

PEERtrainer™
presents

THE VIRGIN DIET

**DROP
7 FOODS**
**LOSE
7 POUNDS**
**JUST
7 DAYS**

**START YOUR DAY RIGHT
WITH THE VIRGIN DIET SHAKE**



- Get Energized
- Fight Cravings
- Burn more Fat
- Improve Your Focus
- Tame Your Appetite
- Soothe Your Sweet Tooth

5 Reasons to Make Breakfast The Virgin Diet Shake

Convenience is a huge factor in *The Virgin Diet*. Many diets provide elaborate meals that require hours in the kitchen or arcane ingredients you have to drive around town to look for. Who has time for that?

Juggling your ever-expanding to-do list while picking up your kids from soccer practice and fielding your boss's ever-urgent voice mails doesn't leave you much time to prepare meals.

That's where The Virgin Diet Shake comes in. In just minutes, you can prepare a fast, filling, delicious shake that lets you get on with your day.



Breakfast makes an ideal time to make The Virgin Diet Shake. "I don't have time" and "I'm not hungry within an hour of waking up" (my clients' two top excuses for skipping breakfast) go out the window here. You certainly have five minutes to whip together The Virgin Diet Shake.

(By the way, surely you saw the study in the *American Journal of Clinical Nutrition* that showed a higher-protein breakfast suppresses hunger and helps you burn fat better.)

Likewise, I hear people say they sometimes skip lunch. They're bogged down at the office, for instance, and just can't stop to eat.

Again, The Virgin Diet Shake to the rescue. You can prepare one just about anywhere in minutes. You'll be getting the protein, good fat, and fiber to keep you full and focused for hours.

Traveling? I do that a *lot*, and I always have The Virgin Diet Shake in my bag along with my favorite accessory, the Magic Bullet. Talk about saving money over those \$20 continental breakfasts and substandard airport food!

Here are five reasons I recommend The Virgin Diet Shake for fast, lasting fat loss and steady, sustained energy all morning:

- 1. Easy.** Manufacturers know reaching for a box of cereal with skim milk takes less effort than fixing a mixed-vegetable omelet. They also know among the franticness of looking for your keys and getting the kids ready for school, you're most likely to take the path of least resistance at breakfast. A protein shake offers you the same convenience without cereal's empty carbs that spike and crash your blood sugar.
- 2. Lasting energy.** That low-fat muffin and latte raises your insulin levels, which means you're due for a mid-morning crash that will leave you running for the nearest bagel cart. A protein smoothie, on the other hand, gives you sustained energy for hours. That means no 11 a.m. Krispy Kreme cravings and no snapping at your coworkers once your blood sugar levels crash.
- 3. Inexpensive.** Tally up how much you spend on breakfast biscuits, muffins, or whatever else counts for breakfast. Surprised? A protein shake provides a cost-effective alternative. For the price of a large coffee, you get high-quality, fat-burning protein that keeps you full and focused for hours.
- 4. Fast.** You know that time excuse for not having breakfast? It doesn't work with a protein shake. In about the time it takes to pour cereal and milk, you can toss all your ingredients in a blender for a filling, delicious breakfast.
- 5. Healthy.** Sure, they're convenient and offer a little protein and nutrients, but those so-called healthy breakfast bars and canned shakes come loaded with sugar, artificial sweeteners and flavors, and other things that don't constitute a smart breakfast. On the other hand, you can custom-load a protein shake with good fat, fiber, antioxidants, and of course high-quality protein that boosts your metabolism and helps burn fat. A study in the *International Journal of Obesity* showed that protein shakes "can safely and effectively produce significant sustainable weight loss and improve weight-related risk factors of disease."

References:

Blom WA, et al. Effect of a high-protein breakfast on the postprandial ghrelin response. *Am J Clin Nutr.* 2006 Feb;83(2):211-20.

Mierlo CA, et al. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes Relat Metab Disord.* 2003 May;27(5):537-49.

What Our Clients Are Saying

"I replaced my way-too-sugary and carbohydrate-filled breakfasts with JJ's meal replacement shakes and bang, the day was easier to get through with energy, focus, limited cravings, and confidence."

– Auset Reid

"I love it that JJ offers a recipe to make your own protein shakes! With JJ's program, at 40 my arms look better now than they ever have, I'm happy with my waistline again, and those stubborn last 10 pregnancy pounds from 4 years ago are finally gone. Guess you could say the 'proof is in the (dairy-free) pudding.'"

