

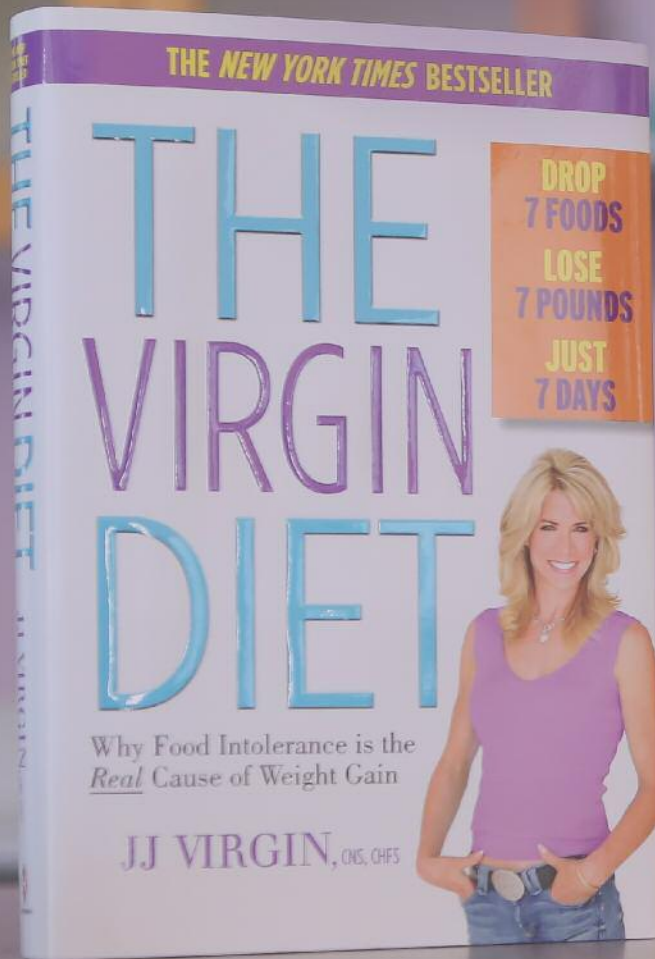


THE VIRGIN DIET

JUMP
START

GUIDE

JUMP START | GUIDE



WELCOME

I'm so excited to go on this journey with you! I've helped thousands of people lose weight by uncovering their hidden food intolerances. Now I want to help YOU drop those highly reactive foods to burn fat, ditch headaches, fatigue, and other miserable symptoms, and become your very best self.

This **Jump Start Guide** is my fast version of **The Virgin Diet**. I still want you to read the book, but this quick reference guide contains all the tools to get started. After all, if you're ready to transform your body, health and life, I don't want you to have to wait!

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JUMP START | GUIDE

This guide gets you started on **Cycle 1: Elimination**. In this cycle, you pull out all of the HI-FI (food intolerance) foods 100% for 3 weeks.

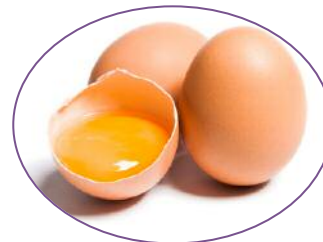
REMEMBER THE 7 FOODS ARE:



GLUTEN



DAIRY



EGGS



SOY



CORN



PEANUTS



SUGAR & ARTIFICIAL
SWEETENERS

When I say 100% I mean **100%**. Even a little of these foods can derail your efforts because you need to give your immune system at least that much time to cool off.

The only exception is sugar - you can use a high-quality vegan or defatted animal protein protein mix with 5 grams of sugar or less. This also holds true for any prepared food. Ideally look for items with no or very low added sugar and make easy lateral shifts like trading your ketchup for salsa whenever possible.

Remember in Cycle 1 you must pull ALL 7 highly reactive foods. Sorry, you don't get to pick. I can pretty much guarantee you the one you don't want to give up is the one causing the most problems.

It's **JUST THREE WEEKS!** You can do anything for 3 weeks. And by taking action on **The Virgin Diet**, you can be in a totally different place with your weight but also your energy, focus, joint pain, skin clarity, bloating, and cravings in this short amount of time.

