

NEW YORK TIMES BESTSELLING AUTHOR REVEALS



7 SWAPS FOR 7 FOODS

FOR RESULTS IN SEVEN DAYS

JJ VIRGIN

BESTSELLING AUTHOR OF THE VIRGIN DIET

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WELCOME

TO THE COMMUNITY

Thank you for downloading “*7 Swaps For 7 Foods For Results In 7 Days*”. This is the beginning of a revealing conversation about Food Intolerances and their ability to pack on pounds, drain your energy, and exacerbate just about ANY healthy issue from acne to athlete’s foot. Since many of the 7 foods may have been presented to us as “healthy” foods, you will receive emails this week that explain the hard science behind why these foods often prove to be unrecognized dietary downfalls. If you received this PDF book from a friend, you can go to www.JJVirgin.com to sign up to receive the free supportive emails and discount offers. The more, the merrier and healthier!

The seven swaps you are about to discover will come in handy when you take a 21-day break from the 7 High Intolerance foods. Exactly why



it takes 21 days will be answered in the email series this week; for now, know that swaps are the key to keeping you happy and satisfied on ***The Virgin Diet*** simply because they shift you from a food choice that might be causing weight gain or health challenges to a healthier option that removes that risk.

If you don't like the foods and enjoy the process, you may produce more cortisol (your STRESS hormone). Losing weight then becomes a much bigger challenge because elevated cortisol signals your body to store fat. YIKES! That is why I'll take you step-by-step through *The Virgin Diet* with DELICIOUS foods so your body can safely release the weight and regain its natural vitality.

Get ready to experience your NEW normal! When you remove the challenges, your body will NATURALLY release the weight, skin issues, fatigue, and illness. Your radiant self will shine through! Take pictures and note your weight now because things are about to change so drastically you won't remember the old you!

Looking forward to your success story,

A handwritten signature in black ink, reading "JJ Virgin". The signature is fluid and cursive, with a long horizontal line extending from the end.

A beetroot with green leaves and a halved avocado on a wooden background.

WHAT ARE SWAPS?

Swaps are lateral shifts from one food for another. Once you have read *The Virgin Diet*, you will have a complete understanding of Food Intolerances and how they cause your body to fight back using an arsenal of unpleasant techniques, including weight gain, inflammation, and bloating!

Those extra pounds and puffy abdomen are your body's best attempt at saving you from exposure to foods that irritate your system. You'll learn that years of exposure

to these foods have caused your body to devote valuable resources to creating antibodies simply so you can carry on with your life. In *The Virgin Diet*, I ask you to give your body a 21-day vacation from these high-F.I. foods to see what life is like without your system having to battle it out three times a day, every time you consume a meal.

Swaps are the key to success on *The Virgin Diet* because as soon as we hear we can't have something, that becomes the exact

thing we fixate on having. The goal of this book is to give you a delicious replacement, and I do mean DELICIOUS. *The Virgin Diet* is NOT a diet of deprivation, starvation, and struggle. NO WAY! I'm a picky eater, and I demand that the foods I eat taste amazing. The whole point of swaps is that you are happy to make the exchange of high-intolerance foods for their healthier versions. I trust you will be pleasantly surprised by how yummy these swaps are and how easy they make it to ditch the 7 foods so you can loose 7 pounds in just 7 days.

Eating is a sensory experience to be enjoyed. When you read *The Virgin Diet*, you will delve

deeply into your relationship with food, and I'll help you create new habits and thought patterns to better support your weight loss and health goals. For now, test out these 7 swaps for yourself to see how delicious and easy *The Virgin Diet* lifestyle can be.

Your resource for fast & lasting fat loss JJVirgin.com





SWAP 1: EGGS

Abandoning eggs may be a much bigger battle than you think. There are tricky places that eggs hide, and you'll learn about all of them in *The Virgin Diet*. However, the immediate need is for a swap that can replace one of the most common breakfast choices. This is the easiest swap because, on *The Virgin Diet*, you start the morning with a powerful protein shake that also sneaks in fiber, vitamin-and mineral-rich veggies and fruits, even probiotics. If you happen to be a veggie hater, don't worry - you won't taste them, I promise!

