



JJ VIRGIN'S EAT PROTEIN FIRST

# PROTEIN LOADED SMOOTHIE GUIDE

30G+ PROTEIN-LOADED SMOOTHIES

JJVIRGIN

# Welcome to JJ's Protein-Loaded Smoothie Guide

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If you want to lose fat, build strong bones and muscle, feel energized and focused, and be at your best all day, you've got to put protein first.

Most women over 40 simply aren't getting enough protein, especially as your needs increase with age! You need optimal protein to build new muscle, and to maintain the muscle you have to improve your quality of life, increase your energy and metabolism, and improve insulin sensitivity so that you burn more fat—that's a triple win in my book!

A loaded smoothie is my secret weapon for meeting protein goals every day. In this Protein-loaded Smoothie Guide, every shake includes at least 30 grams of lean, clean protein, along with healthy fats and fiber.

This trifecta consistently delivers game-changing results that keep your metabolism going full tilt so you stay energized, burning fat, and maintaining A-game performance all day.

But let's be honest: a loaded smoothie is only as good as how it tastes. You're going to quickly find that every one of these recipes tastes so delicious, so satisfying, that you'll feel like you're starting your day with dessert.

Beyond loaded smoothies, you'll find recipes for pudding, cookie bites, muffins, and all kinds of other decadent, guilt-free sweet treats. Every one gives you a serious protein boost towards your goals.



# How to Incorporate Loaded Smoothies & Other High-Protein Recipes Into Your Routine

## Break Your Fast With a Loaded Smoothie

I want you to break your overnight fast with a protein-charged breakfast (30+ grams) within 1-3 hours of waking.

Most breakfast choices like muffins and cereal are high-sugar-impact metabolic bombs that put you at risk of running off the track for the rest of the day.

A delicious, frothy, nutrient-dense loaded smoothie is the best way to break your fast and get optimal protein. Research shows that people who start their day with a smoothie lose more weight and keep it off.

Loaded smoothies taste amazing (you're going to look forward to them every morning!). Plus, they take only five minutes to make and keep you full and focused for hours.

That's why I want you to start every day on the right metabolic track... with a nutritious, eat protein first loaded smoothie.

## Around a Workout

Protein is critical to building muscle, staying focused and energized, and reaching your fitness goals.

A loaded smoothie provides the most efficient way to hit your protein mark after an invigorating workout.

Ideally 2 hours before an intense workout, try my Pre-Workout Shake to fuel your body with the protein and carbohydrates you need to do a difficult workout. While fiber and fat are awesome outside of exercise, they slow down the absorption of protein and carbs that you'll need for power and performance.

## As a Meal Replacement

Loaded smoothies aren't just for breakfast. Any time you need a fast, filling, satisfying meal replacement, these recipes give you the protein boost you need.

Every loaded smoothie recipe (except for the Post-Workout Recovery Shake) combines healthy fats, protein, and fiber: the same trifecta that makes my Virgin Diet Plate so effective.

In a time crunch and need to hit your protein quota? Enjoy a loaded smoothie. Kitchen too warm to cook in? (Hey, I live in Florida... I know how warm things get.) No problem. Enjoy a loaded smoothie and get on with enjoying your life!

## As a Satisfying Dessert

Most desserts contain some combination of carbs (usually in the form of sugar) and fat. What they usually don't provide is protein, which helps stabilize your blood sugar and prevent the sugar crash most desserts create.

Reserve desserts for special occasions—and uplevel them with your All-In-One Shake. Every delicious choice in this guide helps you reach your protein goals while satisfying your sweet tooth.

Whether your sweet tooth is calling out for Mock Nutella, Apple Chai Muffins, or Cookie Bites, I've got you covered with protein-packed recipes that leave you satisfied.

Does your after-meal sweet treat involve leisurely sipping something warm? My hot chocolate (I've got several recipes), green tea (with whipped coconut cream), or a cappuccino all hit the sweet spot while delivering optimal amounts of protein.

## Be Creative!

None of our loaded smoothie recipes are set in stone. (Most of these desserts, on the other hand, are pretty exact... so experiment cautiously!) Feel free to improvise with your own add-ins.

One of my favorite ways to enhance a loaded smoothie is with my **Collagen Peptides Powder**. Every scoop provides an additional 11 grams of high-quality protein.

A few more of my favorite add-ons include:

- A tablespoon of nut butter
- A handful of fresh or frozen deep green leafies
- A scoop of **Extra Fiber**
- A tablespoon of chia, hemp, or freshly ground flaxseed
- A pinch of cinnamon
- A few drops of vanilla extract
- Instant espresso powder

Every recipe here is a guaranteed ticket to crush cravings, burn fat, support steady sustained energy, give you the boost you need to rock your day, and help you meet your protein intake.

Here's to taking your health to the next level... one sip or bite at a time!

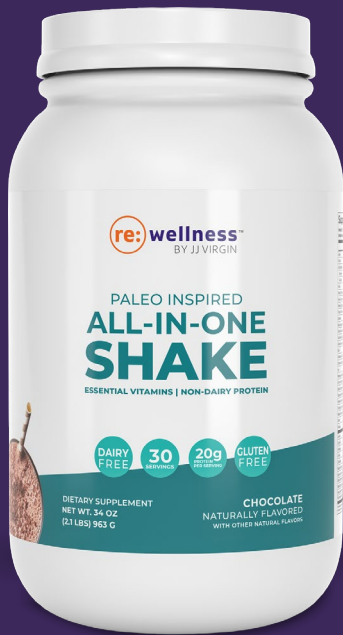


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# CREATING YOUR SMOOTHIE

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After trying JJ's All-In-One Shakes, I lost 10 pounds in 2 weeks and have more energy than I have had in a very long time. I don't have the congestion in my head and bloating feeling I get after having dairy. And the sugar cravings are gone! Thanks to JJ for sharing her knowledge with all of us!

- Shawn P.

”

\*Everyone's body and experience are different. Your results may vary from the success stories throughout this guide.

Whether you call it a smoothie or shake, the key to a healthy meal-replacement drink is clean, lean protein, healthy fats, and plenty of fiber.

Remember to avoid ingredients likely to cause food intolerances (such as gluten, soy, dairy, eggs, corn, and peanuts), as well as anything artificial or high-sugar impact.

## Here are some tips to help you create the ideal loaded smoothie:

### 1. ADD PROTEIN FOR POWER

Ever had a sugar crash soon after your morning smoothie? That's because it didn't contain enough protein! Every shake should contain 30+ grams of protein for sustained energy.

#### Helpful tips for protein sources:

- Paleo protein provides an optimal, easily digestible source of amino acids to support your health. Look for defatted beef protein with branched-chain amino acids. Be sure the cows are grass-fed, hormone-free, and never given GMO feed.
- If you prefer a plant-based protein powder, make sure it has a complete protein profile. (That means it contains all nine essential amino acids.) Preferred sources are pea, chia, chlorella, or brown rice.
- Avoid soy, egg, or dairy protein powders. They cause inflammation that can lead to skin breakouts, headaches, joint pain, fatigue, and even weight gain.

### 2. ADD FIBER TO STAY FULL

If your stomach is growling soon after your morning shake, you missed the fiber! Fiber helps you feel full and burn fat, not to mention manage your blood glucose and cholesterol levels. Help prevent heart disease and type 2 diabetes by adding fiber to your shake.

#### Some great fiber choices:

GROUND FLAXSEED  
CHIA SEED  
CACAO NIBS  
AVOCADO

EXTRA FIBER  
BERRIES  
LEAFY GREENS



### 3. ADD HEALTHY FAT TO STAY LEAN

Don't fear fat! The right fats help lower inflammation, steady your blood-sugar levels, keep you full longer, and make loaded smoothies extra satisfying.

