The Problem

There are certain times in your life you need to lose fat fast. Maybe you need to get in a bridal gown in three weeks or want to look fabulous for an upcoming high school reunion or beach vacation. Or you finally scored a hot date with the barista you’ve flirted with for ages, so you need to ditch those pesky pounds and fit into your new skinny jeans by Saturday night.

That probably means you think you have to resort to starving yourself and working out like a fiend. Worse, you’re resigned to putting the weight right back on because everybody’s told you to lose weight and keep it off, you have to be more of a tortoise than a hare.

For the longest time, nutrition and fitness experts believed that too – that slow and steady wins the fat-loss race. Then a few studies knocked that myth on its head. One in the *International Journal of Behavioral Medicine* found that fast fat burners lost more weight and kept it off better than slow fat burners. More recently, a study in *The New England Journal of Medicine* took it further and confirmed fast fat loss can become safe, permanent fat loss. Great news!
How The Virgin Diet Can Help

Here’s the secret for healthy fast fat loss: you need the right plan. Ultra-low calorie diets, juice cleanses, and other fad diets can create more metabolic damage than long-term fat loss.

Well, the great news is you’ve found the right plan! In Cycle 1 of The Virgin Diet, you eliminate the 7 foods that most commonly cause food intolerance, which means you can also kiss the weight and symptoms they create goodbye. You replace those highly reactive foods with whole, unprocessed foods that rev fat burning, muscle building, and metabolism.

Many of my clients lose seven pounds in the first week, and a few have lost up to 12 pounds! In a week! Your mileage will vary, of course, but Cycle 1 puts the fast in my fast-and-lasting fat loss promise for even the most weight loss resistant people.

Best of all, you get these benefits without starvation, deprivation, or calorie counting. You’ll start every day with The Virgin Diet All-in-One shake, which packs protein, good fats, antioxidants, and fiber in a single pour right out of the blender to keep you full, focused, and burning fat all morning. The same goes for your meals because The Virgin Diet Plate sets you up with the perfect balance of nutritious whole food to pump your energy and stoke your fat-burning fire. You’ll get the hang of my fat-burning formula in no time, and soon it will be second nature, whether you’re dining out, hanging out with friends, or even traveling.

SOURCES


http://news.uchicago.edu/article/2010/10/03/sleep-loss-limits-fat-loss-study-finds
Swap starchy carbs for non-starchy veggies. Low-sugar impact, high-fiber carbs like legumes and medium-sugar impact favorites like sweet potatoes are nutrient-rich powerhouses, but when you want fat loss fast, their higher carb count can hold you back. To crank your fat loss into high gear, keep starches to one serving per meal and swap out the rest for broccoli, asparagus, and other green veggies, which pack the same – and often better – fiber and nutrient punch as those starchy carbs. You can also always add a large mixed green salad to your meal with your choice of vinaigrette.

Limit your fruit. Most fruits are packed full of nutrients, antioxidants, and fiber. But along with all that delicious goodness comes sugar, much of it in the form of fructose that your liver ultimately converts to fat. To crank up fat loss, limit fruit to one cup total per day and stick with low-sugar impact rock stars like berries and cherries. If you notice your weight stalling and really want to kick things up, remove fruit altogether till you’re near your goal weight.

Stay in Cycle 1 longer. I’m not joking when I say Cycle 1 puts the “fast” in fast and lasting fat loss: many of my clients lose up to seven pounds in their first week. In The Virgin Diet I ask you to stay in Cycle 1 for three weeks. But here’s something I get asked pretty often, and you may be wondering, too: “I feel so good pulling these highly reactive foods, so can I stay on Cycle 1 forever?” Here’s the deal. At some point I want you to challenge the four foods in Cycle 2 to pinpoint food intolerances. That said, I pretty much live in Cycle 1 and you can, too — especially for accelerated fat loss. Once you’re within five pounds of your goal weight, shift into Cycle 2, challenge the four foods to connect the dots, and then you can return to Cycle 1 indefinitely.

Have my All-in-One Shake for 2 meals. You’ve got less than two months till beach season, and you want to rock that new swimsuit. The fastest, easiest way to get there is with a yummy protein shake for both breakfast and lunch. Simply blend my Plant-Based or Paleo-Inspired protein powder with frozen organic berries, leafy greens, (Trust me, you won’t taste them!) and...
flax or chia seeds, and unsweetened coconut or almond milk. It's a crave-busting blend of protein, good fats, and fiber that keeps you full and burning fat for hours. And again, for even faster weight loss, toss the fruit for a few weeks.

