



JJVIRGIN

# SHOP SMART SHOPPING LIST

**THE EASIEST  
HEALTHY HABIT**

JJVIRGIN.COM

# JJ VIRGIN

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# SHOP SMART

## SHOPPING LIST

**Great health starts at the end of your fork!** And there's two simple steps to ensure you eat clean, nourishing food at every meal:

- 1. Keep the enemy out of the house.**
- 2. Invite the good guys in.**

Below are my top picks for the foods that will keep you lean and fit, while also helping you create delicious meals. You never have to worry about feeling deprived or hungry!

I'm also including my top recommendations for swaps, so you can eliminate the foods most likely to cause symptoms of food and carb intolerance and trade them for better options.

Here's to a fresh start for your kitchen and your health!

Best,  
JJ





So good, your  
sweet tooth  
won't ever know  
what its missing

**DARK CHOCOLATE COCONUT  
FIBER BAR**



**SHOP NOW**

**1G SUGAR | 11G COCONUT FIBER  
1,000% SCRUMPTIOUS**

**GLUTEN-FREE • DAIRY-FREE • CORN-FREE • SOY PROTEIN-FREE • EGG-FREE • NO ARTIFICIAL SWEETENERS**



# SHOP SMART

## SHOPPING LIST

### FOR YOUR PANTRY

\_\_\_ **JJ Virgin's All-In-One Protein Shake**

(available in Plant-Based or Paleo-Inspired)

\_\_\_ **JJ Virgin's Extra Fiber**

\_\_\_ **JJ Virgin Sprinkles**

\_\_\_ Unsweetened coconut, almond, or cashew milk

\_\_\_ Cacao nibs

\_\_\_ Chia seeds

\_\_\_ Beans and lentils (low-sodium canned and/or dried beans in bulk; black beans, white navy/cannellini beans, kidney beans, garbanzo beans)

\_\_\_ **Flavor Chef** Organic bone & vegetable broths

\_\_\_ Organic brown Basmati rice

\_\_\_ Quinoa (red or white)

\_\_\_ Gluten-free pasta (Look for brands made with quinoa or lentils – no corn!)

\_\_\_ Organic brown rice cakes (Flavored are fine, as long as they're still gluten- and corn-free.)

\_\_\_ Nuts (raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, or pistachios)

\_\_\_ A little dark chocolate (Note to self: a LITTLE dark chocolate = 1 oz per serving)

\_\_\_ **Pique Tea** Unsweetened green tea

\_\_\_ Canned artichoke hearts in water

\_\_\_ Canned diced green chiles

\_\_\_ Ready-made sauces (Make sure you read labels to avoid the 7 Hi-Fi foods, including hidden

sugars and artificial sweeteners.)

\_\_\_ Coconut aminos

\_\_\_ Marinara sauce (no sugar added; organic if available)

\_\_\_ Coconut oil

\_\_\_ Olive oil (for cooking)

\_\_\_ Extra virgin olive oil (for raw use in dressings)

\_\_\_ Red palm fruit oil or avocado oil

\_\_\_ Vinegars with no added sugars (try red wine vinegar, rice wine vinegar, or champagne vinegar)

#### **SPICES:**

**Purchase organic, non-irradiated spices.**

\_\_\_ Sea salt

\_\_\_ Black peppercorns (best flavor when freshly ground)

\_\_\_ Italian spice blend

\_\_\_ Mexican spice blend

\_\_\_ Dried or fresh rosemary

\_\_\_ Dried or fresh thyme

\_\_\_ Dried oregano

\_\_\_ Dried or fresh basil

\_\_\_ Ground cayenne pepper or chipotle pepper

\_\_\_ Smoked paprika

\_\_\_ Ground cumin

\_\_\_ Ground cinnamon

# SHOP SMART SHOPPING LIST

## FOR YOUR FREEZER

- \_\_\_ **Vital Choice** Grass-fed beef, bison, and lamb
- \_\_\_ **Vital Choice** Organic chicken and turkey sausage
- \_\_\_ **Vital Choice** Organic free-range chicken and turkey breast
- \_\_\_ **Vital Choice** Organic pastured pork
- \_\_\_ **Vital Choice** Wild-caught fish (My favorites are sole, salmon, and halibut.)
- \_\_\_ **Vital Choice** Wild-caught scallops
- \_\_\_ **Vital Choice** Wild-caught shrimp
- \_\_\_ Frozen organic berries (Blueberries, strawberries, and raspberries are wonderful.)
- \_\_\_ Frozen organic veggies (Have a wide variety, and use them for sides, soups, and stir-fry.)
- \_\_\_ Frozen organic fire roasted peppers and onions

## FOR YOUR FRIDGE

- \_\_\_ Sliced turkey (Be sure it's gluten-, corn-, soy-, and nitrate-free.)
- \_\_\_ Sliced grass-fed roast beef (Be sure it's gluten-, corn-, soy- and nitrate-free.)
- \_\_\_ Roasted whole chicken
- \_\_\_ Uncured, nitrate-free bacon (Wonderful added to salads!)
- \_\_\_ Unsweetened nut butters (almond, pecan, walnut, macadamia, and cashew)
- \_\_\_ Guacamole
- \_\_\_ Fresh salsa
- \_\_\_ Dijon or prepared yellow mustard (no sweeteners, including honey)
- \_\_\_ Salad greens
- \_\_\_ Flaxseed (grind fresh before use)
- \_\_\_ Dairy-free, nut-based cheese



# SHOP SMART SHOPPING LIST

## FOR YOUR FRUIT & VEGGIE BINS

Get all the non-starchy veggies you can store and eat in a week. I like to get containers of precut, fresh, washed veggies.