#### Healthy fat sources include:

COCONUT OIL OR  
COCONUT BUTTER

UNSWEETENED COCONUT, ALMOND,  
OR CASHEW MILK (READ INGREDIENTS TO  
AVOID INFLAMMATORY OILS AND OTHER  
UNDESIRABLE ADDITIVES)

NUT OR SEED BUTTERS  
(Never peanut butter)

UNSWEETENED COCONUT OR  
OTHER NUT-MILK YOGURTS



**Those 3 steps will guarantee a loaded smoothie that gives your body exactly what you need to look and feel your best!**

# Shortcut to the PERFECT SHAKE



## JJ's Go-To Loaded Smoothie 30+ g Protein Base:

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**Reignite Wellness™ All-In-One Shakes**  
(20 g protein per serving)

**Good Karma Unsweetened Flaxmilk + Protein**  
(10 g protein per 10 oz)

If you want to increase protein further, add **Collagen Peptides Powder**  
(11 g protein per serving)

## CHOICES FOR:

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### FIBER:

- Avocado
- Flaxseed
- Chia seeds
- Leafy greens
- Extra Fiber

### FRUIT & VEGGIES:

- Blueberries
- Raspberries
- Strawberries
- Kale
- Chard
- Apple
- Pumpkin
- Butternut squash

### HEALTHY FATS:

- Coconut oil
- Almond butter
- Cashew butter
- Full-fat nut-milk yogurt
- Avocado

### LIQUID:

- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened cashew milk
- Flax milk

### ADD SOME CRUNCH & TEXTURE:

- Sliced almonds
- Chopped walnuts or cashews
- Unsweetened coconut
- Cacao nibs

# Choose Your All-In-One Shake: Paleo-Inspired or Plant-Based

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What makes these formulas truly one of a kind



# PALEO-INSPIRED ALL-IN-ONE

Flavors: Chocolate, Vanilla

Fuel your powerful aging journey with our upgraded Paleo-Inspired All-In-One Shake, a satisfying nutritional powerhouse that supports muscles, joints, skin, gut, and energy. It is now formulated to mimic the benefits of whey protein, without the whey. This creamy, bone broth based shake helps you stay strong, energized, and resilient, without dairy or the side effects that can come with it. **It is truly cutting-edge, bringing a whey-like amino acid profile to a fully dairy free formula. The result is robust essential amino acid support especially leucine to drive muscle protein synthesis for strength and recovery.**

## Key features

- 20 grams of bone broth protein peptides per serving to power your muscles and support strength, mobility, skin, and digestion
- Enhanced amino acid profile with leucine, isoleucine, valine, lysine, and tryptophan to support muscle recovery and performance
- Less than 1 gram of sugar and 2 to 3 net carbs per serving to help maintain steady energy and balanced blood sugar
- Proprietary blend of organic fruit and vegetable juice powders, including beet, carrot, pomegranate, grape, and spinach, for broad spectrum phytonutrient support
- Highly absorbable vitamins and minerals, including Quatrefolic folate, methylated B12, and chelated minerals, to help fill nutritional gaps

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We took everything you loved about the original and made it even better. With a more complete amino acid profile and an upgraded formulation, this shake delivers strength, recovery, and nourishment without whey, dairy, or bloating. Whether you need a quick breakfast, post workout recovery, or a clean meal replacement, this rich shake is your go to for daily strength, energy, and vitality.



Dairy Free



Gluten Free



Paleo Inspired



Bone Broth Based



Whey-like Amino Acid profile

# PLANT-BASED ALL-IN-ONE

Flavors: Chocolate, Vanilla

Fuel your powerful aging journey with our upgraded Plant-Based All-In-One Shake, a delicious, nutrient-dense formula that supports energy, digestion, and daily vitality. It now matches the amino acid profile of whey, without the dairy, to better support muscle and metabolism. This is truly cutting edge for a vegan shake. You get a whey-like amino acid experience in a fully dairy free formula for strength and recovery you can feel.

## What is new

- Amino acid profile now matches whey to support muscle building and recovery
- Added 500 mg methionine and 200 mg tryptophan to optimize essential amino acids
- Swapped maltodextrin for resistant maltodextrin, a gut friendly prebiotic fiber
- Replaced erythritol with monk fruit for gentler digestion
- Upgraded from sunflower oil to MCT oil for clean energy and focus
- Removed all gums for a smoother, easier to digest texture

## Key features

- 20 grams of complete plant based protein per serving
- Cleaner protein blend, pea, pumpkin, flax, and quinoa
- 0 grams of sugar per serving
- Prebiotic fiber blend, resistant maltodextrin and chicory root inulin, to support a healthy gut and steady energy
- Organic fruit and vegetable powders, beet, carrot, grape, pomegranate, and spinach, for broad spectrum phytonutrients
- Full spectrum vitamins and minerals, including Quatrefolic folate, methylated B12, and chelated minerals
- Free from gluten, dairy, soy, and GMOs

Whether you are refueling after a workout, kicking off your morning, or replacing a meal on the go, the new Plant-Based All-In-One Shake delivers clean, complete nutrition that works with your body, so you can thrive at any age.





# YOUR FIRST SHAKE RECIPE

**MAKES 1 SERVING**

This basic shake recipe is perfect for beginners:  
quick, easy, and complete nutrition.

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**2 scoops** All-In-One Shake (your choices of protein type and flavor)

**1 cup** frozen organic berries

**½** small avocado

**1 tbsp** chia seeds or **2 tsp** Extra Fiber

**10 oz** unsweetened protein-boosted flax milk

**Blend and enjoy!**

Your shake can be thickened by adding ice cubes or thinned by adding cold water. This is just the beginning...



# HIGH-PROTEIN SHAKE

**MAKES 1 SERVING**

Talk about serious protein power! This nutrient-packed smoothie combines beef protein peptides, collagen peptides, and protein-boosted flax milk, along with the versatility to add your favorite fruit and leafy greens.

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**2 scoops** Paleo-Inspired All-In-One Shake

(any flavor)

**1 scoop** Collagen Peptides Powder

**½ - 1 cup** fruit of choice

**1 cup** deep leafy greens of choice

**2 tbsp** flaxseed

**10 oz** unsweetened protein-boosted flax milk

**Blend and enjoy!**

Your shake can be thickened by adding ice cubes or thinned by adding cold water.



# CREAMY CHOCOLATE ALMOND BUTTER SHAKE

MAKES 1 SERVING

You can't go wrong with this protein-shake take on a classic peanut butter cup—minus the inflammatory ingredients, of course.

- 2 scoops** Chocolate All-In-One Shake
- 2 tsp** Extra Fiber
- 2-3 tbsp** unsweetened almond butter
- 1 tbsp** cacao nibs
- 1/8 tsp** almond extract (optional)
- 10 oz** unsweetened protein-boosted flax milk
- 4-5** ice cubes

**Blend the ingredients together until smooth.** Ramp up the blender speed slowly to keep it creamy.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Irresistible!



# VERY VANILLA STRAWBERRY SMOOTHIE

**MAKES 1 SERVING**

Give the classic combination of strawberries and cream a healthy makeover with this delicious recipe. (Best way ever to sneak in some greens!)

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**2 scoops** Vanilla All-In-One Shake  
**1 cup** frozen organic strawberries  
 $\frac{1}{2}$  small avocado  
 $\frac{1}{2}$  **cup** fresh baby kale leaves  
**1 tsp** real vanilla extract  
**10 oz** unsweetened vanilla  
protein-boosted flax milk

**Blend the ingredients together  
until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Yummy!



# CHOCOLATE FUDGE PROTEIN SHAKE

MAKES 1 SERVING

Rich chocolate flavor makes this shake feel like an indulgent treat, instead of the power-packed, healthy meal it is!

- 2 scoops** Chocolate All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- ½** avocado
- 2 tbsp** raw cacao nibs
- 1 tbsp** raw cacao powder
- 1 tsp** real vanilla extract
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.