**Drink more water.** Studies show water curbs your appetite. One in the journal *Obesity* (Silver Spring) found that people who drank eight ounces of water before meals had greater fat loss than people who didn’t drink up. Midnight cravings? A study at the University of Washington showed that one glass of water before bed knocked out hunger for every single one of the study participants. But if your goal is to lose fat, and I am betting it is, then it’s important to drink water all day, anyway. Even slight dehydration can crash your metabolic machinery and stall fat loss; so drink up according to my guidelines. If plain water isn’t sassy enough for you, just add lemon or lime for a little zing – whatever works to get it in.

**Drink more green tea.** Research is inconclusive about whether it’s the epigallocatechin gallate (EGCG) or the caffeine in green tea that makes it thermogenic (which means it boosts your metabolism and helps burn fat). As with most things, it’s probably a little of both. But it doesn’t really matter because what we do know is that green tea does increase fat loss. The evidence comes from a study in the *Journal of the American College of Nutrition*, which found that EGCG could reduce abdominal fat in overweight post-menopausal women when they also exercised. Since you’ll need several cups to light the fat-burning fire, consider not only swapping your dark roast for green tea, but also using AppControl: every serving contains an impressive 300 mg of green tea extract.

**Stretch the “fast” between dinner and breakfast.** A study in the journal *Cell Metabolism* found that mice restricted to eating only eight hours a day burned more fat than mice that grazed whenever they wanted, even though both groups ate the same high-fat diet. In other words, for 16 hours every day, the restricted mice went into a “fasting” fat-burning mode. So what’s the takeaway? Close the kitchen after dinner! You can get the same benefits as those mice if you create a 12-14 hour fat-burning “fast” till your morning protein shake begins a new fat burning day. (Don’t worry,
you’ll be sleeping for most of it!) You can take it one step further by dropping dinner two nights a week!

**Eat a big breakfast.** Ever noticed those mornings you skimp on breakfast (or worse, skip it entirely), you’re hungrier throughout the day and craving a blueberry scone with your afternoon green tea? A study in *The American Journal of Clinical Nutrition* found a higher-protein breakfast shuts down your noisy hunger hormone ghrelin much better than cereal with skim milk or other high-carb eats. Opt for a low-sugar impact breakfast (All-in-One shakes are perfect here!) to beat back cravings and stay full for hours. If you’re doing a protein shake, take it to the next level with a spoonful of almond butter or a scoop of avocado. Otherwise, think outside the breakfast box: salmon and spinach are the perfect way to rev the fat-burning at the start of your busy day. You can also switch lunch for dinner if that works better with your schedule.

**Burst to blast fat.** Treadmills and over-heated aerobics classes can raise your stress hormone cortisol and actually stall fat loss. Besides, who has hours every day to work out? And who wants to? Numerous studies show burst training can spike your fat-burning metabolism in just minutes a day. Now you’re happy! One in the *Journal of Applied Physiology* found moderately active women got impressive fat loss doing burst training for just two weeks. For fast fat loss, I like to double the basics: double veggies at meals, double protein smoothies, and double burst training. You’ll be down a size in no time!
10  **Curb your appetite with fiber.** It’s not sexy and it won’t be the hot topic next month on your favorite news blog, but fiber reduces gastric emptying, balances blood sugar levels, and promotes satiety. All you have to do is get more in and let it do its thing. Mix a tablespoon of chia seed, flaxseed, or my *Extra Fiber* with water and drink it 30-60 minutes before your meals, and you’ll be far less likely to pile food high or reach for seconds. Bonus points for adding fiber in your water before bed to completely shut down late-night cravings and hunger.

11  **Get your ZZZ’s.** Research at the University of Chicago found that even with the right food and exercise plans, you inhibit fast fat loss when you don’t get eight hours of uninterrupted sleep every night. Even one bad night’s sleep can crash your fat-burning hormones, lower your fountain-of-youth growth hormone (GH), raise your stress hormone cortisol, and leave you absent-mindedly reaching for a cheese Danish with your vat of morning coffee. Sleep your way lean with seven to nine hours of high-quality sleep every night. It sounds elusive, but I know you can do it!
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
Handful of raw kale, spinach, or other leafy greens
1–2 tablespoons freshly ground flax, chia, hemp, or nut (not peanut) butter
Ice to desired thickness

GET CREATIVE!

