking up?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Are your workouts boring?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. Is your workout routine the same every time?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7. Does working out zap your energy levels for the rest of the day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
8. Does a lack of time keep you from exercising?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
9. Do you feel intimidated about going to the gym?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
10. Are you wondering when and what to eat to maximize your workout results?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

CALCULATE THE NUMBER OF "YES" ANSWERS TO THE QUESTIONS ABOVE, AND PUT YOUR TOTAL HERE:

TOTAL

**If you scored a total of 0-3: Keep up the good work!** You're in good shape, and using the tips from this guide will help you finetune the quality of your fitness routine!

**If you scored a total of 4-6: You're on the right track.** By using the tips and advice in this guide, you'll up-level your fitness routine and finally get the results you've been hoping for!

**If you scored a total of 7-10: We've got your back!** You'll get tons of benefit from the information included in this guide! Follow the suggestions I've provided, and you'll be surprised at how easily fitness becomes a permanent way of life!





# 4

## REALLY SURPRISING WAYS EXERCISE MAKES YOU FEEL BETTER

---

Enhances your brain

Relieves anxiety  
and depression

Improves sleep

Increases insulin sensitivity

Most people go to the gym to get stronger and fitter. But have you ever noticed how much happier you feel after you work out?

That's not just because you made good choices about your health! Exercise is key to building muscle and improving heart health, but there are some amazing advantages to working out that might surprise you.

From boosting your mood to helping with sleep, exercise makes you feel better long after you've hit the showers.

**Read on to learn more about  
the unexpected ways exercise helps...**

1.

## Enhance your brain

**If you want to increase your  
brain power, get moving!**

Research proves that physical activity not only helps repair and protect your current brain cells, it also triggers the growth of new cells that play a crucial role in learning and memory.<sup>1-3</sup>

And you don't have to spend hours on the treadmill to reap those brain-building rewards! Check out my **Fast Fitness Online Program** to find out how you can get a complete workout in just minutes a day...





2.

## Relieve anxiety and depression

**When it comes to beating the blues, exercise is an amazing ally.**

By stimulating the release of feel-good chemicals and hormones in your brain, exercise helps improve your mood and reduce symptoms of anxiety and depression.<sup>4-6</sup> In fact, studies show that folks who work out at least 2-3 times a week experience significantly less depression, anger, and stress than folks who exercise less frequently or not at all.<sup>7</sup>

Those are all great reasons to incorporate burst training combined with weight resistance into your fitness routine!

3.

## Improve sleep

**If you're struggling to get your z's, bursting on the Xiser® can be a big help!**

Scientific studies show that people who exercise regularly not only doze off faster once they hit the pillow, they also get higher quality sleep at night.<sup>8-9</sup>

(Just remember that evening sweat sessions can leave you wired before bed, so be sure to schedule your workouts in the morning or early afternoon hours...)



# 4.

## Increase insulin sensitivity

**The more insulin sensitive you are,  
the better your body can burn off fat.**

To understand how that works, picture this:

**Every day, you listen to music while you work.** As the hours go by, the music starts to blend into the background noise, so you turn up the volume to compensate.

**After several days, that higher volume seems normal.** And inevitably, you find yourself amping it up even more so it's clear.

**Soon, without realizing it, you've got the volume so loud it damages your hearing** – and you never even noticed!

Insulin sensitivity works the same way. Every time you eat something sweet, you need insulin to shuttle that sugar to your cells and bring your blood glucose levels back to normal.

The more sugar you eat, the more insulin you make and the less responsive your cells become to it. It takes increasing amounts of insulin to bring your blood sugar back down to normal levels, just as it took a higher volume for the music to stand out in the earlier example.

Over time, those chronically elevated blood sugar and insulin levels not only cause your body to store extra fat, they also put you at a greater risk for type 2 diabetes and other serious health issues.<sup>10-12</sup>

**Exercise to the rescue!** Studies show that *just one single bout of exercise* can improve your insulin sensitivity for up to 16 hours after your workout.<sup>13</sup> Translation: for balancing blood sugar and protecting your health, exercise is a fierce secret weapon.