**Make the best smoothie  
you've ever had!**



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# Brandy's Journey: A Success Story

My 35-pound weight-loss journey is a long one – not because I didn't have the tools and products I needed, but because it took me a while to realize that I was worth the effort it would take to get myself back to good health.

Having heart failure, Hashimoto's disease, and other autoimmune illnesses left me feeling exhausted and pretty hopeless. Honestly, I used my health issues as an excuse for the extra weight I was carrying. I'm happy to say that I found my motivation over the summer of 2015, and I've gone from 163.5 lbs to 128.0 lbs by following The Virgin Diet and drinking a protein shake every day. The weight loss is great, but the best part is that I actually FEEL really good. I'm sleeping better, my bones and muscles don't ache, and I have more energy than I've had in years!

I use JJ's **Vanilla Plant-Based Shake** daily because I love that it's so versatile. Because I was experiencing those symptoms and knowing I have food sensitivities, immune system issues, and a lot of medication consumption, this seemed like a no-brainer. After only a couple of weeks of use, I saw positive results.

I realize now that this is a lifestyle change – that if I want to FEEL good and LOOK good, I have to treat my body well, and I'm worth the effort that it takes to do so.



## Brandy's

### BLUEBERRY MORNING STARTER

MAKES 1 SERVING

- 8 oz** unsweetened protein-boosted flax milk
- 2 scoops** Vanilla All-In-One Shake
- 1 cup** frozen organic blueberries
- 1 tbsp** coconut oil
- 1 tbsp** chia seeds

**Blend the ingredients together until smooth.** When the family is eating ice cream, I throw it in the freezer for 10 or 15 minutes and eat it with a spoon!





# PEACHY SUNRISE CHAI SMOOTHIE

**MAKES 1 SERVING**

This is the perfect shake to wake up to: fruity, spicy, and energizing. The warm taste of chai spices blend perfectly with the natural heat of fresh ginger.

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1 cup** frozen organic peach slices
- 1 tbsp** chia seeds
- ½ cup** baby kale leaves
- ½ tsp** peeled, grated fresh ginger
- ¼ tsp** ground cinnamon
- ¼ tsp** ground cardamom
- Dash** ground cloves

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.

“

**I found JJ when I was searching for an answer to my hand and knee pain. Following JJ's Virgin Diet and using her All-In-One Protein Shakes, I lost 50 pounds and all of my pain is gone!**

- Melanie P.

”



# JJ'S BIRTHDAY CAKE SHAKE

MAKES 1 SERVING

Somebody light the candles! This tasty vanilla and almond protein shake with whipped coconut cream and sprinkles makes every day a Funfetti celebration.

- 
- 2 scoops** Vanilla All-In-One Shake
  - 10 oz** unsweetened protein-boosted flax milk
  - 1 tbsp** almond butter
  - 1 tbsp** ground flaxseed
  - 1 tsp** real vanilla extract
  - 1/8 tsp** almond extract
  - 4-5** ice cubes

Whipped coconut cream

- 1 tsp** all-natural rainbow sprinkles

Blend the shake, flax milk, almond butter, flaxseed, vanilla extract, almond extract, and ice cubes together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top your shake with a dollop of whipped coconut cream and sprinkles. Celebration time!

## WHIPPED COCONUT CREAM

MAKES 1/2 CUP

This dreamy, dairy-free whipped concoction makes the perfect topping for any drink or treat. It's a beautiful cloud of naturally sweet coconut.

- 
- 14 oz can** full-fat unsweetened coconut milk, refrigerated at least 12 hours
  - 1 tsp** real vanilla extract
  - 1 tsp** monk fruit extract or stevia

Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut meat into a medium bowl.

Add vanilla and sweetener, and beat with an electric mixer on medium-high speed until completely whipped and thick. Refrigerate until ready to use.

# What Makes JJ VIRGIN ALL-IN-ONE Protein Shakes Different



**CLEAN, COMPLETE  
PROTEIN**

**ANTI-INFLAMMATORY  
INGREDIENTS**

**UNBEATABLE FLAVOR**

**SCIENCE-BASED  
FORMULAS**

**LOW SUGAR IMPACT\***

**THIRD-PARTY  
QUALITY TESTING**



## CLEAN, COMPLETE PROTEIN

Our [All-In-One Shakes](#) are formulated naturally using responsibly sourced, hormone- and GMO-free ingredients.

Paleo-Inspired shakes include 20 g bone broth protein peptides with a whey like amino acid profile for strength and recovery. Plant-Based shakes provide 20 g complete protein from pea, pumpkin, flax, and quinoa, now with a whey like amino acid balance plus gut friendly prebiotic fiber, monk fruit, and MCT oil for smooth digestion.

## ANTI-INFLAMMATORY INGREDIENTS

All-In-One Shakes never include the foods most likely to cause intolerances. No dairy, gluten, soy, corn, eggs, peanuts, sugar, or artificial sweeteners. This saves you from gut discomfort, skin breakouts, joint pain, headaches, and even weight gain that other inflammatory protein powders can cause.

## UNBEATABLE FLAVOR

The flavor of your protein powder can really make (and break) a recipe. We taste-tested hundreds of formulas until we found the perfect blend to create the most delicious shake. Our community raves about the superior taste, especially compared to the top brands on the market. Whichever flavor you go for, you can rest assured that you're getting the creamiest, smoothest, most milkshake-y taste... or your money back.

## SCIENCE-BASED FORMULAS

Because we understand the science behind burning fat and building muscle, our All-In-One Shakes also include fiber, healthy fats, vitamins, and minerals.

In Paleo-Inspired Shakes, protein mimics whey like amino acid profile, with leucine to drive muscle protein synthesis and support joints, skin, and recovery. Plant-Based Shakes deliver complete protein from pea, pumpkin, flax, and quinoa with a whey-like amino acid balance, plus prebiotic fiber, MCT oil, and organic fruit and vegetable powders for digestion and steady energy.

## LOW SUGAR IMPACT\*

Both paleo-inspired and plant-based All-In-One Shakes have less than 1 gram of sugar per serving. Compare that with a seemingly innocent breakfast of whole-wheat toast with jam and a glass of orange juice—adding a whopping 35 grams of sugar to your daily total. A loaded smoothie has that beat every time, which means you get better energy without the mid-morning brain fog, plus less chance of long-term inflammation.

## THIRD-PARTY QUALITY TESTING

When it comes to the promise of superior quality, you don't have to take our word for it. Our All-In-One Shakes are third-party tested for quality and efficacy before they're ever made available to our community to ensure you receive an exceptional product every time.



# MINT CHOCOLATE CRUNCH SHAKE

**MAKES 1 SERVING**

This delightfully frosty shake has a smooth minty flavor. If you've been craving a pint of mint chocolate chip ice cream, here's your answer!

**2 scoops** Chocolate All-In-One Shake

**½ small** avocado

**¼ tsp** pure peppermint extract

**10 oz** unsweetened protein-boosted flax milk

**2 tbsp** raw cacao nibs

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top with a sprinkling of cacao nibs for extra crunch.





# SIMPLE BANANA SMOOTHIE

**MAKES 1 SERVING**

Double the creaminess, with banana and avocado...  
in one sweet, satisfying smoothie.

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**2 scoops** Vanilla All-In-One Shake  
**1 scoop** Extra Fiber  
 $\frac{1}{2}$  frozen barely ripe banana  
 $\frac{1}{4}$  avocado  
**10 oz** unsweetened protein-boosted flax milk

**Add ice to desired thickness**

Blend and enjoy!



# PUMPKIN SPICE LATTE SHAKE

**MAKES 1 SERVING**

Every fall, the internet goes predictably wild for all things pumpkin spice. But pumpkin spice lattes come with empty carbs, added sugars, dairy, and artificial flavors. Skip the PSL and choose this inexpensive, nutritious recipe instead!

