

Break
THROUGH

CARB INTOLERANCE

CYCLE 1

WEEK 1



MEAL PLAN,
SHOPPING LIST
& RECIPES

JJVIRGIN.COM

CYCLE 1 | WEEK 1

MEAL PLAN, SHOPPING LIST & RECIPES

EASY INSPIRATION

Who doesn't want to feel healthier and have more energy? And nobody I know wants the pain and inflammation that come with a high-sugar impact lifestyle.

But it can also be a little overwhelming to navigate a new eating plan alone, especially with a world of hidden sugars lurking in your neighborhood grocery stores and restaurants!

That's why I've got your meals all planned out for you for Cycle 1 – menu, shopping list, recipes: the works! And I made sure that you cook in larger batches and use multi-tasking ingredients across multiple recipes.

Not only will you save time and money, you'll never have to wonder, "What's for dinner?"

You'll have 2 protein shakes a day during the first week of Cycle 1 to jumpstart your results. Smoothies also keep meal prep as simple as possible! (You can get your Sugar Impact Diet-approved protein powder [HERE...](#))

This meal plan is your training wheels. As you cook and eat, think about how you might tweak the ingredients or flavors to suit your own preferences. By the time you're through Cycle 1, you'll be a pro!

One last note: your shopping list and recipes assume only one person is eating. However, you can easily multiply the amounts if you're feeding a family! (And of course, there's more tips in your Breakthrough Carb intolerance Family Guide.)

*The recipes included below are from my NYT bestsellers **The Virgin Diet Cookbook** and **Sugar Impact Diet Cookbook**. If you're looking for more yummy, healthy inspiration, be sure to check them out!*



CYCLE 1 | WEEK 1 MEAL PLAN

MONDAY

Breakthrough Basic Shake
Creamy Almond Butter Shake
Simply Grilled Shrimp with Lime over Brown Rice
Stir-Fried Bok Choy

TUESDAY

Breakthrough Basic Shake
Cherry Bliss Smoothie
Turkey Meatballs with Marinara & Quinoa Noodles
Mixed Green Salad with Basil Vinaigrette

WEDNESDAY

Breakthrough Basic Shake
Creamy Almond Butter Shake
Southwest Grilled Steak Salad on a Crisped Rice Tortilla

THURSDAY

Breakthrough Basic Shake
Cherry Bliss Smoothie
Jerk Spiced Chicken Thighs with Roasted Pineapple Chutney
½ baked sweet potato
Steamed Broccoli with Garlic Oil Drizzle

FRIDAY

Breakthrough Basic Shake
Creamy Almond Butter Shake
Turkey Meatballs with Marinara & Quinoa Noodles
Mixed Green Salad with Basil Vinaigrette

SATURDAY

Breakthrough Basic Shake
Cherry Bliss Smoothie
Southwest Grilled Steak Salad on a Crisped Rice Tortilla

SUNDAY

Breakthrough Basic Shake
Creamy Almond Butter Shake
Jerk Spiced Chicken Thighs with Roasted Pineapple Chutney
½ baked sweet potato
Steamed Broccoli with Garlic Oil Drizzle

SNACK

Cacao Nib Protein Cookie Bites
Lentil Chips with Hummus
Apple Slices with Almond Butter and a Sprinkle of Cinnamon

*If you're vegetarian or vegan, feel free to use any of the recipes or substitutions suggested in the **Breakthrough Vegan Guide**.*

CYCLE 1 | WEEK 1 SHOPPING LIST

PANTRY

JJ Virgin Store

- ___ JJ Virgin All-In-One Protein Shake (your choice of flavor and protein type)
- ___ JJ Virgin Extra Fiber
- ___ JJ Virgin Sprinkles (if snack recipe is desired)