OPTIONAL ADD-INS

Espresso powder or 1/4 cup strong brewed coffee (reduce your liquid by this amount)
Lemon, lime, or orange zest
Spices including cinnamon & nutmeg – 1/8 teaspoon to taste
Cayenne pepper or chipotle chile powder – scant pinch! Add more to taste.
No-sugar-added extracts, including vanilla, almond, orange, coconut, peppermint – 1/8 teaspoon or more to taste
Nut butters (not peanut) 1-2 tablespoons
Raw cacao nibs or powder – 1 tablespoon
1/2 avocado
Raw coconut cream
Low or medium sugar impact fruits – ½ to 1 cup (berries preferred, except for Cycle 2 of the Sugar Impact Diet!)
Hemp seeds – 1-2 tablespoons
Shredded unsweetened coconut – 1 tablespoon
Coconut butter – 1-2 tablespoons
MCT oil – 1-2 tablespoons
Fresh ginger – 2 teaspoons or more to taste
# FAST FAT LOSS WEEK Sample Meal Plan

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<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Shake</td>
<td>Scallion Shrimp Stir-Fry with Snow Peas</td>
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<tr>
<td>Tuesday</td>
<td>Shake</td>
<td>Vietnamese Chicken and Cabbage Salad</td>
<td>Shake</td>
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<tr>
<td>Wednesday</td>
<td>Shake</td>
<td>Tri-Color Salad with Pan-Seared Salmon</td>
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<tr>
<td>Thursday</td>
<td>Shake</td>
<td>Cilantro Turkey Burger with Chipotle Ketchup</td>
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<td>Friday</td>
<td>Shake</td>
<td>Seared Ahi Tuna over Asian Slaw</td>
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<td>Saturday</td>
<td>Shake</td>
<td>Shake</td>
<td>Skip Dinner</td>
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<tr>
<td>Sunday</td>
<td>Shake</td>
<td>Shake</td>
<td>Skip Dinner</td>
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<tr>
<th>PROTEINS</th>
<th>GRAINS / NUTS / SEEDS</th>
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<tbody>
<tr>
<td>1½ lbs wild-caught shrimp or spot prawns</td>
<td>Raw cashews</td>
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<tr>
<td>2 (6-oz) wild salmon fillets, such as King or Sockeye</td>
<td>Gluten-free oats</td>
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<tr>
<td>2 (6-oz) Ahi tuna steaks</td>
<td>Brown rice tortillas</td>
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<tr>
<td>1 lb natural lean ground turkey</td>
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<td>½ lb cooked chicken breast</td>
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<thead>
<tr>
<th>VEGETABLES/FRUITS/HERBS</th>
<th>PANTRY</th>
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<tbody>
<tr>
<td>1 cup baby spinach</td>
<td>JJ Virgin’s All-In-One Shake</td>
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<tr>
<td>1 avocado</td>
<td>JJ Virgin’s Extra Fiber</td>
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<tr>
<td>1 lemon</td>
<td>Shirataki noodles</td>
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<tr>
<td>2 limes</td>
<td>Coconut Aminos</td>
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<tr>
<td>3 cloves garlic</td>
<td>Chipotle pepper in adobo sauce</td>
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<tr>
<td>Red cabbage</td>
<td>Chili powder</td>
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<tr>
<td>Napa cabbage</td>
<td>Onion Powder</td>
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<tr>
<td>7 cups baby arugula</td>
<td>Monk Fruit Extract</td>
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<tr>
<td>1 Belgian endive</td>
<td>Fish sauce</td>
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<tr>
<td>1 head radicchio</td>
<td>Unsweetened coconut milk</td>
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<tr>
<td>Fresh cilantro</td>
<td>Asian sesame oil</td>
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<tr>
<td>Fresh basil</td>
<td>Dijon Mustard</td>
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<tr>
<td>1 bunch green onions</td>
<td>Macadamia nut oil</td>
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<tr>
<td>1 medium red bell pepper</td>
<td>Coconut oil</td>
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<tr>
<td>1 carrot</td>
<td>Chile garlic sauce</td>
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<tr>
<td>10 oz frozen snow peas or 8 oz fresh</td>
<td>Extra virgin olive oil</td>
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<tr>
<td>1 medium cucumber</td>
<td>2 (6-ounce) cans organic tomato paste</td>
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<tr>
<td>Fresh ginger</td>
<td>1 (8-ounce) can organic tomato sauce</td>
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<tr>
<td>1 large tomato for slicing</td>
<td>Cider vinegar</td>
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<tr>
<td>1 shallot</td>
<td>Ground allspice</td>
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<tr>
<td>Mixed greens your choice for salads</td>
<td>Cinnamon</td>
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<tr>
<td>Vegetables for crudité</td>
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SCALLION SHRIMP STIR-FRY WITH SNOW PEAS
Recipe from The Virgin Diet Cookbook, Grand Central Publishing 2014
Makes 4 servings

