



JJ VIRGIN

METABOLISM- BOOSTING RECIPE GUIDE

**TOP FOODS
TO KICKSTART YOUR METABOLISM**

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METABOLISM-BOOSTING RECIPES: TOP FOODS TO KICKSTART YOUR METABOLISM

Counting calories is an outdated weight loss approach.

As I've often said, your body is not a bank account – it's a chemistry lab!

It's all about where your calories come from.

Different foods cause different metabolic responses in your body. Just as the wrong choices can make your metabolism sluggish, the right foods can help you rev up your metabolism so you can get lean and fit faster!

Check out my list of 10 metabolism-boosting foods and how they can help you blast fat and get healthy. Then enjoy 10 recipes that make the most of these healthy, tasty options...



TOP 10 FOODS TO BOOST YOUR METABOLISM

1. COCONUT OIL

Coconut oil is made up of healthy fats called medium-chain triglycerides (MCT) that help your body burn fat.¹ MCTs also control your blood sugar and naturally dampen your appetite, so adding this food to your diet can make it easier to pass on snacking between meals.²

Where can you add coconut oil? I like to scoop a tablespoon into my morning protein shakes, and it's also a great swap for vegetable oils when cooking. And if you've got a sweet tooth, you're going to love [Dark Chocolate Coconut Fiber Bars](#), with plenty of amazing MCTs plus metabolism-boosting fiber.



2. GREEN TEA

The superstar weight loss ingredient in green tea is antioxidants known as “catechins.” Catechins fight obesity and protect against type 2 diabetes.³ These powerful antioxidants are also known to stop the inflammation that can lead to premature aging, weight loss resistance, and weight gain.⁴

As if all that wasn't exciting enough, green tea also amps up your primary fat-burning hormone!⁵ Drink it hot or cold – just hold the sugar and artificial sweeteners and switch to decaf after lunch so you still sleep well.



3. CHILES

Like your food hot? It's time to spice things up! It's the capsaicin in chili peppers that give it that distinctive flavor kick. And capsaicin has been shown to boost metabolism, fight obesity, and keep your appetite under control.^{6,7}

Add cayenne to your meals or choose dark chocolate with added chiles for an extra health boost.





4. LENTILS

A recent study showed that a daily serving of lentils can result in both weight loss and lower cholesterol levels.¹² In addition to its high protein content, 9 essential amino acids, vitamins, and minerals, the fiber in lentils helps keep you feeling full and satisfied.

Lentils are also super versatile in soup or as a savory side dish! (Check out the recipe for Curried Lentils later in the guide for proof...)

5. COFFEE

I'm definitely a big coffee lover, and I start every morning with a half-caf Americano with coconut milk. Studies show that coffee burns fat by activating hormones that melt away stored fat and speed up your metabolism.⁸⁻¹⁰

When shopping, buy quality beans and watch out for mycotoxins in your coffee. (**I love Bulletproof!**) It's also key to pass on the artificial sweeteners and sugar so you only get the good stuff with no sugar impact!



6. ALMONDS

These healthy nuts are packed with protein, vitamins, and omega-3s. They're also easy to take with you anywhere! Studies have shown that adding almonds to your diet can lead to increased weight loss, while also lowering your risk of heart disease.¹¹

I like to swirl some almond butter into **my chocolate shakes** to make them taste like a candy bar, only healthier and guilt-free!





7. AVOCADO

Full of healthy fats, protein, vitamins, minerals, and fiber – what's not to love about this amazing food? Avocados combat metabolic syndrome on many levels, and its anti-obesity effects have been noted in several studies.¹³

Though most folks consider them a vegetable, avocados are actually big berries! And they're super useful in every meal of the day, whether you add them to your morning smoothie, make a batch of spicy guacamole, or top a bowl of soup with a few creamy slices. (Want a quick hack to ripen your avocados in 10 minutes or less? [Check out this blog!](#))

8. WILD-CAUGHT SALMON

Salmon is an excellent source of omega-3 fatty acids, which are natural anti-inflammatories. Research proves that eating salmon also promotes weight loss and lowers belly fat.¹⁴

Including this clean, lean protein in your diet keeps you feeling full longer and helps you maintain muscle as you burn fat! Remember to choose only wild-caught salmon, not farmed; it's better for both you and the environment. (I get mine delivered from [Vital Choice Seafood](#) – love the convenience and incredible quality!)



9. FRESH SPINACH

Remember what this food did for Popeye? You, too, can reap its benefits! High-fiber superfoods like spinach are great for boosting metabolism and keep you feeling full for hours.¹⁵

It's also rich in vitamins, minerals, and even some protein. A handful of spinach in your breakfast shake is a great way to increase fiber and rev up your metabolism at the start of your day!

10. CINNAMON



This popular and versatile spice has a reputation for many health benefits, including increasing insulin sensitivity, which helps to prevent your body from storing fat.¹⁵ Cinnamon is also rich in manganese, which is great for metabolizing fat and carbs.¹⁶

Adding cinnamon to your diet is easy! Try sprinkling some cinnamon in your oatmeal or spice up your coffee with a pinch of this rich, warming spice.