SWAP 1: EGGS

You will learn all the elements of a proper protein powder when you read *The Virgin Diet*, or you can take advantage of the delicious *JJ Virgin's All-In-One Shakes* I have had custom-created to support you. They come in three flavors, vanilla, chocolate, and chai, and have two protein options, Paleo-Inspired and Plant-Based.

Learn more about [JJ Virgin's All-In-One Shakes](#).





The Virgin Diet Daily Shake

Ingredients:

- 2 cups loosely packed spinach
- 1/4 cup organic frozen blueberries
- 1 tablespoon chia or freshly-ground flax seed
- 1 tablespoon almond butter
- 2 scoops JJ Virgin's All-In-One Shake powder
- 8-10 ounces of unsweetened coconut milk or filtered water to your desired thickness

Blend all ingredients in a blender until smooth and enjoy.

**For more recipes, come visit [The JJ Virgin Store](#).
You'll find a variety of shake recipes.**



SWAP 2: GLUTEN

Gluten hides in countless foods under sneaky names and can be difficult to avoid. You'll get tons of support with *The Virgin Diet*, including a dirty laundry list of gluten's hiding places. For now, here is a swap for pasta that you can start today. Pasta is a favorite food in many households, but it is worth leaving it behind along with the extra pounds it may have helped stack on.

SWAP 2: GLUTEN

The secret to ditching gluten in the form of pasta is a cheap little kitchen tool called a vegetable spiral slicer. Spiral slicers run about \$35 and make replacing pasta a cinch! Kids love to run the spiral slicer, supervised of course. These fast and easy noodles can be made while the sauce warms for a fun, delicious meal that not only skips gluten, but also gets the kids into the kitchen to take ownership of what they eat, which will benefit them for life! If you don't want to invest in the spiral slicer, spaghetti squash is nature's gluten-free pasta. Either will work for this recipe, but baking the squash will add some extra time. Consider baking one ahead to have ready to heat up with sauce for a quick meal.

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10-Minute Zucchini Pasta Dinner

Serves 4

Ingredients:

- 3 medium zucchini per person
- 1 tablespoon olive oil
- 1 clove minced garlic
- dash sea salt
- 2 cups your favorite pasta sauce (be sure to watch for sneaky sugars and additives!)
- 1/4 cup fresh basil leaves

Heat the pasta sauce in a sauce pan over low heat. While the sauce heats, use the spiral slicer to make noodles out of the zucchini. Toss the noodles in the olive oil, garlic, and salt. The salt will pull a bit of the moisture out of the zucchini and give it more of a noodle texture. Once the sauce is hot, drain the excess water from the zucchini noodles and add the noodles to the sauce, gently folding. This will heat the noodles and get them absorbing the flavor of your sauce. Serve hot, topped with fresh basil.

A top-down photograph of a wooden cutting board on a white surface. On the board are two white ceramic bowls. The bowl in the upper right is filled with light-colored, cooked soybeans. The bowl in the lower left is filled with a dark, viscous liquid, likely soy sauce. A semi-transparent purple banner with white text is overlaid on the top left of the image.

SWAP 3: SOY

Soy is another trickster that pops up in foods where we least expect it. Where to begin with avoiding soy? Simply put, you can kiss most processed foods goodbye because the majority of them contain derivatives of soy in one sneaky form or another. Check the label on your favorite energy bar. Chances are you'll find soy protein isolates (I'll save the rant for later) and several other chemical-sounding names that hide soy. Try this recipe that you can use to make your own homemade energy bites.

Virgin Diet Superfood Energy Bites

Ingredients:

- 1/2 cup raw almonds
- 1/2 cup raw cashews
- 1/2 cup almond butter
- 1 tablespoon coconut oil
- 2 scoops JJ Virgin's Vanilla All-In-One Shake Powder
- 2 tablespoons JJ Virgin's Sprinkles
- 1 tablespoon chia seeds
- 1/2 cup raw cacao nibs
- 1 tablespoon vanilla extract
- dash cayenne (optional)



(Makes 24 servings)

Pulse the raw almonds and cashews in a food processor until you achieve a course flour texture. Add the remaining ingredients and pulse the food processor to form the dough. Do not over-process. The mixture should hold together when you press it. Press the mixture into a glass loaf pan. Refrigerate for 15 minutes, then slice into squares. Keep refrigerated.