Dry Goods

- ___ 100 oz. unsweetened coconut milk
- ___ 40 oz. unsweetened vanilla almond milk
- ___ chia seeds
- ___ ¼ cup unsweetened, unsalted almond butter (¾ cup if snack recipe is desired)
- ___ ¼ cup organic cacao nibs (¾ cup if snack recipe is desired)
- ___ ½ cup walnuts (if snack recipe is desired)
- ___ ¼ cup gluten-free old-fashioned rolled oats (not quick cook oats or instant oatmeal) (¾ cup if snack recipe is desired)
- ___ ½ cup chopped nuts or shredded unsweetened coconut (if snack recipe is desired)
- ___ 1 cup cooked brown rice
- ___ low-sodium chicken stock or bone broth
- ___ 1 (14.5 ounce) can no-salt-added petite diced tomatoes
- ___ 1 small can tomato paste
- ___ 2 brown rice tortillas
- ___ 4 oz. corn-free quinoa pasta/noodles
- ___ 1 bag lentil chips (if snack is desired))

Oil & Seasonings

- | | | |
|----------------------------|--|---|
| ___ Dijon Mustard | ___ ground chipotle pepper | ___ ground nutmeg |
| ___ coconut oil | ___ ground allspice | ___ red pepper flakes |
| ___ olive oil | ___ chili powder | ___ garlic powder |
| ___ extra-virgin olive oil | ___ ground cumin | ___ real vanilla extract (if snack recipe is desired) |
| ___ white wine vinegar | ___ ground coriander | ___ real almond extract |
| ___ palm fruit oil | ___ dried thyme | ___ wheat-free low-sodium tamari |
| ___ sea salt | ___ dried oregano | OR coconut aminos |
| ___ black pepper | ___ cayenne pepper | |
| ___ smoked paprika | ___ ground cinnamon (if snack recipe is desired) | |
| ___ dried basil | | |

CYCLE 1 | WEEK 1 SHOPPING LIST

FRIDGE & FREEZER

Produce

- ___ 16 oz (1 lb.) organic fresh baby spinach or mixed greens
- ___ 2 avocados
- ___ ¼ pineapple
- ___ 1 lemon
- ___ 2 limes
- ___ 1 large red bell pepper
- ___ 1 small bunch green onions
- ___ 1 small sweet potato or yam (about 5 oz)
- ___ 1 head garlic
- ___ 1 thumb sized piece of fresh ginger
- ___ fresh cilantro
- ___ fresh mint
- ___ fresh basil
- ___ 4 cups chopped romaine
- ___ 4 cups broccoli florets
- ___ 2 medium onions
- ___ 4 oz. baby bok choy
- ___ 1 cucumber
- ___ ½ cup grape tomatoes
- ___ 1 large egg
- ___ ⅓ cup grated parmesan cheese

Meat

- ___ 4 oz. (about 8) large peeled, deveined shrimp
- ___ ¾ lb. flank steak
- ___ 4 bone-in skinless chicken thighs (about 1-¼ lbs), trimmed
- ___ 1-½ lb. lean ground turkey

Frozen

- ___ 7 cups of organic frozen mixed berries
- ___ 3-½ cups organic frozen spinach
- ___ 3 cups organic frozen pitted dark cherries



SHAKES

CYCLE 1 | WEEK 1 RECIPES



MAKES 1 SERVING

BASIC
BREAKTHROUGH
SHAKE

- **2 scoops JJ Virgin All-In-One Protein Shake**
(your choice of flavor and protein type)
- **1 Tbsp JJ Virgin Extra Fiber** or chia seeds
- **1 Tbsp** coconut oil
- **1 cup** frozen mixed berries
- **½ cup** organic frozen spinach
- **10 oz.** unsweetened coconut milk

Blend ingredients well in blender.
You can thin your shake by adding water
or thicken it by adding ice cubes. Enjoy!



CREAMY ALMOND BUTTER SHAKE

MAKES 1 SERVING

- **2 scoops JJ Virgin All-In-One Protein Shake** (your choice of flavor and protein type)
- **1 Tbsp** unsweetened, unsalted almond butter
- **1 Tbsp** organic cacao nibs
- **1/8 tsp** almond extract
- **10 oz.** unsweetened vanilla almond milk
- **6-7** ice cubes

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding more ice cubes. Enjoy!