INGREDIENTS:
1 tablespoon coconut oil
1 tablespoon grated fresh ginger
3 garlic cloves, minced
8 ounces snow peas
1½ pounds wild shrimp, peeled and deveined
2 tablespoons coconut aminos or reduced-sodium wheat-free tamari
½ teaspoon chili garlic sauce
4 green onions, thinly sliced

Heat the oil in a large nonstick skillet over medium-high heat. Add the ginger and garlic and cook, stirring, for 30 seconds. Add the snow peas and cook, stirring, until they are bright green, 1 to 2 minutes. Stir in the shrimp and cook until pink, about 1 minute. Add the coconut aminos (or tamari) and chili garlic sauce and cook for 15 seconds. Stir in the green onions and cook, stirring, until the shrimp is cooked through, 1 to 1½ minutes longer.

Serve over shirataki noodles.

VIETNAMESE CHICKEN AND CABBAGE SALAD
Recipe from The Virgin Diet Cookbook, Grand Central Publishing 2014
Serves 2

1-1/2 tablespoons lime juice
1 tablespoon macadamia nut oil
1/2 teaspoon fish sauce
1 green onion, thinly sliced
1/8 teaspoon monk fruit extract
2 cups shredded red cabbage
4 cups baby arugula
1/2 medium cucumber, peeled, seeded, thinly sliced
1 carrot, shredded
2 tablespoons Slow Roasted Cashews (recipe below), coarsely chopped
2 tablespoons chopped fresh basil
8 ounces cooked chicken breast, shredded, about 2 cups

Combine the lime juice, oil, fish sauce, green onion, and monk fruit extract in a small bowl.

Combine the cabbage, arugula, cucumber, carrot, cashews, basil, and chicken in a separate bowl. Pour in the dressing and toss well.
SLOW-ROASTED CASHEWS
Recipe from The Virgin Diet Cookbook, Grand Central Publishing 2014

Make sure your oven can be set at 140°F; otherwise use a dehydrator.

INGREDIENTS:
1-1/2 cups raw cashews
1/2 teaspoon sea salt

Place nuts in a bowl and add enough water to cover by 3 inches, then stir in salt. Let nuts soak overnight.

Preheat the oven to 140°F.

Drain nuts and spread onto a baking sheet or place in a dehydrator. Bake nuts for 8 hours. Remove from the oven or dehydrator and let cool completely (nuts will crisp up as they cool). Store nuts in a resealable plastic bag in the refrigerator for best results.

PAN-SEARED SALMON OVER TRI-COLOR SALAD WITH DIJON DRESSING
Recipe from The Virgin Diet Cookbook, Grand Central Publishing 2014

SALAD
2 teaspoons lemon juice
1 tablespoon finely chopped shallots
2 teaspoons Dijon mustard
1/8 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
4 teaspoons extra virgin olive oil
1/2 small head radicchio, thinly sliced (about 2 cups)
1 Belgian endive, thinly sliced (about 1 cup)
3 cups baby arugula

SALMON
1 teaspoon olive oil
2 (6-ounce) wild salmon fillets, such as King or Sockeye
1/8 teaspoon sea salt
1/8 teaspoon freshly ground black pepper

Combine the lemon juice, shallots, mustard, salt, and pepper in a small bowl. Slowly whisk in the extra-virgin olive oil until well combined, and set aside. In a separate bowl combine the radicchio, endive, and arugula; set aside.

Heat the olive oil in a small nonstick skillet over medium heat. Sprinkle the salmon with the salt and pepper and place in the skillet, flesh side down; cook until the fish flakes easily with a fork, 4 to 5 minutes per side. Remove from the skillet.

Toss the dressing with the lettuces and divide the salad between two plates; top each with a salmon fillet.
CILANTRO TURKEY BURGERS WITH CHIPOTLE KETCHUP
Recipe from The Virgin Diet Cookbook, Grand Central Publishing 2014
Makes 4 Servings

INGREDIENTS:
1/2 cup Homemade Ketchup (recipe below)
1/2 to 1 canned chipotle pepper in adobo sauce, minced
1 pound natural lean ground turkey
3 tablespoons chopped fresh cilantro
1/4 cup gluten-free oats
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
4 brown rice tortillas
1 cup baby spinach
8 tomato slices
1 avocado, sliced

Combine the ketchup and chipotle pepper in a bowl, and set aside.