Are you as excited about this as I am? Let's get started now because there's no time like the present!

Oh, and please share YOUR success story at www.facebook.com/jjvirginclub.

Blessings,



SETTING YOURSELF UP FOR SUCCESS

Let me share with you one of my favorite funny stories. One of my first segments for network TV was to go into the house of a woman who desperately wanted to lose weight. My job was to go into her fridge, and toss out the bad stuff. But what I found was a bit of a shocker. It wasn't gallons of ice cream or high cal soda. She had absolutely nothing in the fridge except a light bulb and a box of baking soda to get rid of any funky smells.



She decided the best way to lose weight was to remove **EVERYTHING** from her house. I agree that if it's not there you can't eat it, but this was taking that to an extreme. The point is no one should live with five wilted carrots and a head of lettuce in their fridge and a package of vintage rice cakes on the counter.

You're a living being and need food. If you don't go to the store and shop smart then you will make very bad choices when you get hungry. Yes, your evil twin will come out when you're starving and make you do irrational things such as steer your car through fast food restaurant drive-through windows. Bad things happen when you do what I call "the dashboard diet."

The point is you must keep the good stuff in the house while keeping the enemy out.

THE GROCERY STORE

It's a fact of life: You must go to the grocery store or send someone. Ideally, you will go once or twice a week for your fresh foods including veggies and fruit. You can also stock up on all of the foods I'll discuss on the following pages.

OPTIMAL CHOICES

OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no-hormone-added sources whenever possible. Avoid farm raised fish.

- Lean free-range chicken and turkey
- Cold water fish and shellfish – wild salmon, halibut, sole, scallops, sardines
- Lean red meats (2-3 times per week) – grass-fed beef, game, lamb
- Pastured pork
- Plant-based pea, chia, cranberry, chlorella, and/or rice protein
- Defatted grass-fed beef protein

OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Freshly ground flaxseed meal
- Malaysian palm fruit oil
- Avocado
- Olive oil, olives
- Coconut milk
- Coconut oil
- Flaxseed oil

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- | | | | |
|------------------|--|--------------------|--------------------|
| • Arugula | • Asparagus | • Bamboo shoots | • Bean sprouts |
| • Beet greens | • Bell peppers
(red, yellow, green) | • Broccoli | • Brussels sprouts |
| • Cucumber | • Cabbage | • Cassava | • Cauliflower |
| • Celery | • Chicory | • Fennel | • Chives |
| • Collard greens | • Coriander | • Dandelion greens | • Eggplant |
| • Endive | • Garlic | • Green beans | • Jalapeños |
| • Kohlrabi | • Kale | • Leeks | • Lettuce |
| • Mushrooms | • Mustard greens | • Onions | • Parsley |
| • Radishes | • Radicchio | • Shallots | • Spinach |
| • Summer squash | • Spaghetti squash | • Swiss chard | • Turnip greens |
| • Watercress | • Zucchini | | |

OPTIMAL CHOICES

HIGH-FIBER SLOW LOW CARBOHYDRATE CHOICES

- Acorn Squash
- Butternut Squash
- Winter Squash
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Pinto beans
- Split peas
- White beans
- Legumes
- Carrots
- Sweet potato/yam
- Turnip
- Black beans
- Adzuki beans
- Black beans
- French beans
- Kidney beans
- Cowpeas
- Chickpeas (garbanzo)
- Lentils
- Mung beans
- Navy beans
- Great Northern beans
- Brown rice
- Millet
- Jicama (raw)
- Tomatoes
- Quinoa pasta
- Brown rice wraps
- Quinoa
- Brown rice pasta

LOW SUGAR IMPACT FRUIT CHOICES

- Berries
- Blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries

MEDIUM SUGAR IMPACT FRUIT CHOICES

- Cherries
- Pear
- Fresh apricots
- Pomegranates
- Melons
- Orange
- Peaches
- Plum
- Grapefruit
- Apples
- Avocados
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion fruit
- Persimmons
- Plums