- 2 scoops** Vanilla All-In-One Shake
- 1 scoop** Collagen Peptides Powder
- ½ cup** canned packed pumpkin (NOT pumpkin pie filling)
- ½ tsp** peeled, grated fresh ginger
- 1 tbsp** freshly ground flaxseed
- ¼ tsp** ground cinnamon
- Dash** ground cloves
- Dash** ground nutmeg

- 5 oz** brewed coffee, chilled
- 5 oz** unsweetened protein-boosted flax milk
- 4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of sweetness, you can also add a dash of monk fruit sweetener to taste.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Pumpkin pie never had it so good!



# CHOCOLATE SUPERFOODS SMOOTHIE

MAKES 1 SERVING

This smoothie is full of yummy, nutritious superfoods that can help you burn fat, fight disease, and slow aging.

- 2 scoops** Chocolate All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- ½** small avocado
- 1 cup** fresh baby kale
- 1 cup** frozen mixed berries (look for blueberries, raspberries, or açai berries)
- 1 tbsp** chia seeds or **2 tsp** of Extra Fiber
- 1 tbsp** raw cacao powder
- 1 tsp** grated fresh ginger

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Now that's what I call super!



# BLUEBERRY-MINT SMOOTHIE BOWL

MAKES 1 SERVING

This refreshing smoothie bowl is full of healthy ingredients, and the blend of berries and mint makes for a wonderful way to wake up!

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- ½** small avocado
- 1 cup** fresh baby kale
- ¾ cup** frozen blueberries
- 1 tbsp** chia seeds
- ¼ cup** fresh blueberries
- 1 tbsp** chopped fresh mint

Blend the shake powder, flax milk, avocado, kale, frozen blueberries, chia seeds, and 2 teaspoons of the fresh mint together until smooth.

Pour smoothie into bowl and top with fresh blueberries, shredded coconut, and remaining mint. Yum!



# HOT-FLASH HALTING PROTEIN SHAKE

**MAKES 1 SERVING**

Ingredients like almond, avocado, flaxseed, and fennel can help naturally eliminate hot flashes, as well as detoxify your system and slow inflammation and aging. Take that, menopause!

- 2 scoops** Chocolate All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- ½** small avocado
- 1 cup** fresh baby kale
- 1 cup** frozen organic mixed berries
- 1 tbsp** freshly ground flaxseed
- 1 tbsp** raw cacao powder
- ¼ tsp** fennel seed

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Bye-bye, hot flashes!



# COCO-CASHEW SHAKE

**MAKES 1 SERVING**

This basic shake recipe is perfect for beginners:  
quick, easy, and complete nutrition.

**2 scoops** Chocolate All-In-One Shake  
**1 tbsp** freshly ground flaxseed  
**2 tbsp** cashew butter  
**10 oz** unsweetened protein-boosted flax milk  
**4-5** ice cubes

**Blend the ingredients together  
until smooth.**

Your shake can be thickened by  
adding ice cubes or thinned by  
adding cold water.

“

I can feed my picky daughter a delicious shake and  
know she is getting a ton of good nutrition!

- Gina H

”



# LEMON MERINGUE PIE SMOOTHIE

**MAKES 1 SERVING**

This yummy smoothie has the creamy tang of lemon meringue pie, minus the gluten, sugar, and eggs. So tasty!

**2 scoops** Vanilla All-In-One Shake  
**1 scoop** Collagen Peptides Powder  
**6 oz** full-fat nut-milk yogurt  
**1 tbsp** fresh lemon juice  
**2 tsp** Extra Fiber  
**1 tsp** lemon zest  
**4-5** ice cubes

**Blend the ingredients together until smooth.** (For a touch of sweetness, you can also add a dash of monk fruit sweetener to taste.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. It's dessert for breakfast!



# BUTTERNUT CHAI BEAUTY

**MAKES 1 SERVING**

This yummy, filling protein shake is autumn in a cup. It's got the natural, buttery sweetness of butternut squash, plus classic chai spices, cinnamon and nutmeg.

**2 scoops** Vanilla All-In-One Shake

**½ cup** canned packed butternut squash or cooked, cubed butternut squash

**1 cup** fresh kale leaves

**8 oz** unsweetened protein-boosted flax milk

**1 tsp** real vanilla extract

**¼ tsp** ground cinnamon

**¼ tsp** ground cardamom

**⅛ tsp** ground nutmeg

**Dash** ground cloves

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Beautiful!

# What's the Difference Between **Paleo-Inspired** and **Plant-Based** All-In-One Shakes?



**Paleo-Inspired Shakes** are suited to a grain-free Paleo diet or those who prefer animal protein.



**Plant-Based Shakes** are ideal for vegans and vegetarians who want a high-quality source of protein without inflammatory ingredients.

Each serving of **Plant-Based All-In-One Shakes** contains 20 g of complete, low-allergenicity plant protein from pea, pumpkin, flax, and quinoa. It now provides a whey-like amino acid profile to better support muscle building and recovery, without dairy.

Unlike whey or soy protein, Paleo-Inspired Shakes don't cause extra gas and bloating, skin issues, congestion, or weight gain.

You'll also still get plenty of vitamins,

Each serving of our **Plant-Based All-In-One Shakes** contains 9 whole-food fruits and vegetables and 22g of low-allergenicity pea, chia, and chlorella protein.

You also get the benefits of vitamins, minerals, and phytonutrients from apricots, beets, broccoli, cabbage, carrots, mangoes, pineapples, raspberries, and spinach” replace with “organic beet, carrot, grape, pomegranate, and spinach.

Plus, we add prebiotics to boost your immune and digestive system so your body makes the most of every smoothie.

**SHOP NOW**



# PEACH-BERRY GREEN SMOOTHIE BOWL

MAKES 1 SERVING

Peaches, strawberries, and greens come together in this tasty smoothie bowl recipe. It's like summer in a bowl, with the protein and fiber you need to feel great!

- 2 scoops** Vanilla All-In-One Shake
- 2 tsp** Extra Fiber or **1 tbsp** chia seeds
- 10 oz** unsweetened protein-boosted flax milk
- ½** avocado
- 1 cup** baby kale
- ½ cup** frozen organic strawberries
- ½ cup** frozen organic peach slices
- 1 tsp** real vanilla extract
- 2 tbsp** sliced almonds

Blend the shake powder, Extra Fiber, flax milk, avocado, baby kale, frozen fruit, and vanilla together until smooth.

Pour smoothie into bowl and top with sliced almonds. Pretty and tasty!



# DARK CHOCOLATE-COVERED STRAWBERRY SHAKE

**MAKES 1 SERVING**

You can make a healthy protein-shake version of this Valentine's Day treat any day of the year!

- 2 scoops** Chocolate All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1 cup** frozen organic strawberries
- ½** small avocado
- 1 tbsp** raw cacao powder
- 1 tsp** real vanilla extract

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Be mine!



# ISLAND COCONUT GREEN SMOOTHIE

**MAKES 1 SERVING**

There's plenty of coconut flavor in this refreshing green smoothie, not to mention all the healing, anti-inflammatory benefits of this island favorite. Paper umbrella, anyone?

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1 cup** mixed baby greens
- 2 tbsp** coconut butter
- 2 tbsp** shredded unsweetened coconut
- 1 tbsp** chia seeds or **2 tsp** Extra Fiber
- 1 tsp** lime juice
- 1/8 tsp** coconut extract (optional)
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. The perfect drink for your next stay-cation...



# MOM'S APPLE CHAI SMOOTHIE

MAKES 1 SERVING

This shake recipe is an exotic twist on the flavors of Mom's apple pie, with apples and chai spices, plus the power of greens, protein, and fiber.

**2 scoops** Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**1 cup** peeled green apple chunks

**1 cup** mixed baby greens

**2 tbsp** cashew or almond butter

**1 tbsp** freshly ground flaxseed

**¼ tsp** ground cardamom

**¼ tsp** ground cinnamon

**⅛ tsp** ground nutmeg

**⅛ tsp** ground cloves

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

“

Thank you, JJ Virgin! I have lost 17 pounds and 3 inches over 6 weeks and am still losing. I'm 48 years old, and I feel fantastic! The shakes are delicious and filling and provide the nutrition I need for 1 or 2 meals a day, and I don't feel hungry. I will be continuing the shakes and following The Virgin Diet to reach my goal weight because I want to continue feeling wonderful.