– Jennifer Dutcher, Owner/Designer of Rock-a-Thigh Baby

"Before I didn't usually even eat breakfast, so the Virgin Diet Shake for breakfast has been great."

– Kelly Taylor



What to Look for in a Shake

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

Choose a high quality protein base

- Vegan rice, pea or potato protein, or blends of these



Avoid: Soy, egg or milk protein powders, artificial colors and sweetener such as aspartame and sucralose.

Look for: GMO-free and hormone (rBGH) free. Your protein powder must be low in sugar - stick with a very small amount of natural sweetener or sugar alcohol (ie stevia, xylitol, rice syrup, evaporated cane juice syrup) 4-5 grams per serving max.

Look for shakes made with 5 grams or less of net carbs per serving.



Basic Shake Recipe

1 scoop Virgin Diet All-In-One Shake

1 serving frozen fruit (we recommend organic berries)

Liquid (water, unsweetened coconut water, coconut milk or almond milk*)



**note we recommend So Delicious Unsweetened Coconut Milk. If you use the canned coconut milk, choose the light version and dilute 1/4 cup coconut milk with 3/4 cup water.*

Great Shake Add-Ins:

- ✚ Fiber blend
- ✚ Seeds; Chia, freshly ground flaxseed meal, hemp, Salba
- ✚ Fats; coconut butter, nut butter and fish oil
- ✚ Supplement Support; Vitamin C powder, Glutamine
- ✚ Greens; powdered greens, Mighty Maca Greens; handful of frozen kale or spinach

I Like My Shake Thinner!

- 1 scoop Virgin Diet All-In-One Shake
- 1/2 cup frozen fruit
- 10 ounces liquid
- 1 cup frozen spinach or kale

I Like My Shake Thicker!

- 1 scoop Virgin Diet All-In-One Shake
- 1-2 servings chia, hemp or freshly ground flaxseeds
- 1 cup frozen fruit
- 8 ounces liquid
- Ice cubes



Additional Shake Ideas



High Fiber Frap

1 scoop Virgin Diet All-In-One Shake
Chocolate
Coconut milk
Espresso powder (try Starbucks VIA)
Dash of cinnamon
Ice to desired thickness

High Fiber Cap

1 scoop Virgin Diet All-In-One Shake Vanilla
1 serving Chia seeds
Coconut milk
Espresso powder (try Starbucks VIA)
Dash of cinnamon
Ice to desired thickness

Peach Almond Berry Bliss

1 scoop Virgin Diet All-In-One Shake Vanilla
½ cup frozen peaches
½ cup frozen berries
Unsweetened almond milk
¼ teaspoon of no-sugar added vanilla extract

Black Cherry Desire

1 scoop Virgin Diet All-In-One Shake Chocolate
Coconut milk
½ -1 cup frozen dark cherries
1 serving chia seeds
(also try with blackberries)



50/50 Bar

1 scoop Virgin Diet All-In-One Shake Vanilla
Coconut milk
Peeled orange
1 tablespoon freshly ground flaxseed meal
Ice to desired thickness

Nutter Butter

1 scoop Virgin Diet All-In-One Shake Vanilla
Coconut milk
1 tablespoon almond butter
Ice to desired thickness



Strawberry Blast

1 scoop Virgin Diet All-In-One Shake Vanilla
Coconut milk
1 cup frozen strawberries

Chocolate Coconut Joy

1 scoop Virgin Diet All-In-One Shake Chocolate
Coconut milk
1 tablespoon almond butter
1/4-1/2 teaspoon almond extract
Ice to desired thickness



Double Chocolate Zing

Imported Valrhona Pure Unsweetened Cocoa Powder (cacao) adds deep color and extra rich, intense chocolate flavor to this chocolate shake.

1 scoop Virgin Diet All-In-One Shake Chocolate
Coconut milk
1 heaping tablespoon of Valrhona unsweetened Cocoa Powder or other raw cacao powder
Pinch of cayenne pepper (to taste)
13 ice cubes

Lemon Zinger

1 scoop Virgin Diet All-In-One Shake Vanilla
Coconut milk
1/4-1/2 bunch organic parsley
3/4 cup blueberries (or other low glycemic fruit)
1/4 to 1/2" ginger root, sliced thin
one 1/4" slice of lemon, seeded, but with the peel.



Put in a high speed blender and mix well. If you do not have a high speed blender, omit the lemon peel.