Combine the turkey, cilantro, oats, chili powder, garlic powder, salt, and pepper in a medium bowl, taking care not to overwork the mixture. Form into four 1/2-inch-thick patties.

Heat a grill pan over medium heat. Add the patties and cook for 5 to 6 minutes per side, until an instant-read meat thermometer registers 175°F in the thickest part.

Heat a large nonstick skillet over medium heat until hot. Working with one at a time, place the tortillas in the skillet and cook, turning several times, until heated through, about 45 seconds.

Lay the tortillas on a work surface and top each one with one fourth of the spinach, 2 tomato slices, one fourth of the avocado slices, 2 tablespoons of the ketchup mixture, and a patty. Fold the wraps around the burgers and serve immediately.
HOMEMADE KETCHUP
Recipe from *The Virgin Diet Cookbook*, Grand Central Publishing 2014

INGREDIENTS:
2 (6-ounce) cans organic tomato paste
1 (8-ounce) can organic tomato sauce
1/3 cup cider vinegar
1/2 cup water
2 teaspoons monk fruit extract
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon ground allspice
1/8 teaspoon ground cinnamon
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

Combine the tomato paste, tomato sauce, vinegar, water, monk fruit extract, onion powder, garlic powder, allspice, cinnamon, salt, and pepper in a small saucepan over medium heat. Bring to a simmer and immediately reduce the heat to medium-low. Cover the pan and simmer gently, stirring occasionally, until thickened, about 15 minutes. Let the ketchup cool completely before refrigerating.
WEIGHT & MEASUREMENTS

DAY 1

STARTING
DAY: _______________

DATE: _______________

Starting Weight ______________ lbs
Starting Body Comp ____________%
Starting Waist Measurement _____ inches
Starting Hip Measurement _______ inches

DAY 8

DAY: _______________

DATE: _______________

Weight ______________________ lbs
Body Comp _________________ %
Waist Measurement___________ inches
Hip Measurement_______________ inches

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Date: ___________  Day of Week: ___________

MEALS

BREAKFAST:  TIME

LUNCH:  TIME

DINNER:  TIME

SNACKS:  TIME  TIME

WATER:  8oz:  O  O  O  O  O  O  O  O

GI/BMs:

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

WEIGHT:  BODY FAT:

NOTES:
FAST FAT LOSS | JOURNAL DAY 2

Date: ____________  Day of Week: ____________

MEALS

BREAKFAST:  TIME ____________

LUNCH:  TIME ____________

DINNER:  TIME ____________

SNACKS:  TIME ____________  TIME ____________

WATER:  8oz: 〇 〇 〇 〇 〇 〇 〇 〇

GI/BMs: __________________________

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

WEIGHT: ___________________  BODY FAT: ___________________  

NOTES: __________________________

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Date: _____________ Day of Week: _____________

**MEALS**

**BREAKFAST:** TIME _____________

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**LUNCH:** TIME _____________

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**DINNER:** TIME _____________

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**SNACKS:** TIME _____________

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**WATER:** ♦ 8oz: ☑ ☑ ☑ ☑ ☑ ☑ ☑ ☑

**GI/BMs:**

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

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**WEIGHT:** _____________ BODY FAT: _____________

**NOTES:**

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MEALS

BREAKFAST: TIME

LUNCH: TIME

DINNER: TIME

SNACKS: TIME

WATER: 8oz: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

GI/BMs:

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

WEIGHT: BODY FAT:

NOTES:
MEALS

BREAKFAST: TIME

LUNCH: TIME

DINNER: TIME

SNACKS: TIME

WATER: 8oz: 

GI/BMs:

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

WEIGHT: BODY FAT:

NOTES:
MEALS

BREAKFAST: TIME

LUNCH: TIME

DINNER: TIME

SNACKS: TIME

WATER: ♦️ 8oz:

GI/BMs:

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

WEIGHT: BODY FAT:

NOTES:
## MEALS

### BREAKFAST: TIME

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### SNACKS: TIME

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

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### NOTES:

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www.jjvirgin.com
AppControl has helped me lose 20 pounds.

Because of JJ Virgin and her AppControl product, I have been able to reduce my sugar cravings and binge eating throughout the day, and it has helped me lose 20 pounds. It has also helped me have much more energy... I used to have to take a nap every day to make it through the day. I love AppControl!!!

- DEBBIE WHEELER

www.JJVirginStore.com