HIGH SUGAR IMPACT FRUIT CHOICES

KEEP THESE OUT

- Banana
- Pineapple
- Grapes
- Mango
- Papaya
- Watermelon

STAPLES: SHOPPING LIST

FOR YOUR FREEZER:

Grass-fed beef, bison and lamb
Organic chicken and turkey sausages
Organic free-range chicken and turkey breasts
Frozen wild scallops
Frozen shrimp
Organic turkey breast
Frozen berries (blueberries, strawberries and cherries are wonderful)
Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)
Fire roasted peppers and onions
Wild fish - my fav's are sole, salmon, and halibut

FOR YOUR FRIDGE:

Turkey slices
Grass-fed beef slices
Roasted whole chicken
Uncured, nitrate-free bacon (add bits to salads, too)
Nut butters: almond, pecan, walnut, macadamia and cashew
Guacamole
Fresh salsa
Dijon mustard
Salad greens
Bagged and fresh veggies for stir-fry
Flax seed (grind fresh before use)
Containers of cut-up, fresh, washed veggies (to really save you time in meal assembly!)
Fresh, low sugar impact fruits such as berries
All the non-starchy veggies you can store and eat that week!

STAPLES: SHOPPING LIST

FOR YOUR PANTRY:

Quality shake mixes (Check them out in my store at www.jjvirgin.com)

Fiber product for shakes

Coconut, almond or cashew milk – we love So Delicious Dairy Free Unsweetened

Beans; canned and/or bulk black beans

Organic chicken & vegetable broths

Organic brown Basmati rice

Brown rice

Red quinoa

Quinoa or brown rice pasta

Rice cakes

Nuts-choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios

A little dark chocolate (note to self – a LITTLE dark chocolate = 1 oz)

Green teas

Garbanzo beans

Artichoke hearts

Diced green chilies

Ready-made sauces (make sure you read labels to avoid hidden sugars or artificial sweeteners)

Coconut aminos

Marinara sauce - no sugar added

Coconut oil

Olive oil (for cooking)

Extra virgin olive oil (for raw use, ie in dressings)

Malaysian palm fruit oil

Vinegars – no added sugars (try red wine, rice wine, and champagne)

STAPLES: SHOPPING LIST

FOR YOUR VEGGIE BIN:

Garlic

Onions

Sweet potatoes/yams

Tomatoes

SPICES:

Purchase organic, non-irradiated

Sea salt

Black pepper corns

Italian spice blend

Mexican spice blend

Herbs de Provence

Rosemary

Thyme (great in roasted veggies)

Oregano

Basil

Red chile

Cumin

Cinnamon

THE DIRTY DOZEN

Organic is always the best - next, buy locally farmed and 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 may be placing your health at risk. The following is the EWG's 2015 Dirty Dozen Plus™ guide to items that should always be purchased organic to avoid the pesticide residue.

- | | | | |
|--------------------|---------------|------------------------|-----------------------|
| 1. Apples | 5. Grapes | 9. Snap peas | + Hot peppers |
| 2. Celery | 6. Nectarines | 10. Spinach | + Kale/Collard greens |
| 3. Cherry tomatoes | 7. Peaches | 11. Strawberries | |
| 4. Cucumbers | 8. Potatoes | 12. Sweet bell peppers | |

CREATING YOUR **SHAKE**

Replace a meal a day with a healthy shake to support fat loss, optimal nutrition and ideal body composition.



PROTEIN SOURCES:

Look for a blend of vegan proteins. Preferred sources are pea, chia, cranberry, chlorella, and/or rice.

The new kid on the block is beef protein (look for defatted with no antibiotics or hormones added).

Avoid soy, egg, or milk (including whey) protein powders.

Go High Protein

Each serving should contain 20 – 25 grams of protein.

Go Natural

Look for GMO- free and hormone-free (no recombinant bovine growth hormone, or rGBH).

Avoid artificial colors and sweeteners as well as other nasty additives.

Go Low-Sugar Impact.

Look for 4–5 grams of sugar per serving, max. Stick with a very small amount of natural sweetener or sugar alcohol (e.g., stevia, xylitol, erythritol, rice syrup, evaporated cane juice syrup, dextrose).

