



The Virgin Diet Shake

Ingredients

- 1–2 scoops vegan pea–rice protein powder
See Resources section at thevirgindiet.com
- 1–2 Tbsp* fiber (fiber blend, chia seeds, hemp seeds, freshly ground flaxseed meal or nut butter)
- ½–1 cup organic frozen berries
- 1 cup liquid (water, unsweetened coconut milk** or coconut water)

Directions

Blend and drink.

* I really want you to pump up your fiber so build up to those 2 tablespoons per shake.

** I recommend So Delicious unsweetened coconut milk. If you use canned coconut milk, choose the light version and dilute ¼ cup coconut milk with ¾ cup water.

I LIKE MY SHAKE THINNER!

- 1–2 scoops protein
- 1 serving fiber
- ½ cup organic frozen fruit
- 10 ounces liquid
- 1 cup spinach

I LIKE MY SHAKE THICKER!

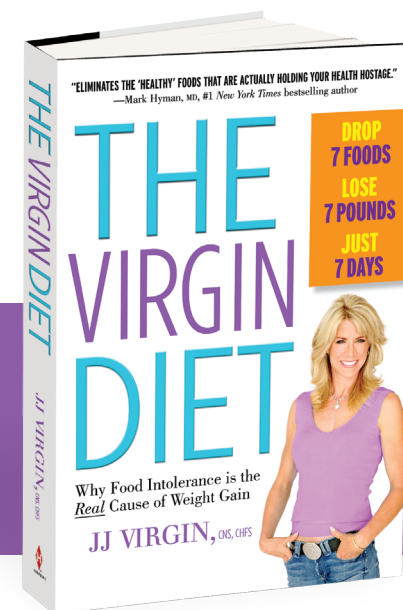
- 1–2 scoops protein
- 1 serving fiber
- 1 serving chia seeds, hemp seeds or freshly ground flaxseeds
- 1 cup organic frozen fruit
- 8 ounces liquid
- Ice cubes

PUBLICITY CONTACT:

For more information about *The Virgin Diet* or to set up an interview with the authors please contact **SHARA ALEXANDER** at:
T. 212-553-4261
E. Shara_Alexander@harlequin.ca

THE VIRGIN DIET

Author: JJ Virgin
Publication Date: December 2012
ISBN: 978-0-373-89
\$25.95 U.S./\$28.95 CAN.
Hardcover; 352 pages





Warm Shake

Ingredients

- 1 cup frozen berries (any type) and/or dark cherries
- 1 teaspoon cinnamon
- 1/2 cup coconut milk
- 1 scoop vanilla vegan protein powder
- 1 tablespoon chia seeds
- 1 tablespoon chopped walnuts

Directions

1. Warm cherries/berries and coconut milk over medium heat until fruit is warm.
2. Pour off a few tablespoons of liquid and combine with the vegan protein powder. Whisk until smooth and add back to mixture.
3. Stir in chia seeds, cinnamon and chopped walnuts.

PUBLICITY CONTACT:

For more information about *The Virgin Diet* or to set up an interview with the authors please contact **SHARA ALEXANDER** at:
T. 212-553-4261
E. Shara_Alexander@harlequin.ca

THE VIRGIN DIET

Author: JJ Virgin
 Publication Date: December 2012
 ISBN: 978-0-373-89
 \$25.95 U.S./\$28.95 CAN.
 Hardcover; 352 pages