CHERRY BLISS SMOOTHIE

MAKES 1 SERVING

- **2 scoops JJ Virgin All-In-One Protein Shake** (your choice of flavor and protein type)
- **1 Tbsp JJ Virgin Extra Fiber** or chia seeds
- **1 cup** organic frozen pitted dark cherries
- **1/2** small avocado
- **10 oz.** unsweetened coconut milk

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding ice cubes. Enjoy!

There's also dozens more smoothie recipes included in your Smoothie Guide in the Breakthrough Online Program, so don't be afraid to test until you find your favorites!

MONDAY

CYCLE 1 | WEEK 1 RECIPES

SIMPLY GRILLED
SHRIMP WITH LIME

Serve with stir-fried bok choy
over steamed brown rice

MAKES 1 SERVING

- **4 oz.** large peeled and deveined shrimp (about 8 shrimp)
- **2 tsp** olive oil
- **1/8 tsp** ground coriander
- **1/8 tsp** smoked paprika
- **1/4 tsp** sea salt
- **1/8 tsp** ground black pepper
- **1 tsp** grated lime zest
- **2 tsp** chopped fresh cilantro
- **1** lime, quartered
- **1 cup** brown rice

This grilled shrimp couldn't be any simpler – or more delicious! Cook over direct high heat for 2-3 minutes per side on a gas or charcoal grill or in a grill pan over medium-high heat. You'll serve with Stir-Fried Bok Choy over 1 cup of steamed brown rice.

Preheat a grill pan over medium-high.

Toss the shrimp with olive oil, coriander, paprika, salt and pepper; let stand 5 minutes.

Add shrimp to the grill pan and cook until marked and cooked through, 3 to 4 minutes per side. Transfer to a bowl and toss with the lime zest and cilantro.

Serve with the lime quarters to squeeze fresh juice as desired.

MONDAY

CYCLE 1 | WEEK 1 RECIPES



STIR-FRIED BOK CHOY

Serve with grilled shrimp and lime over steamed brown rice

MAKES 1 SERVING

- **2 tsp** Malaysian palm fruit oil or coconut oil
- **¼** medium onion, chopped
- **½** garlic clove, minced
- **1 Tbsp** grated fresh ginger
- dash red pepper flakes
- **4 oz.** baby bok choy, cut into bite-size pieces
- **1 Tbsp** lower sodium chicken stock or bone broth
- **1 tsp** wheat-free low-sodium tamari or coconut aminos

Baby bok choy is sweeter and more delicate than adult varieties, and it's a member of the same family of cruciferous veggies as cabbage, cauliflower, and Brussels sprouts. It's great in this stir-fry, as well as steamed or roasted.

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

Add the onion, garlic, ginger and red pepper flakes; cook until starting to soften, 2 to 3 minutes. Add the bok choy and cook, stirring often, until crisp-tender, 4 minutes. Stir in the tamari and cook 1 minute longer.

TUESDAY

CYCLE 1 | WEEK 1 RECIPES

TURKEY
MEATBALLS
WITH MARINARA
AND QUINOA
NOODLES

MAKES 4 SERVINGS

Here's a healthier, lower sugar impact version of a traditional spaghetti dinner. You're preparing extra meatballs and sauce tonight, for a total of 4 servings. Eat one serving of meatballs and sauce tonight, one on Friday, and freeze the rest so a healthy meal is never far away.

However, it's best to cook a new batch of quinoa noodles fresh before you eat each time. No worries, since it only takes about 7-8 minutes!

- **2 Tbsp** olive oil, divided
- **1** medium onion, finely chopped
- **3** garlic cloves, minced
- **1 tsp** dried basil
- **1** (14.5-ounce) can no-salt-added petite diced tomatoes
- **3 Tbsp** tomato paste
- **½ tsp** sea salt, divided
- **¼ tsp** freshly ground black pepper, divided
- **1 ½** pounds lean ground turkey
- **¼ cup** gluten-free old-fashioned rolled oats (not quick-cook or instant)
- **1 tsp** garlic powder
- **1 tsp** dried oregano
- **1** large egg
- **⅓ cup** grated Parmesan cheese

RECIPE CONTINUES ON PAGE 11

TURKEY MEATBALLS WITH MARINARA AND QUINOA NOODLES

NOODLES

MAKES 1 SERVING

- **2 oz.** dry quinoa noodles, prepared according to package directions
- **¼ tsp** sea salt
- **¼ tsp** ground black pepper
- **2 tsp** olive oil



Heat 1 Tbsp of the olive oil in a medium nonstick skillet over medium-high.