CRAVING SOMETHING SWEET? You can buy JJ Virgin's Diet Bars pre-packed and ready to rock! Learn more about **JJ Virgin's Diet Bars** and the yummy flavors I've created for you!



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SWAP 4: DAIRY

Dairy: the source of creamy milk, heavenly cheese, and sweet ice cream. Whatever shall we do without milk? After all, it does a body good, right? WRONG. A little research will reveal that the countries drinking the most milk have the highest incidence of osteoporosis. Shocking, right? Dairy is an example of really good marketing for a food that, for many of us, can pack on pounds and cause acne, inflammation, congestion, bloating, and a whole host of other issues.

The swap for dairy is So Delicious! Luckily, a company I adore called *So Delicious Dairy Free* has made it easy for us to enjoy dairy-free versions of all the yummy milk products we love. You still need to be label-smart! Choose the unsweetened versions to avoid the artificial sweeteners.

I get that this skips one dairy pleasure so many of us love... CHEESE. Check out *The Virgin Diet Cookbook* to learn how to make Sea Salt and Black Pepper Cashew Cheese. YUM!



MORE SWAPS: You will find replacement recipes for your favorite meals in *The Virgin Diet Cookbook*. Get your copy today.



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SWAP 5: CORN

If you did nothing but give up corn in all its many forms, you would likely drop weight and feel better because it would mean missing out on everything from sodas laden with high fructose corn syrup to the myriad of crackers, candies, chips, and snack foods available at every checkout counter. In *The Virgin Diet*, we will really dive deep into the challenges corn presents, including that fact that it is highly genetically modified.

One swap I get requests for often when it comes to corn is chips. People struggle with giving up their favorite brand of chips! Food companies craft recipes designed to make you want more of their products more often. No need to succumb to their chemically addictive goodies. Instead try this recipe for delicious kale chips from *The Virgin Diet Cookbook*.



Kale Chips with Cumin and Sea Salt

Ingredients:

1 large bunch of kale (about 1 pound), washed and thoroughly dried

1 tablespoon olive oil

1/2 teaspoon ground cumin

1/4 teaspoon sea salt

1/8 teaspoon ground chipotle pepper

Preheat the oven to 325 degrees Fahrenheit. Tear the kale into 1-1/2 inch pieces. Toss them in a large bowl with the oil, gently rubbing the leaves with your fingers to help spread the oil evenly. Add the cumin, salt, and chipotle pepper and toss well. Arrange the kale in a single layer on two large baking sheets. Bake one batch at a time, turning the leaves once until crisp, 16 to 18 minutes. Allow the kale chips to cool on the baking sheet. Serve immediately or store in a covered container.

SWAP 6: PEANUTS

You will learn in *The Virgin Diet* that peanuts are not nuts at all, they are legumes. They are one of the most common food allergens, but even those of us without an allergy may be experiencing a less obvious reaction based on an intolerance. It is these sneaky intolerances that cause a host of struggles including weight gain and bloating.

Who would choose struggles with weight or health over peanuts when there are so many delicious swaps for the “wanna be” nuts? Almonds, walnuts, cashews, pistachios, hazelnuts, selenium-packed Brazil nuts: all these nuts not only make a delicious change from peanuts, they also contain the high-quality fatty acids that can help turn our health around.



HELPFUL HINT FROM JJ...

Choose raw nuts, organic whenever possible, and soak them. Nuts contain anti-nutrients and enzyme inhibitors that can easily be removed by soaking. Oddly enough, the idea of soaking nuts seems to confuse people, so I will clarify that all you need to do is put them in a bowl covered by three inches of water. Generally they can soak overnight (8 to 12 hours for most, 2-4 for softer nuts like cashews), and then you simply dump off the soak water and rinse them. Roast them in the oven or dehydrator at 140° F for 8 hours. Allow them to cool and crisp up before storing them in an airtight container in the fridge.