Apple Greens

1 scoop Virgin Diet All-In-One Shake Vanilla
1 chopped apple
1 scoop of Mighty Maca Greens powder
Coconut milk



Chocolate Orange

1 scoop Virgin Diet All-In-One Shake Chocolate
1 peeled orange – or 2 peeled tangerines
Dash of cinnamon
Coconut milk



Pumpkin Pie Protein Shake

½ cup coconut milk
½ cup canned pumpkin
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
¾ scoop of Virgin Diet All-In-One Shake Vanilla
¼ c cold water
approx ¾ c crushed ice cubes or 8-10 ice cubes

Blend all ingredients in a blender – add more liquid, spices or ice to your desired taste and consistency.

This amount makes a pretty large shake - easily could be shared between two people or if you feel the need for an extra-large smoothie, this will do the trick.

Jeanne Peters, RD

Other ways to use The Virgin Diet All-In-One Shake mix

Mock Nutella

Serves 1

Stir 1 tablespoon water into 2 tablespoons Virgin Diet All-In-One Shake Chocolate until it looks like chocolate sauce. Mix in 1 tablespoon nut butter & enjoy on apple slices.



Protein Power Oatmeal

Be sure to buy gluten free long cooking or steel cut oats

Prepare oatmeal as directed for 1 serving

Towards the end of cooking add 1 teaspoon cinnamon

Remove from heat and add:

1-2 tablespoons chopped nuts (almonds, pecans, walnuts)

1 scoop Virgin Diet All-In-One Shake Vanilla liquefied in $\frac{1}{4}$ cup water (or coconut milk)

Stir well. Can add more water if needed for desired consistency.

Warm “Shake” Berry Pie

- 1 cup frozen berries (any type) and/or dark cherries
- 1 teaspoon cinnamon
- ½ cup coconut milk
- 1 scoop Virgin Diet All-In-One Shake Vanilla
- 1 tablespoon Chia seeds,
- 1 tablespoon chopped walnuts

Warm cherries/berries and coconut milk over medium heat until fruit is warm. Pour off a few tablespoons of liquid and combine with the Virgin Diet All-In-One Shake and whisk until smooth and add back to mixture. Stir in chia seeds and chopped walnuts.

Nutty Bars

- 1 cup nut butter, room temperature or slightly warmed
- 2 scoops Virgin Diet All-In-One Shake Vanilla
- 2 teaspoons cinnamon
- 2 cups mixed raw nuts-walnuts, pecans, almonds
- ½ cup unsweetened shredded coconut

Combine nut butter, Virgin Diet All-In-One Shake and cinnamon and stir until thoroughly mixed. Add nuts and coconut and put into baking pan. Cover and refrigerate.

Serving size is 1" by 2" rectangle



Hot Cocoa

- 1/2 scoop Virgin Diet All-In-One Shake Chocolate
- 1 cup of unsweetened almond or coconut milk

Heat up the milk, add the shake mix and mix thoroughly. (add more or less shake mix to your taste and desired consistency)

Mocha

Add to your espresso:

¼ cup heated unsweetened coconut or almond milk

1/2 scoop Virgin Diet All-In-One Shake Chocolate

(add more or less shake mix to your taste and desired consistency)



Cappuccino

Add to espresso:

¼ cup heated unsweetened coconut or almond milk

¼-1/2 scoop Virgin Diet All-In-One Shake vanilla

(add more or less shake mix to your taste and desired consistency)

Mix the protein powder in with the heated coconut or almond milk, add to espresso and sprinkle cinnamon on top

Chocolate Coconut Popsicles

2 scoops Virgin Diet All-In-One Shake chocolate

12 ounces of So Delicious unsweetened coconut milk

Shake in a shaker cup or blend in the Magic Bullet. Pour into popsicle molds and freeze. Make extras because kids and adults will love these!

More Support for The Virgin Diet

The Virgin Diet Daily Essentials Packs

Comprehensive nutrition in convenient "take-anywhere" packets.