**Now that you recognize the many perks of working out, there's only one thing left to do: lace up your tennis shoes and start moving today!**

Just be sure to opt for burst training (a.k.a. high-intensity interval training) and resistance training, rather than endurance cardio. You don't want to undo the numerous benefits of exercise by stressing your body with steady-state cardio sessions...





**No gym?  
No problem.  
Complete  
At-Home Workout**

— JJ VIRGIN'S —  
**FAST  
FITNESS**  
**ONLINE PROGRAM**

**CLICK HERE TO START!**

---

#### ARTICLE SOURCES

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/25455510>
  - 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4915811/>
  - 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC28438770/>
  - 4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
  - 5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632802/>
  - 6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/>
  - 7 [https://www.researchgate.net/publication/12672987\\_Physical\\_Exercise\\_and\\_Psychological\\_Well-Being\\_A\\_Population\\_Study\\_in\\_Finland](https://www.researchgate.net/publication/12672987_Physical_Exercise_and_Psychological_Well-Being_A_Population_Study_in_Finland)
  - 8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC22798253/>
  - 9 <https://www.ncbi.nlm.nih.gov/pubmed/20813580>
  - 10 <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>
  - 11 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1483173/>
  - 12 <https://www.ncbi.nlm.nih.gov/pubmed/7512468>
  - 13 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10683091/>
-



# EASY EXERCISE NUTRITION TIPS & RECIPES

One of the questions I get asked most often is what to eat and drink before, during, and after a workout.

**Here's ideas  
for all three!**



# Before Your Workout

**Don't eat a big meal within two hours of a workout - you want your blood flow to go to your working muscles, not your stomach! If you need a little something two hours or less before exercise, try one of my All-In-One Protein Bars.**

I formulated them to have the right amount of healthy fat, protein, and carbs to take the edge off your hunger and support your energy without slowing you down. You can choose from delicious [Chocolate Mint](#), [Dark Chocolate Mocha](#), or [Dark Chocolate-Covered Cherry](#).



The recipe below is also another ideal light pre-workout meal. MCT oil sourced from coconuts is very 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 in the shake aids post-workout recovery. Added bonus: it tastes great!

## Energizing Pre-Workout Coffee

MAKES 1 SERVING

**1 cup** freshly brewed organic mycotoxin coffee (I use [Bulletproof](#) beans.)

**1 scoop** [JJ Virgin All-In-One Protein Shake](#) (any flavor or protein type)

**1 teaspoon** MCT oil

**1 teaspoon** [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.



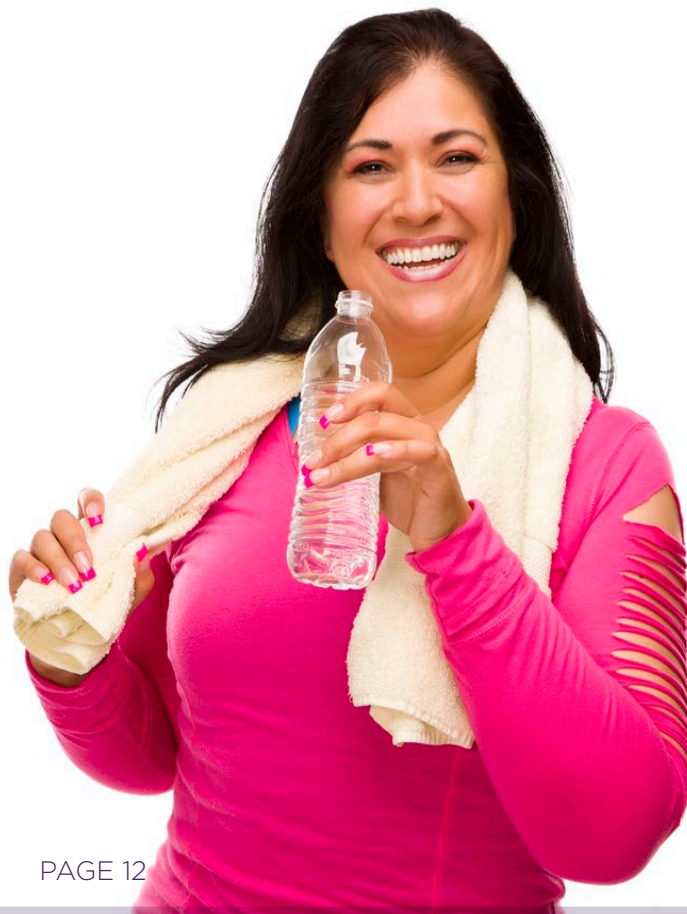
# During Your Workout

**This one is  
simple but essential:**

**Drink at least 4 ounces of water  
every 15 minutes of your workout.**



I can't count how many people I see at the gym who exercise for an hour without ever drinking, then try to rehydrate when they're finished by guzzling syrupy-sweet sports drinks. Not only are they sabotaging their workout by going without water, they're undoing all their hard work with that megadose of sugar at the end!