SWAP 7: SUGAR & ARTIFICIAL SWEETENERS

Sugar is the new heroin. That may sound extreme, but sugar and heroin hit the SAME receptors in the brain! If you ask me, sugar is public enemy number one. That is why I go beyond the conversation we have in ***The Virgin Diet*** with a whole book dedicated to getting us ALL off this highly addictive substance.

The Sugar Impact Diet not only explains the sugar addiction phenomenon and the broken ways we measure sugar consumption, it also guides you through stepping down from sugar slowly and methodically to avoid the emotional and physical withdrawal symptoms.

SWAP 7: SUGAR & ARTIFICIAL SWEETENERS

STRUGGLE IS OPTIONAL! Let me help you skip the struggle and enjoy the path back to health by escaping sugar easily with *The Sugar Impact Diet*.

So what is the swap for sugar? Artificial sweeteners? NO WAY!!! Those are another form of evil that cause a whole separate cascade of serious health risks! Is it fruit? It can be once you've assessed your body's relationship to sugar, but even then you'll want to opt for very low-sugar fruits such as berries.

Because I realize it is unrealistic to ALWAYS ask you to give up sweets, especially BEFORE you've experienced how SWEET life can be once you're OFF SUGAR, I created a unique product that can help. You'll learn all about it on the next page.

JJ Virgin's Sprinkles are a blend of all-natural sweeteners that offer health benefits. This proprietary blend of glycine, erythritol, and a special part of the stevia plant tastes amazing and doesn't cause the stomach upset, bloating, and gas that can come with sugar alcohols. So how can it benefit your health? Studies have shown that glycine can regulate blood sugar by helping convert glucose into energy, making it an ideal sweetener to regulate blood sugar levels for people with insulin resistance and diabetes. Unlike other sugar alcohols, erythritol is rapidly absorbed by the small intestine and very little goes to your colon, which reduces or eliminates the gas, bloating, and other side effects common with other sugar alcohols. Stevia has been in the news a lot lately for its potential benefits for diabetes. In rat studies, it has been found to improve insulin action and metabolic syndrome.