- Complete multivitamin-mineral with added antioxidant support*
- Combines Thorne's key formulas: Basic Nutrients V, PolyResveratrol-SR, and Omega Plus – all in a convenient packet

The constant stressors of modern life can take a toll on the body when not managed well with proper diet and exercise. Daily Basic Nutrients Packets make it easier to ensure your patients get the nutritional support they need for the day. Just two packets daily (one for the morning and one for the afternoon) not only supply vitamin and mineral supplementation, but also provide essential fatty acids and key antioxidants to support healthy heart, liver, and brain function.* Daily Basic Nutrients Packets are convenient and easy to take anywhere. There is no need to sort, count, or measure. Daily Basic Nutrients Packets combine three select formulas from Thorne Research: Basic Nutrients V (complete multi-vitamin mineral), PolyResveratrol-SR for added cellular support, and Omega Plus for balanced essential fatty acid support.*

Basic Nutrients V is designed specifically for individuals with an increased oxidative burden. Basic Nutrients V is a comprehensive multi with calcium, magnesium, and potassium bound to citrate-malate – the most soluble and absorbable of these mineral chelates. Basic Nutrients V contains vitamin K1 and copper, but no iron or iodine, for those not needing supplemental iron (like young men) or who are sensitive to iodine. Basic Nutrients V also contains a full range of trace minerals and a full scope of highly absorbed vitamin co-factors.*

PolyResveratrol-SR[®] contains pure resveratrol. Pterostilbene and synergistic plant extracts optimize the metabolism and utilization of this fascinating nutrient and enhance its numerous cardioprotective, hepatoprotective, and anti-aging properties.*

Omega Plus is a balanced blend of essential fatty acids. While the omega-3 fatty acids have significant health benefits, the omega-6 fatty acid gamma linolenic acid (GLA) also offers similar benefits.* Borage oil is a rich source of GLA (higher than evening primrose oil). Omega Plus provides an omega 3:6 ratio designed to provide a healthful balance of these important essential fatty acids.* Because the typical diet contains significantly more omega-6 than omega-3 fatty acids, fish oils make up a greater percentage of the product.

Additional Support Products

Thorne Research Medibulk[®]

Provides important soluble fiber for a healthy GI tract*

- in a convenient powder for ease of mixing
- enhances short-chain fatty acids to promote a healthy GI tract*
- helps maintain already normal cholesterol and blood sugar levels*
- a good source of soluble and insoluble fiber

Thorne Reseach Plantizyme[®]

A plant-based enzyme formula for digestive support*

- digestive support for vegetarians*
- promotes nutrient digestion and absorption*
- benefits individuals with occasional indigestion*
- provides amylase, protease, lipase, cellulase, and lactase from an Aspergillus fungus species

Thorne Research Perma-Clear[®]

for intestinal permeability support*

- helps maintain a healthy intestinal lining*
- promotes beneficial gut flora*
- supports gut immunity*
- helps maintain normal inflammatory processes in the intestines*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Why You Only Want to Buy Professional-Brand Supplements

I love a deal. In today's tight economy, buying bulk food purchases and economy-size personal care products makes sense to save a few dollars. While you're at your warehouse store stocking up, you might be tempted to pick up an economy-size multi or a mega-tub of protein powder. Or you might find a coupon for a brand-name drugstore supplement. I'm going to tell you why that's not a good idea.

1. Most store-bought supplements are loaded with binders, thickeners, flow agents, artificial colors, and other things we call the NO list that you most certainly don't want in your body.
2. Many supplements contain soy, gluten, dairy, and other potential food sensitivities. Imagine if you were doing everything right on The Virgin Diet, eliminating those problematic foods 100%, and yet something as simple as a supplement or protein powder could be stalling your weight loss and derailing your success!
3. Many supplements contain cheap, poorly absorbable, and/ or synthetic nutrients. For instance: does your multi have "dl-tocopherol" and magnesium oxide? That's a surefire bet you're getting poorly absorbable, ineffective forms of these and other nutrients.
4. Low amounts of nutrients. Many supplements provide the minimum amount of vitamins and minerals to *prevent* disease. I want to do more than prevent disease: I want to provide my body with optimal amounts of nutrients to burn fat, increase energy, and boost metabolism. You're not going to get those amounts from "minimum wage nutrition" commonly found in store-bought supplements.

You deserve more than to settle for poor-quality supplements that could do more harm than good. That's why I recommend everyone only purchase professional-quality products.

You'll only find these supplements in integrative doctors' offices and through high-end clinical nutritionists. Professional-supplement companies have the science to support their efficacy. Doctors and other professionals love them because they get results.

I'll be honest with you. Professional-grade supplements cost a bit more than store-bought brands. But I want you to consider more than initial cost. After all, bargain-basement supplements are expensive in the long run if you're not absorbing nutrients or if they trigger food intolerances. On the other hand, you'll often get better results with smaller amounts of professional supplements because of their superior potency and absorbability, which in the long run saves you money.

Your health is the most important thing in the world. You're getting great results from The Virgin Diet. Don't compromise that success with poor-quality supplements!