- Mary W.

”



# BANANA-NUT SHAKE

**MAKES 1 SERVING**

What happens when you combine bananas with almond butter (my kryptonite!)?  
A nutty, creamy, sweet flavor explosion.

---

**2 scoops** Vanilla All-In-One Shake

**1 scoop** Extra Fiber

**1 tbsp** crunchy almond butter

**½** frozen barely ripe banana

**10 oz** unsweetened protein-boosted flax milk

**Add ice to desired thickness**

Blend and enjoy!



# CHOCOLATE CHERRY CHIA PROTEIN SHAKE

**MAKES 1 SERVING**

Chocolate, cherry, and nutritious chia seeds come together in this irresistible protein shake recipe. Protein and fiber in one yummy package!

**2 scoops** Chocolate All-In-One Shake  
**1 scoop** Collagen Peptides Powder  
**1 cup** frozen unsweetened dark cherries  
**1 tbsp** chia seeds  
**½ cup** full-fat plain nut-milk yogurt  
**½ cup** cold filtered water

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding more cold water. So good!



# JJ'S POST-WORKOUT SHAKE

**MAKES 1 SERVING**

About 2 hours before exercise, you need a meal with 30+ grams protein and about 25 grams of carbs. This is the **ONLY** time I recommend eating low-fiber and low-fat, as you want your body to be able to rapidly absorb these macronutrients. Since fat and fiber slow that absorption down, skip them in your pre-workout meal.

**2 scoops** Chocolate or Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**1 tsp** Glutamine Powder (optional)

**½ cup** fresh greens (chard, kale, or mixed supergreens)

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding more ice cubes or thinned by adding cold water.



# ESPRESSO-ALMOND SHAKE

**MAKES 1 SERVING**

Espresso and almonds come together for a nutty, rich protein shake with a caffeinated kick and plenty of energizing protein and filling fiber. Any flavor of protein powder tastes great in this versatile recipe.

- 2 scoops** Chocolate All-In-One Shake
- 6 oz** unsweetened vanilla protein-boosted flax milk
- 4 oz** brewed coffee, chilled
- 2 tbsp** almond butter
- 2 tbsp** raw cacao nibs
- 1 tsp** espresso powder
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Plenty of energy headed your way!



This is one of the few shakes that keeps me full for quite a while. I use it with JJ's Extra Fiber, and it's a great combination – the flavor is good as well!

- Colleen P.





# PMS-FIGHTING SMOOTHIE

MAKES 1 SERVING

This hydrating smoothie is full of natural anti-inflammatories, plus antioxidants to help boost your immune system. Protein gives you energy, while healthy fats stop bloating.

**2 scoops** Vanilla All-In-One Shake

**1 cup** fresh baby kale

**½** small avocado

**10 oz** unsweetened protein-boosted flax milk

**1 tbsp** chia seeds or **2 tsp** Extra Fiber

**1 tbsp** coconut butter or coconut oil

**2 tsp** grated fresh ginger

**¼ tsp** ground turmeric

**⅛ tsp** ground cinnamon

**Dash** ground cayenne pepper

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your shake can be thickened by adding ice cubes or thinned by adding cold water.



I have not found a better shake than JJ's Paleo-Inspired All-In-One Shake. It makes me feel satisfied and fantastic, while also making me feel like I'm having a decadent dessert. If I need to eat something but need to leave the house fast, I blend up a drink and go. I found this shake after becoming casein intolerant. I decided to refuse to miss out on healthy-yet-creamy things just because I could no longer eat dairy. The texture and flavor of the shakes are perfect. I love them because they make me FEEL good. Thank you, JJ!

- Erin D.





# SPICY GINGERSNAP SHAKE

**MAKES 1 SERVING**

This simple, delicious recipe has a bold kick of fresh ginger to make the perfect holiday morning breakfast!

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1/2** avocado
- 1 tbsp** freshly ground flaxseed
- 2 tsp** peeled, grated fresh ginger
- 1/2 tsp** ground cinnamon
- 1/4 tsp** ground ginger
- Dash** ground cloves
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.



# CREAMY MOCHA LATTE SMOOTHIE

**MAKES 1 SERVING**

All the goodness of your coffee shop favorite...  
reinvented as a healthy, cold, satisfying smoothie.

- 1 scoop** Chocolate All-In-One Shake
- 1 scoop** Vanilla All-In-One Shake
- 1 scoop** Extra Fiber
- 1 tbsp** chia seeds
- 1 tsp** espresso powder
- 10 oz** unsweetened protein-boosted flax milk

**Add ice to desired thickness**

Blend and enjoy!



# RASPBERRY-LEMON SMOOTHIE

**MAKES 1 SERVING**

Cauliflower and tart flavors blend together perfectly in this not-too-sweet, easy way to get your protein and veggies.

---

**2 scoops** Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**1 cup** frozen raspberries

**1 cup** frozen cauliflower

**Juice** of 1 lemon

**½ tsp** vanilla extract (optional)

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# MANGO-COCONUT SHAKE

**MAKES 1 SERVING**

Who's up for the beach? Thanks to tasty mango, lime, and coconut, this shake serves up protein with a heaping side of tropical vibes.

---

**2 scoops** Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**1 cup** frozen mango

**2 tbsp** shredded coconut or **1 tbsp** coconut oil

**Juice** of 1 lime

**½ tsp** cardamom powder

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# STRESS-BUSTING CHOCOLATE BERRY SMOOTHIE

**MAKES 1 SERVING**

Feeling stressed? This delicious chocolate and berry smoothie comes together in minutes and contains nutrients and superfoods that can help balance your stress hormones.

**2 scoops** Chocolate All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**½ small** avocado

**½ cup** frozen raspberries

**½ cup** frozen blueberries

**½ cup** fresh leafy greens

**1 tbsp** raw cacao powder

**1 ½ tsp** chia seeds

**1 ½ tsp** freshly ground flaxseed

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# GREEN CLEANSING SMOOTHIE

**MAKES 1 SERVING**

Start your day off right with a tasty green smoothie with healthy, detoxifying ingredients like turmeric, ginger, and coconut oil.

---

- 2 scoops** Vanilla All-In-One Shake
- 1 cup** baby kale
- ½ small** avocado
- 10 oz** unsweetened protein-boosted flax milk
- 1 tbsp** chia seeds
- 1 tbsp** coconut butter or coconut oil
- 2 tsp** grated fresh ginger
- ¼ tsp** ground turmeric
- ⅛ tsp** ground cinnamon
- Dash** ground cayenne pepper
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# CHOCOLATE RASPBERRY DELIGHT SHAKE

**MAKES 1 SERVING**

Enjoy this delicious protein shake with raspberries and chocolate. It's the perfect way to get up and go in the morning or refuel after a workout, with all the protein and fiber you need to burn fat, build muscle, and stay energized.

**2 scoops** Chocolate All-In-One Shake  
**10 oz** unsweetened protein-boosted flax milk  
**2 tsp** Extra Fiber  
**1 cup** frozen raspberries  
**1 tbsp** cacao nibs

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# CHOCOLATE-COVERED MARZIPAN SHAKE

**MAKES 1 SERVING**

The delicious, nutty flavors of cocoa and almond come together in this yummy protein shake, the perfect holiday breakfast for marzipan lovers.

**2 scoops** Chocolate All-In-One Shake  
**10 oz** unsweetened protein-boosted flax milk  
**½ small** avocado  
**2 tbsp** almond butter  
**1 tbsp** cacao nibs  
**2 tsp** raw cacao powder  
**¼ tsp** almond extract  
**6-7** ice cubes

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# CARROT CAKE SHAKE

**MAKES 1 SERVING**

This delicious protein shake is a gluten-free, dairy-free version of carrot cake with all of the same yummy flavors and none of the added sugar or guilt!