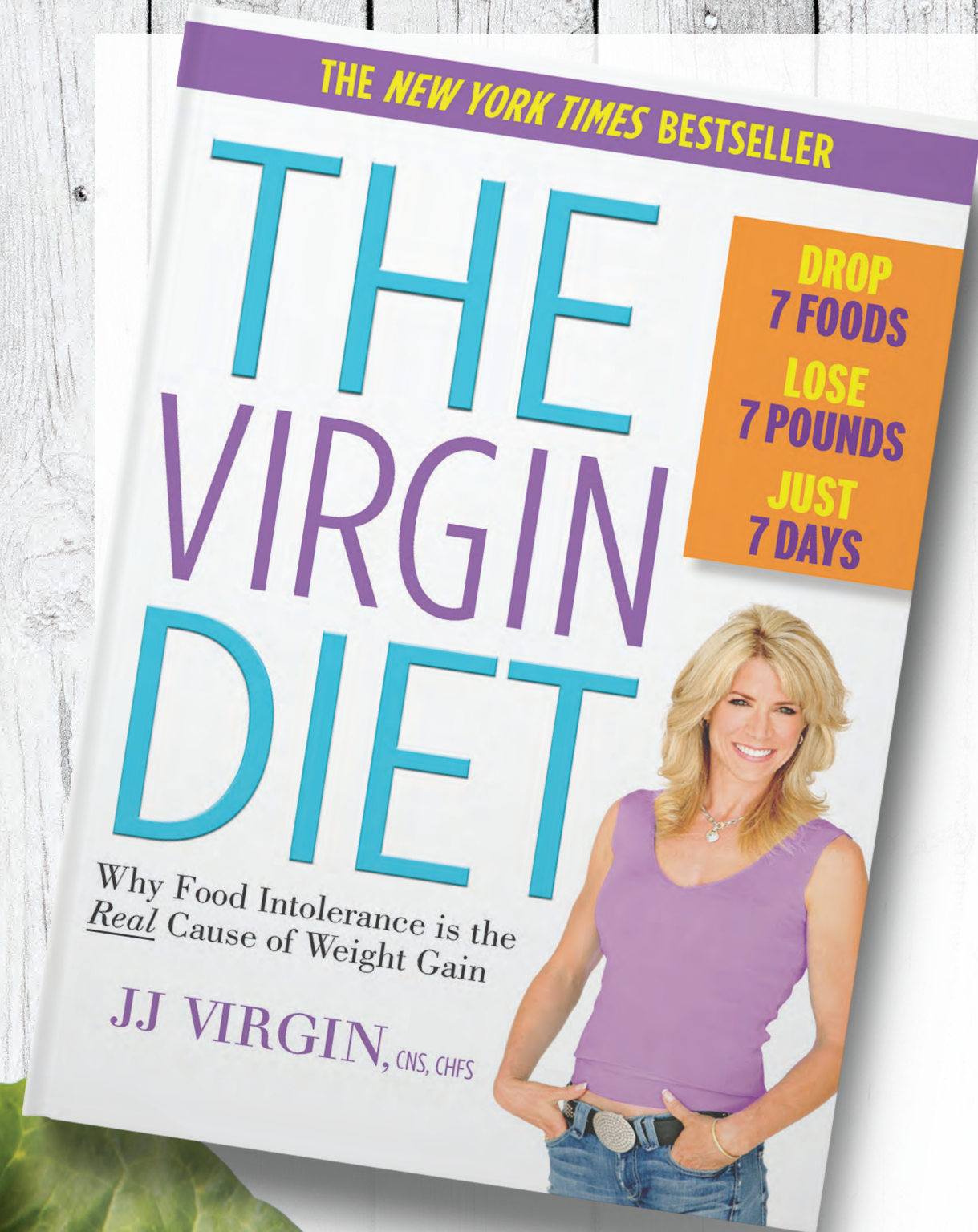
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The Virgin Diet

Reveals the hidden cause of weight gain & illness

Never has your body been so easy to understand! JJ Virgin lays out in simple detail what is happening within your body when you gain weight or develop other symptoms wrongfully associated with aging. It's not your fault and you don't have to suffer! JJ explains the simple changes and how to make them work in day-to-day life. This book will change your life!