Drinking water throughout your workout is crucial to maintaining your energy levels and preparing your body to make the most of all your exercise.

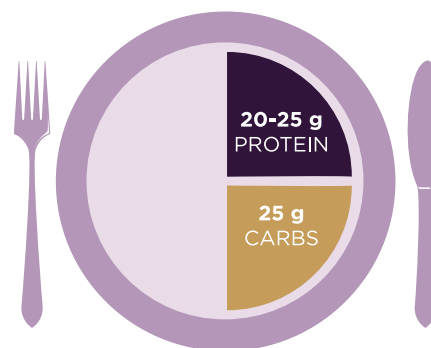


# After Your Workout

**Within one 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.

Bonus points for adding dark leafy greens to your **Post-Workout Recovery Shake**! They provide powerful antioxidants to help quench the free radicals generated from your exercise session.



## Post-Workout Recovery Shake

**MAKES 1 SERVING**

**2 scoops** [JJ Virgin All-In-One Paleo-Inspired Protein Shake](#) (any flavor – the added branched-chained aminoacids are key)

**8 ounces** organic unsweetened rice milk

**1 teaspoon** [L-Glutamine Powder](#)

**1/2 cup** fresh greens (chard, kale, 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.

# Got 8 Minutes?

## How To Build A Fat-Burning Burst Training Workout



**If you're used to spending long hours on the treadmill or bike, get ready to change your idea of working out!**

Long, steady endurance cardio is officially out the window. In fact, that slow plodding away on the elliptical machine or stair-climber may actually be making you lose muscle and store fat!

I understand what it means to have a busy schedule, and I certainly don't have time to spend hours at the gym every day. That's why I opt for high-intensity interval training, or burst training.

### **Burst train for just 8 minutes a day to:**

- **Boost your metabolism**  
(Your body keeps working long after you finish bursting.)
- **Burn away fat**  
(You won't believe how fast it melts away!)
- **Better handle stress**  
(Bursting lowers your stress hormones.)
- **Boost your growth hormone**  
(Bursting helps build muscle.)

Burst training is fun, fast, and can be done anywhere, from hotel stairways to your backyard. The main reason people give for not working out regularly is not having the time. That excuse is officially off limits with high-intensity interval training because you can do an entire workout in 10 minutes!

# Here's the Quick, Simple Steps —— to Putting Together a —— Burst Training Session

## **PICK A FUN ACTIVITY THAT GETS YOUR HEART PUMPING.**

The options are really endless here: running up and down the stairs, using an Xiser, jumping air rope, sprinting in the swimming pool, jumping jacks, dancing, burpees (dropping into a squat, then standing back up quickly), running in place as fast as you can or up a nearby hill... Almost anything works!

## **GO AT YOUR OWN YOUR PACE.**

The idea with burst training is to do your chosen activity in bursts of 30-60 seconds as hard and fast as you can. If you can race up and down a neighborhood hill, then go for it! If just walking slowly up and down the steps is a major challenge, then that's fine, too. Maybe going from sitting to standing is taxing - as long as you're working hard, the level of activity isn't the point. The beauty of interval training is that it meets you where you are.

## **BURST, THEN RECOVER.**

Do your chosen activity for 30-60 seconds as fast and hard as you can. You should feel the burn! Then actively recover for twice as long. "Actively recovering" means doing the same activity, but at a slower pace so your muscles can recover. If you were sprinting, then active recovery would be walking. Jumping as high and fast as you can for 60 seconds? Actively recover by hopping slowly for two minutes.