Avoid fructose and agave.

CREATING THE PERFECT SHAKE:

1. Select your protein
2. Add your fiber
3. Add your fruit
4. Add your healthy fat
5. Add liquid, ice and blend!



THE VIRGIN DIET **SHAKE**

THE VIRGIN DIET BASIC SHAKE RECIPE

Makes 1 serving

2 scoops **JJ Virgin's All-In-One shake**

1–2 scoops **JJ Virgin's Extra Fiber**

8–10 ounces unsweetened coconut, almond, or cashew milk
(I like So Delicious Dairy Free brand)

1/2–1 cup of frozen berries

1–2 tablespoons freshly ground flax, chia, hemp, or nut butter (not peanut)

Ice to desired thickness

OPTIONAL ADD-INS:

Espresso powder

Lemon, lime, or orange zest

Handful of raw kale, spinach, or other leafy greens

Spices including cinnamon, nutmeg, and cayenne pepper

No-sugar-added extracts, including vanilla, almond, orange

Raw cacao nibs or powder

1/2 avocado

Raw coconut cream



GET CREATIVE

RECIPE FROM THE VIRGIN
DIET SMOOTHIE GUIDE

CHOCOLATE COCONUT JOY

2 scoops **JJ Virgin's All-In-One Shake Chocolate**

1 serving **JJ Virgin's Extra Fiber**

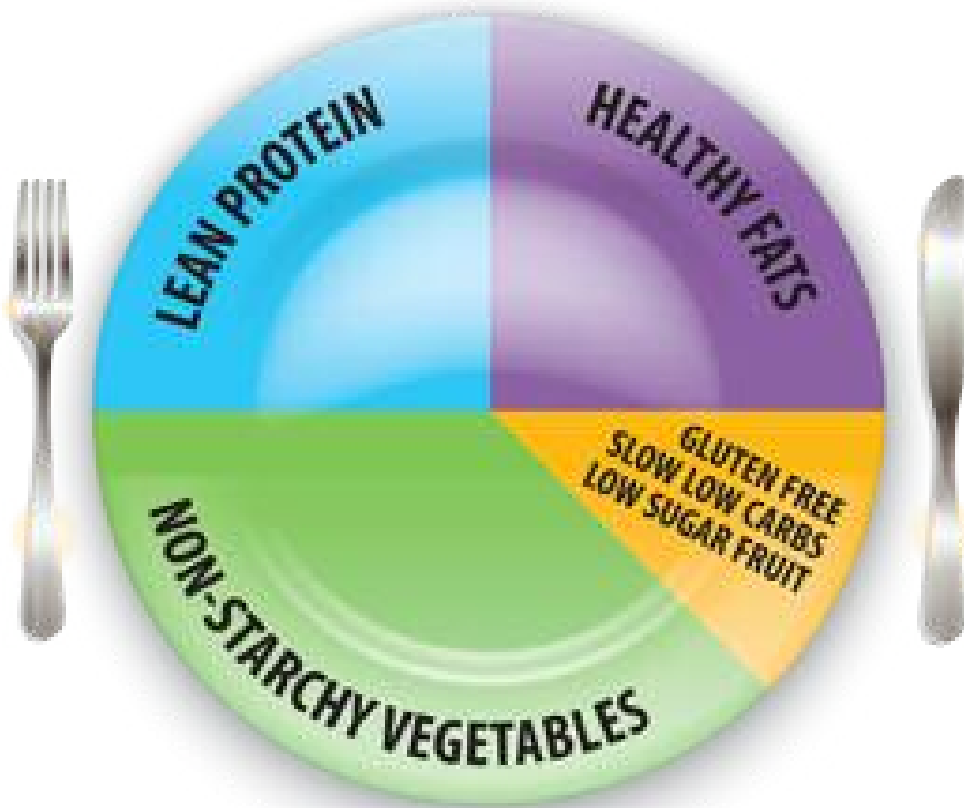
8–10 ounces unsweetened coconut milk

1 tablespoon almond butter

1/4–1/2 teaspoon almond extract

Ice to desired thickness

THE VIRGIN DIET **PLATE**



**THIS IS THE
IDEAL BALANCE
THAT YOU ARE
STRIVING FOR
ON YOUR PLATE
AT EACH MEAL**

**Each meal
should include:**

DBYJW“NSLBTKBHRJFSBRJFSBUW7200

- Serving size: women should eat 4-6 ounces at each meal; larger or more athletic women 6-8 ounces
- Men should eat 8 ounces; and larger or very athletic men up to 10 ounces
- Lean towards the higher range if you are very athletic or are recovering from surgery or healing from a wound

1-2 SERVINGS OF HEALTHY FATS

- Serving size: 1 tablespoon olive oil, ¼ small avocado, 4 ounces cold water fish, 10 nuts, 1 tablespoon nut butter, 5 olives
- Be sure to count fat from protein, so if having grass-fed beef or fish count as a fat serving

2+ SERVINGS OF NON-STARCHY VEGETABLES

- Serving size: 1/2 cup cooked or 1 cup raw. More is better – eat at least 5 servings a day, you can always increase the portion size of your non-starchy vegetables

1 SERVING OF HIGH-FIBER SLOW LOW CARBS

- Serving size: 1/2 cup cooked beans or rice, 1/2 small sweet potato, 1 piece of fruit

RULES OF MEAL TIMING



1

Eat a substantial breakfast within 1 hour of waking up

2

Stop eating three hours before bed

(NO, this does not mean going to bed later!)

3