Add the onion, garlic and basil; cook until starting to soften, 1-2 minutes. Add the tomatoes and tomato paste; reduce the heat to medium and cook, stirring occasionally, until slightly thickened, 10-12 minutes.

When done simmering, season the sauce with ¼ tsp of the salt and ⅛ tsp of the pepper, cover skillet, and set aside.

Combine the turkey, oats, garlic powder, oregano, egg, cheese and remaining ¼ tsp salt and ⅛ tsp pepper in a bowl; mix well. Form into 16 balls and set on a plate.

Heat the remaining 1 Tbsp oil in a large nonstick skillet over medium. Add the meatballs and cook, turning occasionally, until browned and cooked through, 16-18 minutes.

While the meatballs cook, boil a medium pot of water and cook quinoa noodles according to package directions, being careful not to overcook.

When pasta is finished, drain completely and return to pan. Top with ¼ tsp sea salt, ¼ tsp ground black pepper, and 2 teaspoons olive oil; toss well and set aside.

Transfer ½ of the meatballs and ½ of the sauce to a covered container and freeze for later use.

Divide the remaining meatballs and sauce into two portions, and refrigerate one portion in an airtight container for Friday's dinner.

Transfer the remaining meatballs to the skillet with the remaining sauce and bring to a simmer over medium heat.

Cook about 5 minutes, or until meatballs are heated through, then serve over noodles.

TUESDAY

CYCLE 1 | WEEK 1 RECIPES

BASIL
VINAIGRETTE

This fresh Basil Vinaigrette tastes fantastic and takes store-bought salad dressing out of the equation – key, since it so often contains hidden sugars. Use it on tonight's and Friday's green salads.

**MAKES $\frac{3}{4}$ CUP
(2 TBSP PER SERVING)**

- **3 Tbsp** white wine vinegar
- **3 Tbsp** chopped fresh basil
- **1 tsp** Dijon mustard
- **$\frac{1}{2}$ tsp JJ Virgin Sprinkles,**
erythritol, or monk fruit extract
- **$\frac{1}{2}$ tsp** sea salt
- **$\frac{1}{4}$ tsp** ground black pepper
- **$\frac{1}{2}$ cup** extra virgin olive oil

Combine the vinegar, basil, mustard, monk fruit extract, salt and pepper in a small bowl. Slowly whisk in the oil until well combined. Store in an airtight container in the refrigerator.



WEDNESDAY

CYCLE 1 | WEEK 1 RECIPES

SOUTHWEST GRILLED STEAK
SALAD ON CRISPED RICE TORTILLA

Throw these flank steaks on the grill and enjoy some music as the sun goes down. (Or cook them inside on the grill pan if it's wintertime!)

You'll be cooking enough steak for two servings tonight, then saving half to use for dinner Saturday. If you're feeling extra efficient, you can easily double the veggie amounts as well and chop them now to get a headstart on the weekend!

FOR THE STEAK (2 SERVINGS)

- **½ tsp** ground cumin
- **½ tsp** garlic powder
- **½ tsp** coriander
- **½ tsp** chili powder
- **½ tsp** sea salt, divided
- **⅛ tsp** ground chipotle pepper
- **¾ pound** flank steak, trimmed

FOR THE SALAD (1 SERVING)

- **2 cups** chopped romaine lettuce
- **¼** medium cucumber, peeled and chopped
- **¼** red bell pepper, chopped
- **¼ cup** grape tomatoes, halved
- **¼** medium avocado, cut into ¼-inch pieces
- **¾ tsp** lime juice
- **¼ tsp** grated lime zest
- **¾ tsp** olive oil, plus more for the pan
- **⅛ tsp** ground black pepper
- **1** brown rice tortilla

Prepare the grill for direct-heat cooking over medium-high heat, about 350°F-400°F.

Combine the cumin, garlic powder, coriander, chili powder, ¼ tsp of the salt and ground chipotle pepper in a small bowl. Rub the mixture all over the steak to coat; let stand at room temperature for 20 minutes.