## **FOUR BURSTS AND DONE.**

That's right: four bursts of 30-60 seconds, four sets of active recovery that are twice as long, and you're finished. Your interval training sessions should never be longer than 12 minutes!



# Example Burst Workout

This is just one example of a possible burst training session. Remember to tailor your activity choices to your own fitness level. And don't get bored! Change out your burst training activities often to keep things fun and interesting.

I start by warming up for 3 minutes – typically I walk for 2 minutes, then run for 1. The idea is to get the blood flowing in your muscles so they are warm and ready for the burst training to come. Again, choose a warm-up that fits your needs. Then...

- Sprint for 30 seconds
- Walk for 1 minute.
- Run up the stairs for 1 minute. (I love hotel stairwells for this!)
- Walk down the stairs for 2 minutes.
- Take the stairs up two at a time for 1 minute.
- Walk the stairs down for 2 minutes.
- Run up the stairs for 1 minute.
- Walk down the stairs for 2 minutes.
- Cool down for 3 minutes by walking or doing another slow, steady activity.



For every burst, push yourself as hard as you can. You should be feeling it by the end of every 30-60 seconds of bursting. If you feel like you could have gone longer than 60 seconds with your bursting activity, pick a harder one or go faster.

You'll be amazed at how quickly you see results from burst training! Once

you're in great shape, you can go up to six bursts and active recovery periods, but never more than that.

No more making time for long aerobics classes that never really trim inches. Instead, take a few minutes to burn fat, build energy, and decrease your risk of disease with burst training.



**Get a shake  
with the  
power of  
bone broth...**

**21g CLEAN  
PROTEIN**

**1g SUGAR**

**7g FIBER**

**BUY NOW!**

The image shows a white tub of JJ Virgin Paleo-Inspired All-in-One Shake, Vanilla flavor. The tub has a white cap and a label with the brand name 'JJ VIRGIN' and 'PALEO-INSPIRED ALL-IN-ONE SHAKE'. It also lists 'Enhanced with BCAA', 'No Artificial Sweeteners', and 'Dietary Supplement'. The tub is placed next to a glass of pink smoothie with raspberries and basil leaves.

# BOOTY CAMP



## 5 Simple Moves For Great Glutes

If a backwards peek in the mirror at your (ahem) assets has you feeling less-than-ready for swimsuit season, never fear! There are simple ways to tone and shape your glutes in a matter of weeks.

Notice I said simple – not easy! As with all workouts, if you're not sweaty and uncomfortable by the time you're done, you're not doing it right. Remember to get excellent nutrition before and after you exercise, and take time to rest 30-60 seconds between sets and 1-2 days between workouts so your body can recover.

For an effective workout routine, the strength-training exercises below should be paired with burst training. Most importantly, always check in with your

healthcare provider before starting any exercise to be sure it's the right fit for your body and needs.

**If you need more than the directions below, try [Fast Fitness](#). It's an incredible value! You'll get a complete workout program, including 25 videos, workout schedules, and helpful guides. I'll guide you through everything you need to get fit and toned all over – no gym required! (It's the same workout I use every day, so I can promise it's effective...)**





# BOOTY CAMP

**Read on for 5 of my favorite tush-training exercises:**

1.

## The Dreaded Wall-Sit

If your legs start to shake at the mere mention of this move, then you're not new to the pain (and gain) of this amazing exercise!

Start by standing with your back against a wall. Slide your back down the wall until your hips bend to 90 degrees. Keep your shoulders and back of your head against the wall; your feet should be flat on the ground.

*Start out at around 20 seconds, then aim to add 2-5 seconds every training day.*

2.

## Squats for a Sweet Behind

No glute exercise list would be complete without squats because they work every muscle in your legs, while also strengthening your core.

Stand with your feet shoulder-width apart and your back straight; then lower your buttocks towards the ground. The lower you squat, the better, because a low squat puts the emphasis on your glutes and hamstrings. The wider your stance, the more focus you put on your glutes. When squatting, be sure to maintain proper form: keep your legs shoulder-width apart and your toes pointed slightly out.

*Do 2-3 sets of 8-12 squats each time, increasing the number and depth of your squats as your training progresses. When it gets easier, add weights for more resistance.*

# BOOTY CAMP

3.

## Build a Bridge to a Better Booty

The Butt Bridge is an old glute-training standby for good reason!