**Eat every 4-6 hours, which means you will be eating three balanced meals a day, plus 1 mini-meal if you go over 6 hours between meals
*BUT ONLY IF NECESSARY!***

QUICK MEAL **ASSEMBLY**

Simply choose which of the following you want to assemble, follow the guidelines and you have a quick tasty balanced meal

THE “STOUP”

My combination of Stew and Soup!

1. Chicken or veggie broth – low sodium and organic
2. Add lentils, legumes, brown rice or quinoa
3. Add non starchy veggies – load it up!
4. Add chopped protein
5. Serve with a side salad with Extra Virgin olive oil and lemon juice

My favorite:

1. Chicken broth
2. Lentils
3. Sautéed and chopped onions, garlic, red and yellow peppers, zucchini
4. Diced roasted chicken breast
5. Serve with mixed field greens and herb salad with EVOO and lemon juice

THE BOWL

1. Choose brown rice, quinoa or legumes as base
2. Add stir-fried, steamed, roasted or sautéed veggies
3. Add your protein
4. Top with your sauce/seasoning

My favorite:

1. Quinoa
2. Roasted Brussels sprouts, asparagus & red peppers
3. Grilled salmon
4. With lemon and sea salt

THE WRAP

1. Start with rice wrap or romaine, butter lettuce leaves
2. Add protein
3. Chopped non starchy veggies and leafy greens
4. Add healthy fat – chopped nuts, avocado

My favorite:

1. Rice wrap
2. Turkey slices
3. Arugula, basil and Heirloom tomato
4. Sliced avocado

THE PLATE

1. Protein
2. Starch – sweet potato, etc
3. Veggies
4. Healthy fat (fish, olive oil, avocado, nuts)

My favorite:

1. Grass fed beef filet
2. ½ sweet potato
3. Asparagus, lightly sautéed with olive oil, garlic and sea salt

QUICK MEAL **ASSEMBLY**

THE SALAD

1. Start with dark leafy greens
2. Add chopped/julienned non starchy veggies
3. Throw in a little high fiber carb – legumes, berries, apple
4. Add protein
5. Dress and season

The dressing – lemon or lime juice and extra virgin olive oil, herbs if desired...think garlic, oregano, basil, dill, mint

My favorite:

1. Romaine & spinach blend
2. Chopped cucumbers, red onions, red peppers, carrots, asparagus (steamed al dente and chilled)
3. Garbanzo beans
4. Diced chicken
5. Lemon, olive oil & basil to dress

MINI-MEALS

These will tide you over if you find yourself going longer than 6 hours between meals

Apple and almond butter

Celery and hummus

Turkey avocado roll up

Cup of lentil soup

½ of a shake serving



WHY CAN'T I EAT GLUTEN, DAIRY, CORN, SOY, PEANUTS OR SUGARS & ARTIFICIAL SWEETENERS?