---

**2 scoops** Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**½ cup** carrots

**¼ cup** walnuts

**1 tbsp** ground flaxseed

**1 tbsp** dairy-free cream cheese

**1 tsp** grated fresh ginger

**¼ tsp** ground cinnamon

**Pinch** of ground nutmeg

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# SNEAKY VEGGIES SMOOTHIE

**MAKES 1 SERVING**

You'll never guess that this delicious smoothie is full of veggies, protein, and fiber – and you won't care once you taste the amazing raspberry flavor!

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1 cup** frozen organic raspberries
- ¼ cup** shredded raw organic red beet
- ¼ cup** shredded raw organic carrot
- ½** small avocado
- 1 tsp** real vanilla extract

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# COCO-VANILLA MATCHA SHAKE

MAKES 1 SERVING

Creamy coconut, vanilla, and green tea crystals come together in this delicious protein shake with plenty of health-boosting benefits.

- 2 scoops** Vanilla All-In-One Shake
- 1 packet** organic green tea crystals
- 10 oz** unsweetened protein-boosted flax milk
- 1 tbsp** coconut oil or shredded coconut
- 1 tbsp** chia seeds
- 1 tsp** real vanilla extract
- 4-5** ice cubes

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# SNICKERDOODLE SHAKE

MAKES 1 SERVING

This sweet, creamy shake recipe has the same cinnamon spice as a Snickerdoodle cookie, plus the healthy protein and fiber you need to feel great!

**2 scoops** Vanilla All-In-One Shake

**10 oz** unsweetened protein-boosted flax milk

**1 tbsp** coconut oil

**1 tbsp** ground flaxseed

**1 tsp** real vanilla extract

**¼ tsp** ground cinnamon

**4-5** ice cubes

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# PEACHES & CREAM SMOOTHIE

MAKES 1 SERVING

The sweet-tart combo of peaches and coconut milk in this protein shake is a cold, creamy throwback to a beloved dessert. Time to indulge in a guilt-free treat!

**2 scoops** Vanilla All-In-One Shake

**1 cup** sliced organic fresh or frozen peaches

**10 oz** unsweetened protein-boosted flax milk

**1 tsp** real vanilla extract

**1 tsp** fresh lemon juice

**1 tbsp** gluten-free rolled oats OR chia seeds

**Dash** ground cinnamon

**Dash** ground turmeric (for a more peachy color)

**4-5** ice cubes (if using fresh fruit)

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.



# STRAWBERRY SHORTCAKE SHAKE

**MAKES 1 SERVING**

This fruity protein shake is a gluten-free, dairy-free version of strawberry shortcake with all the same scrumptious, creamy flavors – springtime in a cup!

- 2 scoops** Vanilla All-In-One Shake
- 10 oz** unsweetened protein-boosted flax milk
- 1 cup** organic frozen strawberries
- 1 tbsp** coconut oil
- 1 tbsp** ground flaxseed
- 1 tsp** real vanilla extract

**Blend the ingredients together until smooth.**

Your drink can be thickened by adding ice cubes or thinned by adding cold water.

# ENERGIZING HOT DRINKS

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Protein shakes don't have to be cold! If you're in the mood for something warm and cozy that won't leave you with a sugar crash, try these delicious recipes.





# SPICED TURMERIC LATTE (A.K.A. GOLDEN MILK)

**MAKES ENOUGH PASTE FOR SEVERAL DOZEN LATTES**

Known for its anti-inflammatory properties, turmeric makes a delicious, nurturing hot drink when mixed with vanilla protein powder and coconut milk.

## **FOR SPICE PASTE:**

- 2 scoops** Vanilla All-In-One Shake
- 2 tbsp** ground turmeric
- 1 ½ tsp** ground ginger
- ½ tsp** ground cinnamon
- ½ cup** filtered water

## **FOR EACH LATTE:**

- 8 oz** unsweetened coconut milk
- 1 tsp** coconut oil
- 1 tsp** spice paste

## **TO MAKE THE SPICE PASTE**

Stir together all the ingredients in a small saucepan until well-combined. Cook over medium heat, stirring constantly, until the mixture becomes a thick paste, about 1-2 minutes. Let the mixture cool, then store in a small jar in the refrigerator.

## **TO MAKE A LATTE**

Whisk together all the latte ingredients in a cooking pot and cook over medium heat until warm. (Do not allow to boil.)

This makes a great drink to help you wind down at the end of a long day...



# DARK HOT CHOCOLATE

**MAKES 1 SERVING**

You don't need dairy or sugar to create a yummy alternative to hot chocolate. As a bonus, this healthy version will give you plenty of energy!

---

**2 scoops** Chocolate All-In-One Shake  
**14 oz** unsweetened vanilla almond milk  
**1 tbsp** raw cacao powder  
**2 tsp** real vanilla extract  
Whipped coconut cream and cacao nibs  
optional (recipe on [page 18](#))

Blend the protein powder, almond milk, cacao powder, and vanilla extract in a blender until the ingredients are well-mixed.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a dollop of whipped coconut cream and a sprinkle of cacao nibs. So cozy!



# CINNAMON VANILLA CAPPUCINO

MAKES 1 SERVING

The warmth of cinnamon and coffee are a match made in heaven. Add in vanilla protein shake, and your morning joe is transformed into a healthy, sophisticated drink.

- 1-2 shots** freshly brewed espresso
- ¼ cup** warmed unsweetened coconut or almond milk, plus more for foam (if desired)
- ½ scoop** Vanilla All-In-One Shake
- ⅓ tsp** ground cinnamon

Whisk the shake and cinnamon into the coconut or almond milk until smooth. Stir into your hot espresso, and top with more foamed coconut or almond milk and a sprinkling of cinnamon.



I lost 8 pounds in 3 weeks, but more importantly, I also lost the bloated feeling and abdominal discomfort I had been experiencing the last six months! I was so surprised by how full I feel after my morning shake, and I have totally cut out snacking between meals. I have just begun this journey, but I feel totally positive about my end result.

- Denise C.





# TURKISH COFFEE

MAKES 1 SERVING

This coffee drink is guaranteed to leave you feeling warm and energized. (If you're drinking it after noon, be sure to use decaf!)

**1 scoop** Vanilla All-In-One Shake

**4 oz** unsweetened coconut milk

**6 oz** strong brewed coffee (hot)

**¼ tsp** ground cinnamon

**⅛ tsp** ground cardamom

In a small bowl, whisk together the coconut milk, shake powder, and ground cinnamon and ground cardamom until smooth and well-combined.

Pour into the hot coffee and stir. Top with a dash of ground cinnamon and enjoy!





# MEXICAN HOT CHOCOLATE

MAKES 2 SERVINGS

This protein-packed recipe for spiced hot chocolate has all the flavor and fun without the sugar. It's dairy-free and absolutely delicious!

**2 scoops** Chocolate All-In-One Shake

**14 oz** unsweetened coconut milk

**2 tbsp** cacao nibs

**¼ tsp** ground cinnamon

**⅛ tsp** cayenne powder (or to taste)

Blend the protein powder, coconut milk, cacao nibs, cinnamon, and cayenne in a blender until the ingredients are well-mixed and the cacao nibs are finely chopped. If you're a real chocoholic, you can also add a tablespoon of raw cacao powder for intense chocolate flavor.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a sprinkle of cacao nibs.

# PROTEIN MOCHA

MAKES 1 SERVING

Add a boost of fat-burning potential to your morning mocha with this quick and easy recipe.

**1-2 shots** freshly brewed espresso

**¼ cup** warmed unsweetened coconut or almond milk

**½ scoop** Chocolate All-In-One Shake (add more or less shake mix to your taste and desired consistency)

Whisk the shake into the coconut or almond milk until smooth. Stir into your hot espresso and enjoy!