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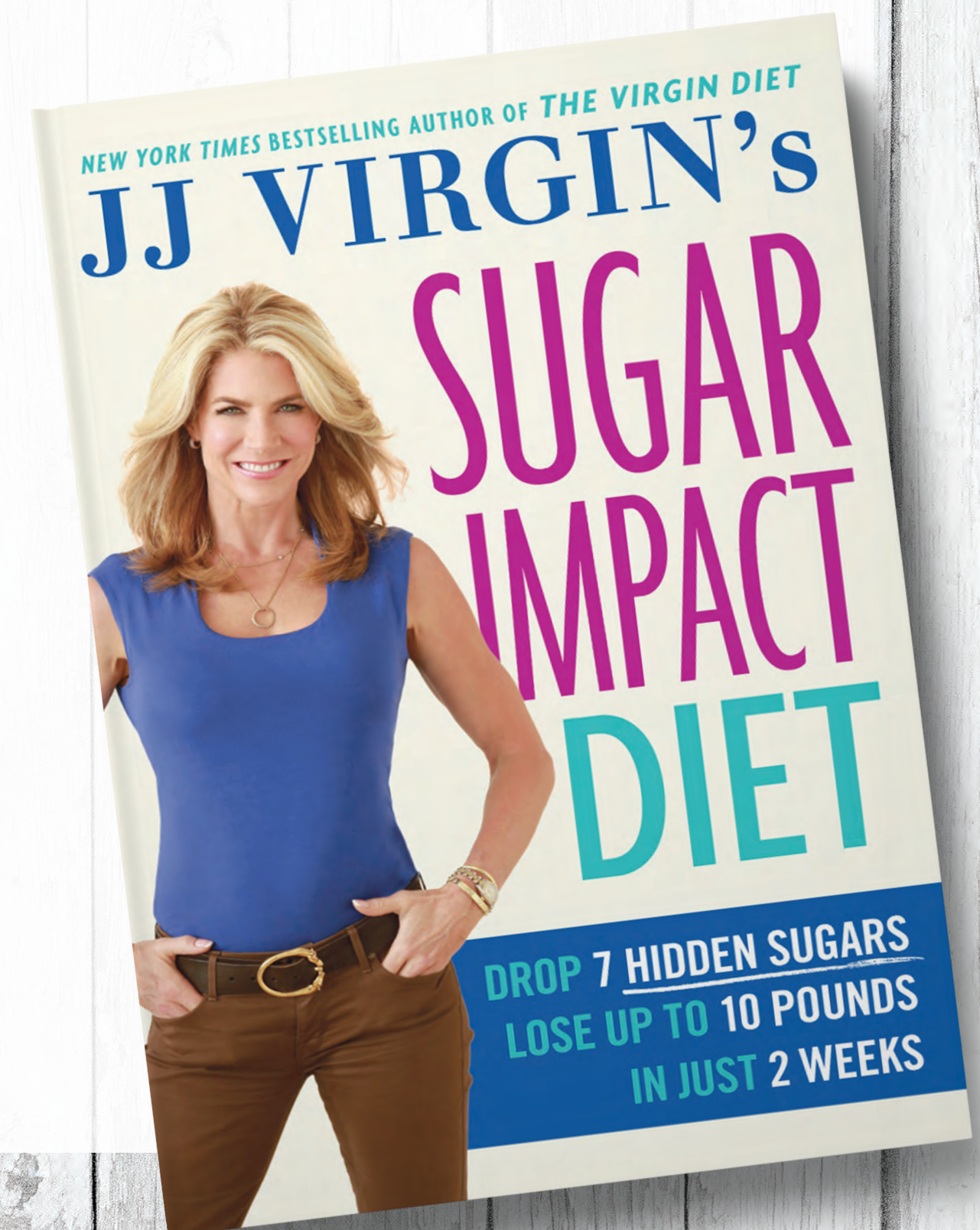
The Sugar Impact Diet

From here on out you are going to look at food differently than ever before.

You decide when to “choose it” or “lose it” based on whether you select a high, medium, or low sugar impact diet. On the program, you will taper down your impact so that you never crave sugar on your journey to sweet freedom. Just follow the simple program, and in two weeks you will go from a fatigued sugar burner to a high energy fat burner whose weight loss is effortless and cravings are history!

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BASED ON THE *NEW YORK TIMES* BESTSELLER

THE VIRGIN DIET™



Why Food Intolerance is the
Real Cause of Weight Gain

DROP
7 FOODS

LOSE
7 POUNDS

JUST
7 DAYS

ONLINE PROGRAM

The Virgin Diet Online Program

Lose Fat Fast & Keep
It Off Forever!

Seven sneaky foods are sabotaging your weight loss and health efforts! Get all the support you need to ditch them and experience your natural vibrancy and fit body. You'll enjoy video guidance & help from JJ, meal plans with shopping lists & recipes, plus a massive expert panel, fitness routines for all levels, and so much more.

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The Sugar Solution Online Program