The removal of offending foods from the diet can deliver a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.



EGGS

WHAT THEY DO

Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods. They also have been linked with eczema and psoriasis.

WHERE THEY HIDE

Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

- Always read ingredient lists on food labels. You'd be surprised how many foods contain egg.
- Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.
- Liquid egg replacers, such as "Egg Beaters," are made of egg whites, and, therefore, should not be used as alternatives to egg.

- | | | | |
|---------------------|-------------------|-------------------|-----------------|
| • Baked goods | • Macaroons | • Batter mixes | • Malted drinks |
| • Bavarian cream | • Marshmallows | • Boiled dressing | • Mayonnaise |
| • Bouillon | • Meat loaf | • Breaded foods | • Meringues |
| • Breads | • Noodles | • Cake flours | • Pancakes |
| • Creamy fillings | • Puddings | • Custards | • Quiche |
| • Egg drop soup | • Salad dressings | • Flan | • Sauces |
| • French toast | • Sausages | • Fritters | • Soufflé |
| • Frosting | • Tartar sauce | • Waffles | • Ice cream |
| • Hollandaise sauce | | | |



GLUTEN

WHAT IT DOES

Gluten-containing grains – wheat, barley, rye and some oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It too, is EVERYWHERE, so read your labels carefully.

WHERE IT HIDES

- Bread and bread rolls
- Pretzels
- Pastry or pie crust
- Crispbreads
- Crumble toppings
- Scones
- Muesli
- Farina
- Blue cheeses
- Pates
- Baked beans
- Some chocolate
- Soups
- Instant coffee
- Hydrolyzed vegetable protein (HVP)
- Rye bread
- Cakes
- Pancakes
- Bulgar wheat
- Couscous
- All Bran
- Matzo flour/meal
- Meat and fish pastes
- Gravy powders
- Brown rice syrup
- Imitation crab meat
- Beer, ale, lager
- Chutneys & pickles
- Potato crisps/chips
- Pumpernickel
- Stuffings
- Waffles
- Pasta
- Pizza
- Malted drinks
- Sausages
- Stock cubes (like OXO)
- Shredded suet
- Sauces
- Self basting turkeys
- Soy sauce
- Dry mustard
- Curry powder
- Yorkshire pudding
- Muffins
- Biscuits or cookies
- Durham
- Semolina
- Anything in breadcrumbs
- Luncheon meat
- Some breakfast cereals
- Seitan (it IS gluten!)
- Malt vinegar
- White pepper
- Licorice
- Salad dressings
- Some spice blends



SOY

WHAT IT DOES

Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.

WHERE IT HIDES

- Soy sauce
- Asian foods
- Prepared foods
- Teriyaki sauce
- Tempeh
- Energy bars
- Tofu
- Miso
- Energy shakes
- Veggie burgers
- Soy protein powders



PEANUTS

WHAT THEY DO

Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile.

WERE THEY HIDE

- Peanut butter
- Cookies
- Peanut oil
- Snacks
- Candy
- Food toppings



DAIRY

WHAT IT DOES

Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (or GI distress issues)!

WHERE IT HIDES

- Cow's milk yogurts
- Sheep's milk yogurts
- Whey protein powder
- Chocolate
- Hot chocolate mixes
- Whipped topping
- Cow's milk cheeses
- Sheep's milk cheeses
- Macaroni and cheese
- Ice cream
- Many baked goods
- Mashed potatoes
- Goat's milk yogurts
- Goat's milk cheeses
- Desserts
- Butter
- Canned foods
- Baking mixes
- Sauces
- Goat's milk cheeses
- Creamy soups
- Many margarines
- Shakes
- Coffee creamers
- Many salad dressings

Dairy may be listed on food labels as...