Simply lie on your back on an exercise mat with your knees bent and your hands at your sides, palms down. Next, lift your glutes up towards the sky, squeezing as you go, until your legs and core form a right-angled triangle with the mat and hold.

*Repeat this sequence in 2-3 sets of 8-12 lifts each time, increasing the number and length of lifts as your training progresses. You can also elevate your feet on an exercise ball for added difficulty.*

4.

## Wonderful Weighted Walking Lunges

This exercise elevates your heart rate, and you will definitely be feeling it the next day!

Start with your arms at your sides and a dumbbell in each hand. (Remember, no girly 2-pound weights – don't let them trick you with the pink dumbbells!) Step forward and lunge, alternating legs with each step. Try to lunge as low as possible, but make sure your front knee never extends past your toes

*Do 2-3 sets of 8-12 lunges each time, increasing the dumbbell weight and depth of your lunges as your training progresses.*

# BOOTY CAMP

5.

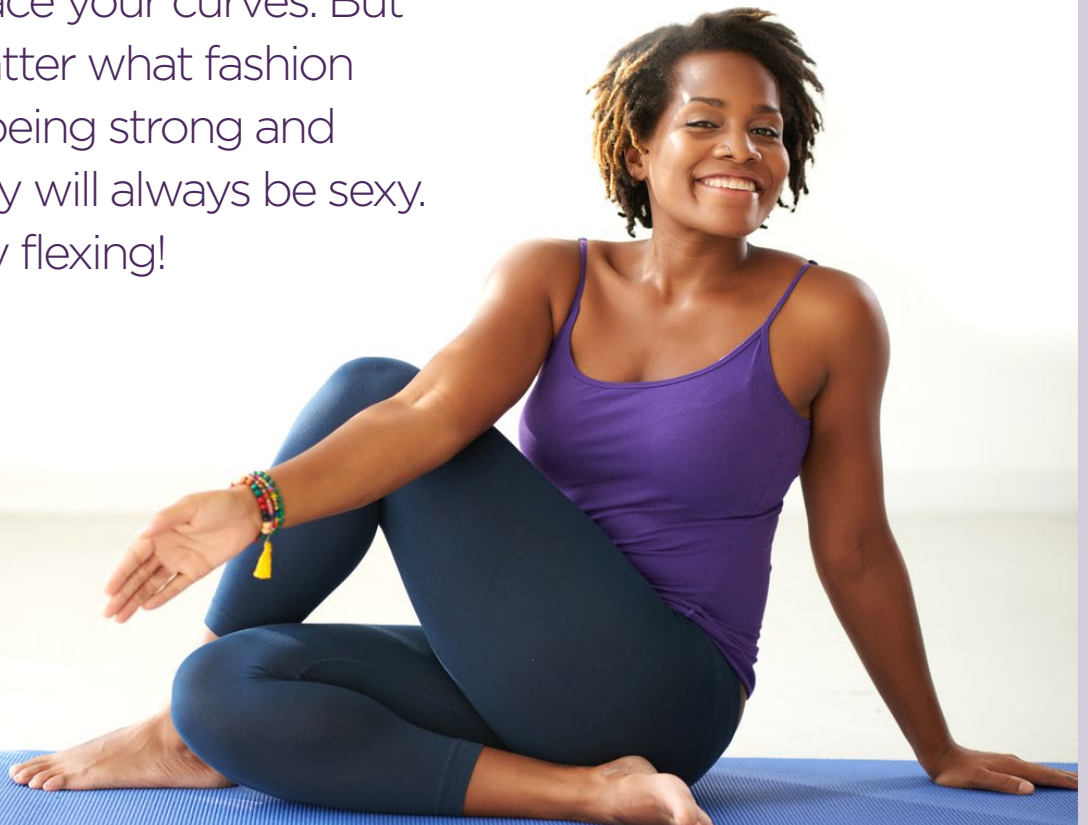
## Step Up to a Better Backside

Forget fancy weight machines – a stairwell is your secret to fabulous legs and glutes!

Start with one foot on a bench or step, holding your arms by your sides. Push off your top foot and step up onto the bench (or step) with both feet. Step down onto one foot, keeping the other foot on the bench and repeat.