Meanwhile, combine the lettuce, cucumber, bell pepper, tomatoes, avocado, lime juice, zest, the olive oil, remaining ¼ tsp salt, and the black pepper in a large bowl and toss well.

Lightly oil the grill grates and place the steak on the grill. Cover and cook with the lid closed, turning once, for 8 to 10 minutes for medium-rare or until the desired doneness. Remove the steak from the grill and let stand for 5 minutes before slicing.

Place the tortilla on the grill pan and cook, turning occasionally, until lightly browned and crisp, 2 to 3 minutes.

Place tortilla on plate. Top with the romaine mixture and half of the sliced steak. Refrigerate the other half of the steak in an airtight container for Saturday's dinner.

THURSDAY

CYCLE 1 | WEEK 1 RECIPES



JERK SPICED CHICKEN THIGHS WITH ROASTED PINEAPPLE CHUTNEY

SERVE WITH STEAMED
BROCCOLI WITH GARLIC
OIL DRIZZLE

This dish is a tropical treat for your taste buds, a perfect blend of spicy and sweet. The chutney can be made up to 3 days ahead and kept in the refrigerator. (It's also great on pork or chicken!)

You'll make two servings – one for tonight, and one for Sunday's dinner.

RECIPE ON PAGE 15

JERK SPICED CHICKEN THIGHS WITH ROASTED PINEAPPLE CHUTNEY

MAKES 2 SERVINGS

- **2 Tbsp** Olive oil for the pan
- **¼** pineapple, peeled, cored, and cut into **½-inch** thick slices (about 4-5 oz.)
- **2 tsp** coconut oil plus more for baking sheets, heated until liquid
- **2 Tbsp** finely chopped red bell pepper
- **1 Tbsp** chopped green onion
- **¼ tsp** minced fresh ginger
- **1-½ tsp** finely chopped fresh mint
- dash sea salt
- **4** bone-in skinless chicken thighs, about **1-¼** pounds, trimmed
- **4 tsp** Jerk Rub (recipe below)

Preheat the oven to 425°F.

Use a paper towel and a small amount of coconut oil to wipe down two medium rimmed baking sheets.

Brush the pineapple with 1 tsp of coconut oil and place the slices on one of the baking sheets. Roast until the pineapple is tender and lightly browned, turning once, about 15 minutes.

Remove from the oven and cool 10 minutes. Cut the cooled pineapple into ½-inch pieces and transfer to a bowl; stir in the bell pepper, green onion, ginger, mint, and salt and set aside until ready to serve.

Combine the remaining melted 1 tsp coconut oil and chicken thighs in a large bowl. Rub the chicken all over with the Jerk Rub and place on the remaining baking sheet.

Roast the chicken for 25 to 28 minutes, until a thermometer inserted into the thickest portion of the leg without hitting the bone registers 165°F.

Refrigerate two chicken thighs and half the chutney for Sunday's meal, and serve the remaining chicken and chutney tonight.

JERK RUB

A great take on a Jamaican classic. It's fantastic on beef, pork, lamb, chicken, fish, shellfish, and vegetables ...well, just about anything!

MAKES ⅔ CUP

- **⅓ cup** paprika
- **2 Tbsp** ground allspice
- **1 Tbsp** dried thyme
- **1 Tbsp** sea salt
- **2 tsp** freshly ground black pepper
- **1 tsp** ground nutmeg
- **1 tsp** ground cinnamon
- **1 tsp** JJ Virgin Sprinkles or powdered monk fruit
- **1 to 1-½ tsp** cayenne pepper (to taste)

Combine the paprika, allspice, thyme, salt, black pepper, nutmeg, cinnamon, sweetener, and cayenne pepper to taste in a small bowl; mix well. Store in an airtight container for up to 6 months.

THURSDAY

CYCLE 1 | WEEK 1 RECIPES



STEAMED BROCCOLI WITH GARLIC OIL DRIZZLE

You'll never dismiss this as boring 'ol broccoli – the drizzle makes it sizzle! Plus, steaming the broccoli actually makes it more digestible.