- Milk
- Kefir
- Half & half
- Cheese
- Artificial butter flavor
- Buttermilk
- Milk solids
- Whey
- Whipped cream
- Cream cheese
- Casein
- Buttermilk solids
- Non-fat milk solids
- Cream
- Lactose
- Cottage cheese
- Caseinate
- Yogurt
- Sour cream
- Lactalbumin
- Butter
- Sodium caseinate

WHY NO WHEY?

Whey can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.



CORN

WHAT IT DOES

Symptoms of corn allergies are similar to other food sensitivity reactions including rashes & hives, migraines, joint pain, mood disorders, temporary depression, insomnia, eczema, fatigue, hyperactivity in children, night sweats, dark circles around the eyes, repeated ear infections and urinary tract infections and chronic sinus problems.

Read more: Signs and Symptoms of a Corn Allergy | eHow.com

http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7

And finally, remember that corn is one of the most genetically modified crops around. The genetic modification may create it own set of health risks. For more on this subject see Jeffrey Smith's *Seeds of Deception*.

WHERE IT HIDES

- | | | | |
|-----------------|-----------------|---------------------|-----------------------|
| • Corn syrup | • Corn oil | • Corn meal | • Cornstarch |
| • Vegetable oil | • Maize | • Popcorn | • Grits |
| • Hominy | • Corn sugars* | • Margarine | • Corn/tortilla chips |
| • Fritos | • Corn fritters | • Breakfast cereals | • Corn tortillas |

*Some corn sugars: dextrose, Dyno, Cerelease, Puretose, Sweetose, glucose

Also many processed foods may include sources of corn from various products, such as cornstarch, corn syrup and corn oil.



SUGAR

WHAT IT DOES

Processed sugary carbs are the culprit in obesity and insulin resistance. They spike your blood sugar and accelerate fat storage. And artificial sweeteners are hardly the free pass you might consider. Studies show they can also contribute to insulin resistance and trigger cravings just like the real stuff, plus they mess with your gut flora. Just say no to added sugar and artificial sweeteners in all their disguises!

THE MANY NAMES FOR SUGAR

- | | | | |
|----------------------------|---------------------------|-----------------------|-------------------------|
| • Barley Malt | • Beet sugar | • Blackstrap molasses | • Brown sugar |
| • Cane sugar | • Cane juice crystals | • Caramel | • Carob syrup |
| • Castor sugar | • Corn sweeteners | • Corn Syrup | • Confectioner's sugar |
| • Date sugar | • Demerara sugar | • Dextrin | • Dextrose |
| • Diastatic malt | • Diatase | • D-mannose | • Evaporated cane juice |
| • Fructose | • Fruit juice concentrate | • Galactose | • Glucose |
| • High-fructose corn syrup | • Honey | • Invert sugar | • Lactose |
| • Malt syrup | • Maltodextrin | • Maltose | • Maple syrup |
| • Molasses | • Raw sugar | • Rice syrup | • Sucrose |
| • Syrup | • Table sugar | • Treacle | • Turbinado sugar |

OTHER NAMES FOR ARTIFICIAL SWEETENERS

- | | | | |
|----------------------------------|-----------|------------------------|-------------|
| • NutraSweet | • Splenda | • Acesulfame potassium | • Aspartame |
| • Cyclamate | • Isomalt | • Saccharin | • Sucralose |
| • Neohesperidine dihydrochalcone | | • Aspartame | • Alitame |

DAILY JOURNAL

DAY:

DATE:

HDAGM

BREAKFAST: TIME _____

LUNCH: TIME _____

DINNER: TIME _____

SNACKS: TIME _____

TIME _____

WATER:  8oz: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

GI/BMs:

SYMPTOMS: (record any symptoms you are noticing and to what degree)

NOTES:

WEIGHT & MEASUREMENTS

STARTING

DAY: _____

Starting Weight _____ lbs

DATE: _____

Starting Body Comp _____ %

Starting Waist Measurement _____ inches

Starting Hip Measurement _____ inches

DAY: _____

Weight _____ lbs

DATE: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

DAY: _____

Weight _____ lbs

DATE: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

DAY: _____

Weight _____ lbs

DATE: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

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