So, if you're serious about reaching your weight loss goals fast, these ten foods are definitely great additions to your grocery list.

Don't forget to drink plenty of water, get enough sleep, and try burst training to keep really kick up your metabolism and feel energized throughout your day!

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REV UP YOUR METABOLISM

with a fiber bar that
tastes like a candy bar

HEALTHY
MCT OILS

1g
SUGAR

11g
FAT-BURNING
FIBER



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METABOLISM-BOOSTING RECIPES

MATCHA BLUEBERRY SHAKE

MAKES 1 SERVING

- 1 scoop **JJ Virgin Green Smoothie Cleanse powder**
- 10 oz. unsweetened coconut milk
- 1 cup frozen organic blueberries, divided
- 1 cup fresh baby spinach
- 1/2 avocado, peeled and pitted
- 1 Tbsp chia seeds or 2 tsp **JJ Virgin's Extra Fiber**
- 2 tsp matcha powder
- 1/2 cup unsweetened cultured coconut milk or plain full-fat Greek yogurt (use yogurt only if no dairy intolerance)

In blender, combine the Green Smoothie Cleanse, unsweetened coconut milk, 1/2 cup of the frozen blueberries, spinach, avocado, chia seeds/Extra Fiber, and matcha powder.

Blend until smooth - your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Once your smoothie is the desired consistency, pour into glass.

In blender, blend remaining half cup frozen blueberries and cultured coconut milk/plain full-fat Greek yogurt.

Pour on top of matcha smoothie to create second layer and enjoy!

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MACAROON MOCHA



MAKES 2 SERVINGS

- 2 scoops **JJ Virgin Vanilla or Chocolate All-In-One Protein Shake** powder (your choice of protein type)
- 7 oz. unsweetened coconut milk
- 7 oz. brewed coffee
- 1 tsp real vanilla extract
- 2 Tbsp unsweetened shredded coconut, toasted (directions below)
- Whipped coconut cream to serve (recipe below)

To toast coconut: preheat oven or toaster oven to 325F. Spread coconut in an even layer on a baking sheet lined with parchment paper. Cook 5-7 minutes, until toasted, stirring occasionally to ensure it browns evenly.

Blend the protein powder, coconut milk, coffee, 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 each with a dollop of whipped coconut cream and a tablespoon of toasted coconut.

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WHIPPED COCONUT CREAM

MAKES 1/2 CUP

- 1 (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.



GREEN CLEANSING SMOOTHIE

MAKES 1 SERVING

- 2 scoops **JJ Virgin Vanilla or Chai All-In-One Protein Shake** powder
- 1 cup fresh greens (kale leaves, baby spinach, or chard)
- 1/2 small avocado, peeled and pitted
- 10 oz. unsweetened coconut milk
- 1 Tbsp chia seeds
- 1 Tbsp coconut butter or coconut oil
- 2 tsp fresh grated ginger
- 1/4 tsp ground turmeric
- 1/8 tsp ground cinnamon
- dash ground cayenne pepper
- 4-5 ice cubes

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Blend the ingredients together until smooth.

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

ROASTED JALAPENO GUACAMOLE WITH TOASTED PUMPKIN SEEDS



MAKES 4 SERVINGS

- 6 Tbsp raw pumpkin seeds
- 2 medium jalapeño peppers
- 1 avocado, flesh coarsely mashed with a fork
- 3 Tbsp finely chopped red onion
- 1 small plum tomato, seeded and chopped
- 3 Tbsp chopped fresh cilantro
- 1 Tbsp lime juice
- 1/2 tsp sea salt

Originally published in The Virgin Diet Cookbook, Grand Central, 2014

Preheat oven to 300F.

Spread the pumpkin seeds on a medium baking sheet and bake, stirring occasionally, until lightly toasted, 10-12 minutes. Spread on a plate to cool for 5 minutes.

Preheat broiler.

Place jalapeños on a baking sheet and broil 4 inches from the heat, turning occasionally, until skin is blistered, 4-5 minutes.

Remove from oven and allow to cool for 5 minutes, then peel off and discard charred skins. Dispose of seeds and stems and finely chop the peppers.

Combine the pumpkin seeds, peppers, and remaining ingredients in medium bowl and mix well.

VEGETARIAN WHITE CHILI

MAKES 4 SERVINGS

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

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

Stir in the spices and cook, stirring, for 1 minute.

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

Remove from the heat and stir in the cilantro and salt.

Divide the cooked quinoa between 4 bowls and then top each with 1/4 of the white chili. Enjoy piping hot.

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



CURRIED LENTILS

MAKES 4 SERVINGS

- **3/4 cup** organic dry-sprouted green lentils (such as TruRoots)
- **4 tsp** coconut oil or red palm fruit oil
- 1 small onion, chopped
- 1 celery stalk
- 1/2 medium red bell pepper, chopped
- 2 cloves garlic, minced
- **1/2 tsp** curry powder
- **2 Tbsp** chopped fresh cilantro
- **1/4 tsp** sea salt
- **1/8 tsp** cayenne pepper

Cook the sprouted lentils according to the package directions.