Be sure to read below about how to choose fruits and veggies safely!

### HOW TO CHOOSE YOUR FRUITS & VEGGIES SAFELY

Organic is always the best. Next, buy locally farmed or at the very minimum stateside-farmed produce. Other countries do not have the regulations regarding pesticides that we do, so while you may save a few pennies, you could be placing your health at risk.

The following is the EWG's 2017 Dirty Dozen List™. These are the items that should always be purchased organic because they grown with the most pesticides.

### Dirty Dozen List™



- |                 |              |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches   |
| 2. Spinach      | 8. Cherries  |
| 3. Kale         | 9. Pears     |
| 4. Nectarines   | 10. Tomatoes |
| 5. Apples       | 11. Celery   |
| 6. Grapes       | 12. Potatoes |

## 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



# WHAT TO AVOID

## — SWAPS —

Here's a helpful list of healthy replacements for the foods most likely to contain inflammatory ingredients like gluten, dairy, eggs, soy, corn, peanuts, and artificial sweeteners...



**SWAP** Sandwich Bread → Brown Rice Tortillas, Coconut Paleo Wraps, or Lettuce Leaves

**SWAP** Wheat Pasta → Quinoa Pasta, Lentil Pasta, Zucchini Noodles, or Spaghetti Squash

**SWAP** Cow's Milk → Unsweetened Coconut, Almond, or Cashew Milk

**SWAP** Dairy Yogurt → Unsweetened Cultured Coconut Yogurt

**SWAP** Dairy Cheese → Dairy-Free Nut Milk Ricotta or Cream Cheese

**SWAP** Breakfast Eggs → [A High-Quality Protein Shake](#)

**SWAP** Traditional Mashed Potatoes → Puréed Cauliflower or [Healthy Garlic Herb Mashed Potatoes](#)

**SWAP** White Rice → Brown Rice, Wild Rice, or Riced Cauliflower

**SWAP** Corn Tortillas → Brown Rice Tortillas, or Coconut Paleo Wraps

**SWAP** Corn Chips → Bean Chips, Brown Rice Chips, or Lentil Chips

**SWAP** Corn → Lentils or Beans

**SWAP** Soy Sauce → Coconut Aminos

**SWAP** Tofu → Non-Starchy Veggies or Other Clean, Lean Protein

**SWAP** Soy Milk → Unsweetened Coconut, Almond, or Cashew Milk

**SWAP** Peanuts → Almonds, Walnuts, or Pistachios

**SWAP** Peanut Butter → Almond Butter, Cashew Butter, or Sunflower Seed Butter

**SWAP** Juice → Unsweetened Fruit-Infused Water or Unsweetened Green Tea

**SWAP** Soda → Sparkling Water or Sparkling Probiotic Drink

**SWAP** Sugar → Monk Fruit, Erythritol, Birch-Derived Xylitol, Stevia, Allulose, or [JJ Virgin's Sprinkles](#)

**SWAP** Sweet Tea → Unsweetened Green Tea or Sparkling Probiotic Drink

**SWAP** Store-Bought Ketchup → Salsa or Homemade Ketchup (Recipe In Cycle 1 Week 1 Menu)

**SWAP** Bottled Salad Dressing → Olive Oil and a Specialty Vinegar or Lemon Juice

**SWAP** Sweetened Lattes → Half-Caf with a Splash of Coconut Milk





# Get More Fiber the Easy Way

**A GRAIN-FREE**

**PALEO SOURCE OF  
HEART-HEALTHY FIBER**



**SHOP NOW**





# JJ VIRGIN

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#### AFFILIATES:

WE COULDN'T MAKE IT WITHOUT SUPPORTIVE RELATIONSHIPS, AND WE BET YOU FEEL THE SAME WAY! THAT'S WHY JJ AND OUR TEAM CHOOSE PARTNERS TO OFFER YOU PRODUCTS WE BELIEVE IN.

THE ITEMS BELOW ARE SOME OF OUR FAVORITES - YOU'LL FIND THEM IN OUR HOMES, AND WE USE THEM WITH OUR OWN FAMILIES.

PLEASE BE AWARE THAT IF YOU HAPPEN TO PURCHASE SOMETHING WE RECOMMEND HERE, IT'S LIKELY WE'LL RECEIVE SOME KIND OF COMPENSATION. HOWEVER, WE ONLY BRING YOU PARTNERS WHOSE CONTENT AND CORE VALUES WILL SERVE YOU WITH THE SAME COMMITMENT TO EXCELLENCE WE STRIVE FOR EVERY DAY.