*Do 2-3 sets of 8-12 steps with each leg. When it gets easier, add weights for more resistance.*

These days, it's popular to embrace your curves. But no matter what fashion says, being strong and healthy will always be sexy. Happy flexing!







# FITNESS- FOCUSED RECIPES

The worst thing you can do is sabotage your workout efforts with junk food!

Here are some yummy recipes to make the most of your fit, healthy lifestyle.





## HOT QUINOA CEREAL WITH WARM BERRY COMPOTE

**MAKES: 1 serving**

*Instead of reaching for instant oatmeal full of sweeteners and artificial flavors, try this healthy recipe! Protein powder and quinoa provide the nutrients you and your body need to feel full and focused until lunchtime, while the berries offer brain-boosting omega-3s.*

- 1 cup** fresh strawberries, hulled and sliced
- 1/2 cup** fresh blueberries
- 3/4 tsp** pure vanilla extract (divided)
- 1/4 tsp** [JJ Virgin Sprinkles](#), stevia, or monk fruit extract
- 1/3 cup** unsweetened coconut milk
- 1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake](#) powder, your choice of protein type
- 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.



## CHOCOLATE CHERRY CHIA PROTEIN SHAKE

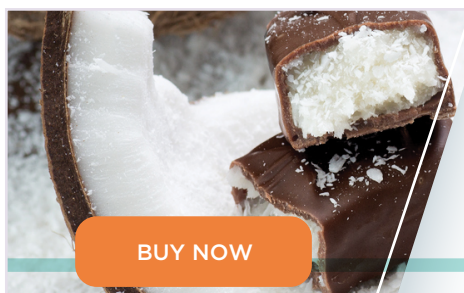
**MAKES: 1 serving**

*There's no better way to start off our your day than with the ultimate in morning nutrition and convenience: [protein shakes](#)! This tasty smoothie recipe includes chia seeds, a superfood that provides both filling, heart-healthy fiber and fat-burning protein. Perfect for a meal replacement or after a workout.*

**2 scoops JJ Virgin Chocolate All-In-One Protein**  
Shake powder (your choice of protein type)  
**1 cup** frozen organic unsweetened dark cherries  
**1/2 cup** frozen spinach or kale

**1 Tbsp** chia seeds  
**1/2 cup** full-fat coconut yogurt  
**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!



[BUY NOW](#)

**Dark Chocolate  
Coconut Fiber Bars**

**1 GRAM SUGAR**  
**11 GRAMS FIBER • MCT OILS**







## BLT & AVOCADO WRAPS

**MAKES: 2 servings**

*You'll love this new twist on the classic BLT! The avocado adds great flavor and creaminess, not to mention loads of healthy omega-3 fats. (Be sure to have all your ingredients ready before you heat the tortillas.)*

- 2 Paleo wraps** or brown rice tortillas, gluten-free and corn-free
- 2 Tbsp** Sugar Impact Mayo (recipe below)
- 8 slices** nitrite-free bacon, cooked
- 4 slices** tomato, each 1/4"-thick
- 1 cup** raw baby spinach or arugula leaves
- 2/3** avocado, sliced

Heat a large nonstick skillet over medium heat. Working with one at a time, place the tortillas in the skillet and heat until warm and pliable, about 45 seconds each.

Lay the tortillas on a work surface, and spread each one with a tablespoon of mayo. Top each tortilla with half the bacon, tomato, baby spinach, and avocado. Roll up tightly.

Wrap in plastic wrap or wax paper for easy transport.

## SUGAR IMPACT MAYONNAISE

**MAKES: 1 cup**

*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.*

- 1/4 cup** unsweetened full-fat canned coconut milk (BPA-free can)
- 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.



## SPICED SWEET POTATO FRIES

**MAKES: 4 servings**

*These sweet potato fries are the natural version of sugar and spice and everything nice! They're gobble-up good, with a little heat to balance the sweetness.*

**1 lb** sweet potatoes, peeled and cut lengthwise into 1/4"-thick wedges

**2 Tbsp** red palm fruit oil or avocado oil (divided)

**1/2 tsp** ground coriander

**1/4 tsp** ground cinnamon

**1/2 tsp** sea salt

**1/4 tsp** cayenne pepper

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

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

Combine the sweet potato wedges with the remaining palm fruit oil in a large bowl.