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, celery, and bell pepper; cook, stirring occasionally, until starting to soften, 2 to 3 minutes.

Add the garlic and cook for 1 minute. Stir in the curry powder and cook until fragrant, about 30 seconds. Add the lentils and cook, stirring, until heated through, 1 to 2 minutes.

Remove from the heat and stir in the cilantro, salt, and cayenne pepper. Enjoy!

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Originally published in The Virgin Diet Cookbook, Grand Central, 2014



**DETOX WITH
GREEN DRINKS**
that taste amazing and offer
metabolism-boosting protein!

14 WHOLE FRUITS & VEGGIES
18g VEGAN PROTEIN
DELICIOUS STRAWBERRY-VANILLA FLAVOR

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TEX-MEX BURGERS WITH AVOCADO SALSA



MAKES 2 SERVINGS

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SALSA

- 1/2 avocado, cut into 1/4-inch dice
- 1/2 plum tomato, seeded, cut into 1/4-inch dice
- 1/4 medium red bell pepper, cut into 1/4-inch dice
- 1/2 small jalapeño pepper, finely chopped
- 1-1/2 Tbsp finely chopped red onion
- 1 Tbsp chopped fresh basil
- 1/2 Tbsp lime juice
- 1/8 tsp sea salt

BURGERS

- 1/2 pound grass-fed lean ground beef
- 1 slice nitrate-free bacon, cooked and coarsely chopped
- 1/2 tsp ground cumin
- 1/4 tsp onion powder
- 1/8 tsp smoked paprika
- 1/4 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 2 organic Boston or romaine lettuce leaves
- 2 ounces of your choice of cheese

Combine the avocado, tomato, bell pepper, jalapeño, onion, basil, lime juice, and salt in a medium bowl. Set aside.

Prepare a grill for direct high heat.

Gently combine the beef, bacon, cumin, onion powder, paprika, salt, and pepper in a medium bowl. Working the mixture as little as possible, form it into two 1/2-inch-thick patties. Make a small indentation in the center of each patty with your thumb.

Place the burgers on the grill, close the lid, and cook for 4 minutes per side for medium, or to desired doneness. Remove from the grill; place each burger on a lettuce leaf, top with the cheese of your choice and salsa.

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

BLACKENED SALMON



MAKES 4 SERVINGS

- 1/2 tsp smoked paprika
- 1/2 tsp sweet paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp dried thyme
- 3/4 tsp sea salt
- 1/4 tsp cayenne pepper
- 4 (6-ounce) wild salmon fillets, such as king or sockeye
- 1 Tbsp olive oil
- 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 with the lemon wedges.

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

WILD RICE AND VEGETABLE PILAF



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MAKES 4 SERVINGS

- 1 cup dry wild rice
- 1/2 tsp sea salt
- 1 Tbsp olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1 small zucchini, cut into 1/4" dice
- 1 small yellow squash, cut into 1/4" dice
- 1/3 tsp freshly ground black pepper

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

Heat the oil in a large nonstick skillet over medium-high heat.

Add the onion and garlic; cook, stirring occasionally, until starting to soften, 1-2 minutes.

Add the zucchini and squash and cook until lightly browned and tender, 7-8 minutes.

Stir in the cooked rice and cook until hot, 1-2 minutes.

Stir in the remaining 1/4 teaspoon salt and the pepper.

Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015

PUMPKIN SPICE PROTEIN COOKIE BITES



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MAKES ABOUT 20 BITES

- 2 scoops **JJ Virgin Vanilla or Chai All-In-One Protein Shake** powder
- 1 cup dry wild rice
- 1/2 cup almonds
- 1 cup cacao nibs
- 3/4 cup gluten-free organic rolled oats (not quick cook oats or instant oatmeal)
- 1/4 cup unsweetened almond butter
- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 2 Tbsp coconut oil
- 2 tsp pure vanilla extract
- 3/4 tsp ground cinnamon
- 1/8 tsp ground clove
- 1/8 tsp ground nutmeg
- dash sea salt
- cacao powder, ground almonds, or shredded unsweetened coconut (for rolling)

Pulse the oatmeal, almonds, and cacao nibs in a food processor until the size of small crumbs.

Add the remaining ingredients, and pulse until well-combined and mixture holds its shape when pressed together. (Be careful not to over-process.)

Roll the mixture into 1-1/2 inch balls. If desired, roll the finished bites in organic cacao powder, unsweetened shredded coconut, or ground almonds.

Transfer to fridge to chill completely, then enjoy.

Store covered in refrigerator for up to one week.

NOTHING

boosts your fat-burning
potential faster than
clean, lean protein!

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ALL-IN-ONE PROTEIN SHAKES

PLANT-BASED
or
PALEO-INSPIRED

21-22g
PROTEIN

3
YUMMY
FLAVORS



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