# GREEN TEA WITH WHIPPED COCONUT CREAM

MAKES 1 SERVING

This drink recipe is zen in a mug. Antioxidant-rich green tea blends with creamy coconut for a healthy, soothing drink. Great flavor and great health benefits!

**1 scoop** Vanilla All-In-One Shake

**4 oz** unsweetened coconut milk

**6 oz** brewed green tea (hot)

Whipped coconut cream and cacao nibs  
optional (recipe on [page 18](#))

In a small bowl, whisk together the coconut milk and shake powder until smooth and well-combined. Pour into the hot green tea and stir.

Top with a spoonful of whipped coconut cream and a dash of ground matcha powder for a real showstopper!

“

I've been enjoying JJ's Chocolate All-In-One Shakes for over 3 years now, and I have no plans to replace it. It's been a part of my every day, as I have a shake in the morning to help me perk up, feel invigorated, and know I'm providing my body with great nutrition. Thank you all very much for the work you put in on a daily basis to get your wonderful products out to many health-minded individuals like me.

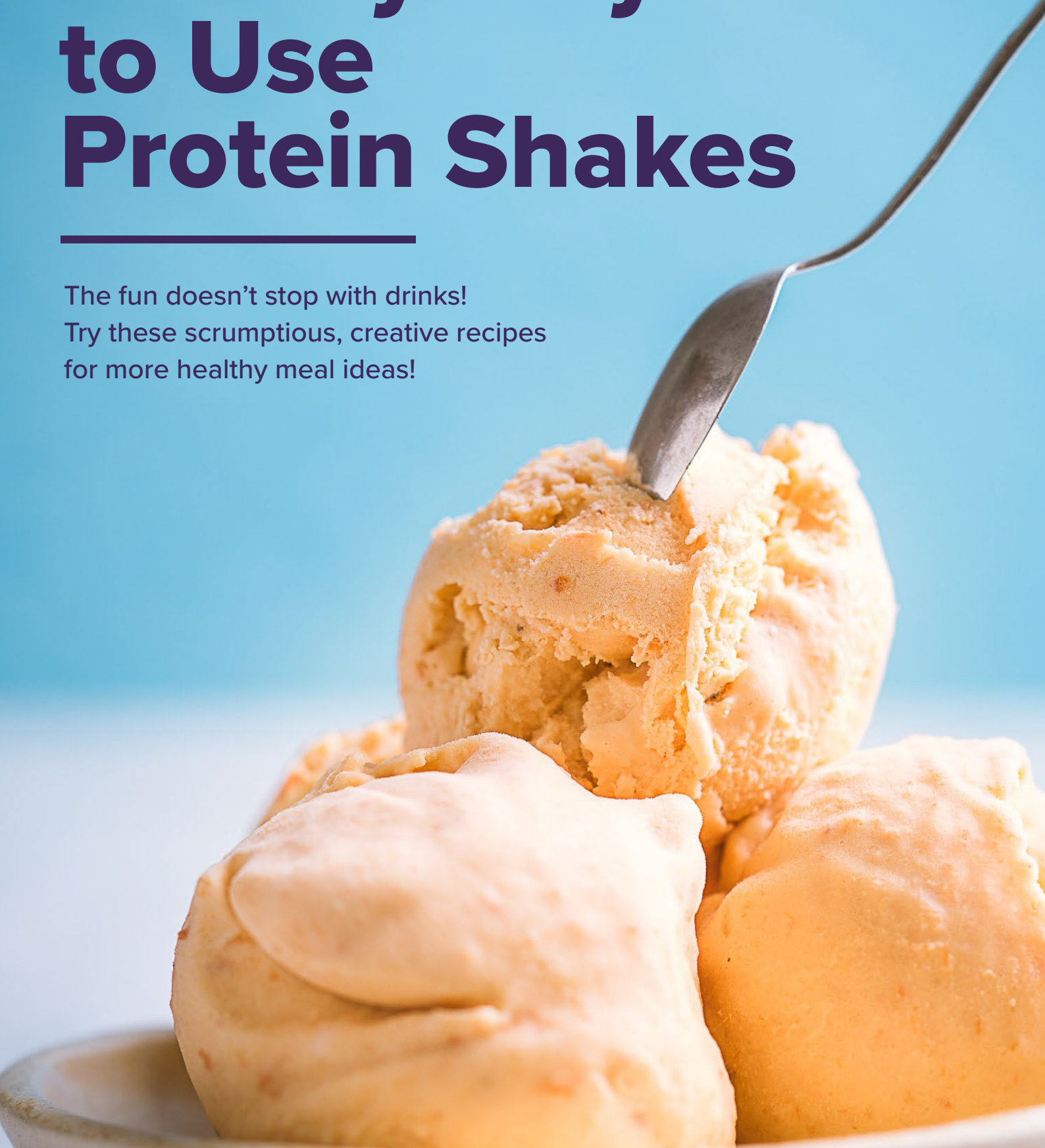
- Ric P.

”

# MORE Yummy Ways to Use Protein Shakes

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The fun doesn't stop with drinks!  
Try these scrumptious, creative recipes  
for more healthy meal ideas!





# STRAWBERRY PUDDING POPS

**MAKES 1 SERVING**

Fresh, juicy strawberries just scream sweet treat, and you can't go wrong with this healthy take on a classic pudding pop.

- 2 scoops** Vanilla All-In-One Shake
- 16 oz** unsweetened vanilla coconut milk
- 1 tsp** real vanilla extract
- 1 tsp** monk fruit extract
- 1 lb** strawberries, hulled and finely chopped

Whisk together the shake powder, coconut milk, vanilla extract, and monk fruit extract in a medium mixing bowl until thoroughly mixed. Stir in the strawberries.

Pour mixture into popsicle molds and freeze overnight. Dip the bottoms of the molds into warm water to remove the pops, then transfer to a resealable bag or container and freeze until ready to eat.

“

I never thought I could be full with just a shake for my breakfast. I love the flavor of JJ's All-In-One Shakes, and they are just one of her products I have used to lose over 20 pounds in 4 months!

- Laurie W.

”



# CHOCO-BERRY CHIA SEED PUDDING

**MAKES 2 SERVING**

Chia seeds are a power-packed superfood, and this pudding doubles as a filling breakfast or a naturally sweet treat.

- 1 scoop** Chocolate All-In-One Shake
- 1 ½ cups** unsweetened coconut milk
- 1 tsp** vanilla extract
- Pinch** sea salt
- ⅓ cup** chia seeds
- 1 cup** fresh blueberries or raspberries

Whisk together the chocolate shake powder, coconut milk, vanilla, and sea salt in a glass bowl until well-combined. Stir in the chia seed and berries.

Refrigerate overnight or up to 6 hours and serve. This recipe is so simple, it's a great way to get kids involved in the kitchen.

## MOCK NUTELLA

**MAKES 1 SERVING**

This spreadable chocolate goodness tastes like Nutella, but with plenty of protein and a fraction of the sugar.

- 1 scoop** Chocolate All-In-One Protein Shake
- 1 tbsp** unsweetened almond milk
- 1 tbsp** unsweetened hazelnut butter

Whisk together ingredients until smooth and creamy. Serve with fresh berries or apple slices



# BLUEBERRY PECAN VANILLA CHIA SEED PUDDING

MAKES 4-5 SERVING

Vanilla chia seed pudding topped with toasted pecans and plump blueberries.

**¾ cup** organic chia seeds  
**1 cup** gluten-free oats  
**1 scoop** Collagen Peptides Powder  
**2 scoop** Vanilla All-In-One Shake  
**2 tbsp** Lakanto Golden Monkfruit Sweetener  
**4 cups** unsweetened vanilla plant-based milk  
**4 tbsp** unsweetened organic almond butter  
**1 cup** organic blueberries  
**1 cup** pecans  
**4 oz** of organic hemp seeds

Toast pecans on low heat for 5 minutes while constantly moving them in a pan then set aside to cool.