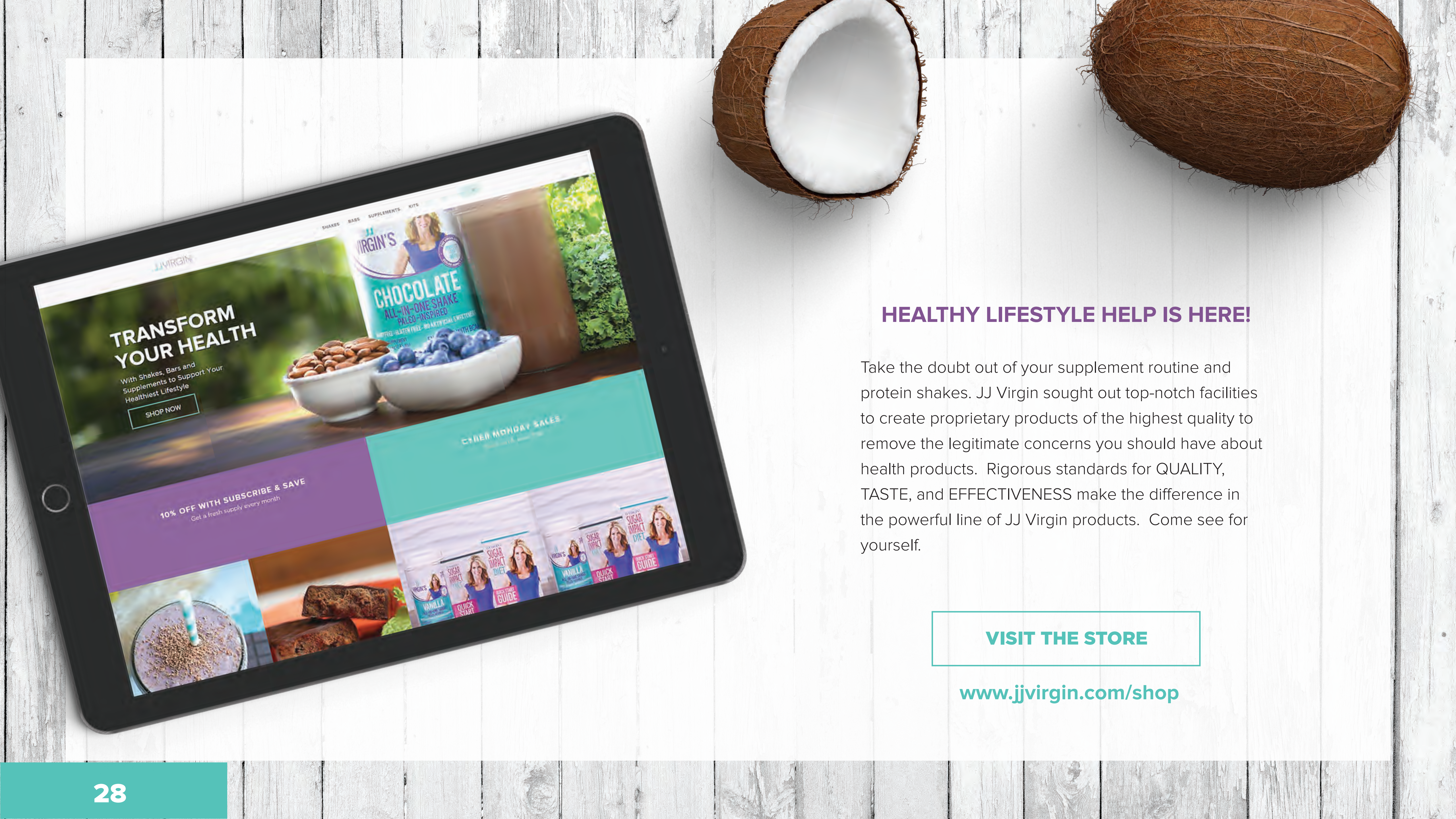
Sugar Destroys Your Health!

Sugar is also FAR TOO ADDICTIVE to cut it out without massive withdrawals and cravings UNLESS you let JJ Virgin guide you through a gentle step-down that makes the transition painless, easy, and surprisingly DELICIOUS! See what doctors and success stories are saying about The Sugar Solution Online Program.

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HEALTHY LIFESTYLE HELP IS HERE!

Take the doubt out of your supplement routine and protein shakes. JJ Virgin sought out top-notch facilities to create proprietary products of the highest quality to remove the legitimate concerns you should have about health products. Rigorous standards for QUALITY, TASTE, and EFFECTIVENESS make the difference in the powerful line of JJ Virgin products. Come see for yourself.

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