In a separate small bowl, combine the spices and salt. Add the spice mixture to the potatoes, and toss well to coat.

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

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



## CACAO PECAN PROTEIN TRUFFLES

**MAKES: 14 Truffles**

*This rich and decadent truffle recipe also happens to be dairy-free, gluten-free, and great for you! Full of healthy coconut oil, cacao powder, and protein.*

**2 scoops [JJ Virgin Paleo-Inspired Chocolate All-In-One Protein Shake Powder](#)\***

**1/2 cup** coconut oil, melted

**1/4 cup** raw organic cacao powder

**2 tsp** real vanilla extract

**1 cup** raw pecans

**1/2 tsp** sea salt

dash [JJ Virgin Sprinkles](#), stevia, or monk fruit extract (if desired)

extra chopped pecans, cacao powder, or shredded unsweetened coconut for rolling

In a food processor, combine all ingredients except those for rolling finished truffles. Pulse until smooth and well-combined.

Roll the chocolate nut mixture into 1-inch balls with your hands, then roll the truffles in your choice of chopped pecans, cacao powder, or shredded unsweetened coconut.

Place in the fridge for an hour to chill before serving. Store leftovers in refrigerator for up to one week or freeze for up to one month.

\*If using JJ Virgin Plant-Based protein, reduce to one scoop of protein powder.





© COPYRIGHT 2018 JJ VIRGIN & ASSOCIATES, INC. ALL RIGHTS RESERVED.

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

THE CONTENTS OF JJ VIRGIN'S FITNESS JUMPSTART GUIDE ARE FOR YOUR PERSONAL USE ONLY AND ARE SUBJECT TO THE TERMS AND CONDITIONS AT [WWW.JJVIRGIN.COM](http://WWW.JJVIRGIN.COM). THE RECIPES HAVE NOT BEEN REVIEWED OR APPROVED BY ANY GOVERNMENT, HEALTHCARE ORGANIZATIONS, OR PHYSICIAN. RECIPES MUST BE PREPARED ACCORDING TO PROVIDED INSTRUCTIONS. CONSULT YOUR PRIMARY HEALTHCARE PROVIDER WITH ANY RELATED QUESTIONS CONCERNING YOUR PERSONAL NUTRITION AND FITNESS NEEDS AND THE SUITABILITY OF ANY RECIPES IN LIGHT OF YOUR PERSONAL PHYSICAL CONDITION AND CIRCUMSTANCES.

JJ VIRGIN AND JJVA ASSUMES NO RESPONSIBILITY FOR ERRORS OR OMISSIONS THAT MAY APPEAR IN THIS PUBLICATION. WHILE ALL ATTEMPTS HAVE BEEN MADE TO VERIFY INFORMATION PROVIDED IN THIS PUBLICATION, NEITHER THE AUTHORS NOR THE PUBLISHER ASSUME ANY RESPONSIBILITY FOR ERRORS, INACCURACIES, OR OMISSIONS.

NEITHER JJ VIRGIN NOR JJVA RENDER MEDICAL ADVICE. THIS EBOOK OFFERS HEALTH, FITNESS, AND NUTRITIONAL INFORMATION AND IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. YOU SHOULD NOT RELY ON THIS INFORMATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH CARE PROFESSIONAL. DO NOT DISREGARD, AVOID, OR DELAY OBTAINING MEDICAL OR HEALTH-RELATED ADVICE FROM YOUR HEALTH CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THIS BOOK. THE USE OF ANY INFORMATION IS SOLELY AT YOUR OWN RISK.

THIS INFORMATION HAS NOT BEEN EVALUATED BY THE FDA AND IS NOT INTENDED TO TREAT, DIAGNOSE, CURE, OR PREVENT ANY DISEASE. THIS INFORMATION IS NOT INTENDED AS A SUBSTITUTE FOR THE ADVICE OR MEDICAL CARE OF A QUALIFIED HEALTH CARE PROFESSIONAL, AND YOU SHOULD SEEK THE ADVICE OF YOUR HEALTH CARE PROFESSIONAL BEFORE UNDERTAKING ANY DIETARY OR LIFESTYLE CHANGES.