Again, you'll make 2 servings, one to enjoy tonight and one for Sunday's dinner

MAKES 2 SERVINGS

- **4 cups** broccoli florets
- **1 Tbsp** extra-virgin olive oil
- **3** garlic cloves, thinly sliced
- dash crushed red pepper flakes
- **½ tsp** grated lemon zest
- **¼ tsp** sea salt

Bring a large pot of lightly salted water to a boil over high heat.

Add the broccoli to the pot, return to a boil and cook 1 minute. Drain in a colander then transfer to a large bowl and set aside.

Heat the oil in a large nonstick skillet over medium heat. Add the garlic and red pepper

flakes and cook until garlic just starts to brown around the edges, 2 to 3 minutes. Pour the mixture over the broccoli and stir in the lemon zest and salt; toss well.

Refrigerate half the finished broccoli for Sunday's dinner and enjoy the rest tonight with the Jerk Spiced Chicken.

FRIDAY

CYCLE 1 | WEEK 1 RECIPES



TURKEY MEATBALLS
WITH MARINARA
AND QUINOA
NOODLES AND
MIXED GREEN
SALAD WITH BASIL
VINAIGRETTE

Time for more of this satisfying dish! Reheat your meatballs and sauce and make another batch of quinoa noodles to go with it.

RECIPE FROM PAGE 10

SATURDAY

CYCLE 1 | WEEK 1 RECIPES



SOUTHWEST GRILLED STEAK SALAD ON CRISPED RICE TORTILLA

You've already got your steak cooked, so this salad will come together in moments!

MAKES 1 SERVINGS

- **1** portion of seasoned cooked steak from Wednesday's dinner
- **2 cups** chopped romaine lettuce
- **1/4** medium cucumber, peeled and chopped
- **1/4** red bell pepper, chopped
- **1/4 cup** grape tomatoes, halved
- **1/4** medium avocado, cut into 1/4-inch pieces
- **3/4 tsp** lime juice
- **1/4 tsp** grated lime zest
- **3/4 tsp** olive oil, plus more for the pan
- **1/8 tsp** ground black pepper
- **1** brown rice tortilla

Combine the lettuce, cucumber, bell pepper, tomatoes, avocado, lime juice, zest, olive oil, 1/4 tsp salt, and the black pepper in a large bowl and toss well. Set aside.

Cook tortilla in a preheated grill or saute pan over medium-high heat, turning occasionally, until lightly browned and crisp, 2 to 3 minutes.

Place tortilla on plate. Top with the romaine mixture and the sliced steak and enjoy!

SUNDAY

CYCLE 1 | WEEK 1 RECIPES



JERK SPICED CHICKEN THIGHS WITH ROASTED PINEAPPLE CHUTNEY

SERVE WITH STEAMED
BROCCOLI WITH GARLIC
OIL DRIZZLE

This one's all ready to go
in the fridge – just reheat
and enjoy!

RECIPE FROM PAGE 14

SNACK

CYCLE 1 | WEEK 1 RECIPES

CACAO NIB
PROTEIN
COOKIE BITES**MAKES ABOUT 20 COOKIE BITES;
ONE SERVING IS 4 BITES**

- **2 scoops JJ Virgin All-In-One Protein Shake Powder** (your choice of flavor and protein type)
- **½ cup** chopped walnuts
- **½ cup** organic cacao nibs
- **½ cup** gluten-free organic rolled oats
- **½ cup** unsweetened, unsalted almond butter
- **2 Tbsp** coconut oil
- **1 Tbsp** pure vanilla extract
- **½ tsp** ground cinnamon
- **½ tsp JJ Virgin Sprinkles** (or to taste)
- dash sea salt
- chopped nuts or shredded unsweetened coconut (for rolling)

I don't recommend snacking – going 4-6 hours between meals is essential to a speedy metabolism. However, if you need an extra burst of energy, these Cacao Nib Protein Cookie Bites are a healthy, tasty way to get it!

Pulse the oatmeal 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 1-½ inch balls. If desired, roll the finished bites in organic cacao powder, unsweetened shredded coconut, or finely chopped nuts.

Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.

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