Place chia seeds, gluten-free oats, Collagen Peptides Powder, All-In-One Shake, monkfruit sweetener, and vanilla plant-based milk in a bowl and mix.

Scoop out pudding into the jars, dividing them equally.

Drop a dollop of almond butter in the middle of the pudding.

Refrigerate for up to 8 hours or overnight.

Top with berries, toasted pecans, and hemp seeds. Enjoy!



# APPLE CHAI MUFFINS

MAKE 24 MINI MUFFINES

These gluten-free muffins are great for breakfast or on the go and full of fragrant chai spices and apples

- 2 cups** apples, shredded or finely chopped
- 2 tbsp** fresh lemon juice
- 2 scoops** Vanilla All-In-One Shake
- 4 cups** gluten-free oat flour (or gluten-free rolled oats ground in a blender)
- 2 tsp** baking soda
- 1 tsp** aluminum-free baking powder
- ½ tsp** sea salt
- 2 tsp** ground cinnamon
- ¼ tsp** ground nutmeg
- Pinch** cloves
- ¼ cup** chopped walnuts
- 1 cup plus 3 tbsp** unsweetened almond milk

Preheat oven to 350°F and grease a mini-muffin tin. Combine shredded apples with lemon juice in a small mixing bowl and set aside.

In a separate large mixing bowl, whisk together the rest of the dry ingredients. Stir apple mixture into dry ingredients, then add almond milk.

Stir by hand until it becomes a thick moist batter. Scoop into mini-muffin tin and bake until set and lightly browned, 10-12 minutes.



# CHOCOLATE QUINOA PORRIDGE WITH ALMONDS & BLUEBERRIES

MAKES 4 SERVING

This creamy, chocolate-y breakfast bowl is the perfect way to start the morning: nourishing, filling, and full of so many yummy, energy-boosting ingredients.

- 1 cup** uncooked white quinoa
- 1 cup** unsweetened vanilla almond milk, plus more for serving
- 1 cup** unsweetened vanilla coconut milk
- 1 scoop** [Vanilla All-In-One Shake](#)
- 1 tbsp** raw cacao powder (2 tbsp if you're a chocolate lover!)
- ¼ cup** sliced almonds, plus more for serving
- 1 cup** organic blueberries, fresh or frozen and thawed
- 1 tsp** pure vanilla extract
- ¼ tsp** sea salt
- 2 oz** dark chocolate, roughly chopped

Rinse the quinoa in a fine mesh strainer for 2 minutes.

Add rinsed, drained quinoa to a medium saucepan over medium heat, and stir frequently until the water dries up and the quinoa is lightly toasted.

Add almond milk and coconut milk and stir. Bring to a boil over high heat, then reduce heat to low and simmer for 20-25 minutes, uncovered, stirring occasionally.

Cook until most of the liquid is absorbed and quinoa is tender and creamy.

Remove from heat and stir in protein shake powder, cacao powder, vanilla, and sea salt; stir well to combine.

Top with almond slices and blueberries, stir again, and divide into 4 bowls.

Pour a bit of almond milk over each bowl, then top with chopped dark chocolate.

Leftovers will keep in the refrigerator for 2-3 days, covered.



# RASPBERRY ALMOND QUINOA POWER BOWL

MAKES 2 SERVINGS

This yummy breakfast bowl is truly a superfood and will power you through even the most challenging morning!

**2 scoops** Vanilla All-In-One Shake

**8 oz** unsweetened almond milk

**½ cup** uncooked quinoa

**Pinch** of sea salt

**1 tsp** real vanilla extract

**1 cup** organic fresh raspberries

**2 tbsp** sliced almonds

**Dash** of ground nutmeg

Rinse and drain the quinoa. Whisk together the almond milk and shake powder in a medium saucepan until well-mixed.

Stir in the quinoa and sea salt, then bring to a simmer over medium heat. Cover and reduce heat to low, and simmer for 15 minutes.

Remove from heat and stir in vanilla extract, then let sit 5 minutes to finish absorbing the almond milk. Divide into bowls and top with raspberries, almonds, and a sprinkle of fresh nutmeg.

“ Because of JJ Virgin’s shakes, I have more energy, feel mentally stronger, and my body is healthy. I am grateful for the encouragement and the quality of these products.

- Susanna B.





# TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS

MAKES 1 SERVING

Three kinds of chocolate and berries come together in this quick, convenient overnight oats recipe. It's a decadent, gluten-free breakfast full of protein, fiber, and vitamins!

**2 scoops** Chocolate All-In-One Shake  
**2/3 cup** unsweetened almond or coconut milk  
**1/3 cup** plain full-fat Greek yogurt or cultured coconut milk  
**1/2 cup** gluten-free rolled oats (not instant)  
**1/4 cup** fresh blueberries (not frozen)  
**1 tbsp** chia seeds  
**1 tbsp** raw cacao nibs  
**1 tsp** raw cacao powder  
**1/2 tsp** vanilla extract  
**Pinch** sea salt

In a medium-sized mixing bowl, whisk together the shake powder, almond or coconut milk, and yogurt or cultured coconut milk until thoroughly mixed and smooth. Stir in the remaining ingredients until well-combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.



# CHOCOLATE CRUNCH PROTEIN COOKIE BITES

**MAKES 12 COOKIE BITES**

These cookie bites make for a great on-the-go travel snack to tide you over when you can't have a full meal. Protein, fat, and fiber will keep you satiated until you can eat by the plate.

## **2 scoops** Chocolate All-In-One Shake

**½ cup** chopped walnuts

**½ cup** cacao nibs

**½ cup** gluten-free organic rolled oats

**½ cup** unsweetened almond butter

**2 tbsp** coconut oil

**1 tbsp** real vanilla extract

**½ tsp** ground cinnamon

**½ tsp** monk fruit extract or stevia (to taste)

Combine ingredients in food processor and pulse until well-combined and mixture holds its shape when pressed together. Be careful not to over-process.

Roll the mixture with your hands into 1 ½ inch balls. If desired, roll in organic cacao powder, unsweetened coconut, or finely chopped nuts. Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.



# 3-INGREDIENT BERRY PROTEIN FRO-YO BITES

**MAKES 16 FROZEN BITES**

These irresistible bites of fruity frozen yogurt are so quick and easy to make! Five minutes in the kitchen, and you've got healthy, dairy-free fro-yo perfection.

- 1 cup** frozen berries or peach slices
- ½ cup** unsweetened coconut yogurt
- ½ scoop** Chocolate or Vanilla All-In-One Shake

In a small bowl, whisk together the yogurt and shake mix until completely smooth.

Blend together the shake-yogurt mix and frozen fruit until thoroughly mixed. (You may need to scrape down the sides of the blender cup once or twice.)

Pour the blended fruity yogurt mixture into a bowl, cover, and place in freezer.

Freeze 1-2 hours, until thickened to spoonable consistency.

Spoon bite-sized dollops of the fro-yo onto a plate lined with wax paper or parchment paper.

Put the plate in freezer and freeze again until fro-yo bites are firm, about an hour. (If you like, you can drizzle your bites with melted dark chocolate and freeze again for a few minutes.)



# STRAWBERRIES AND CREAM OVERNIGHT OATS

**MAKES 1 SERVING**

The delectable flavors of strawberries and cream meet the convenience of overnight oats in this easy, gluten-free recipe full of all the protein and fiber you need to start your day right.

- 2 scoops** Vanilla All-In-One Shake
- 2/3 cup** unsweetened protein-boosted flax milk
- 1/3 cup** plain full-fat nut-milk yogurt
- 1/2 cup** gluten-free rolled oats (not instant)
- 1/4 cup** chopped fresh strawberries
- 1 tbsp** freshly ground flaxseed
- 1/2 tsp** vanilla extract
- Pinch** sea salt

In a medium-sized bowl, whisk together the shake powder, flax milk, and yogurt until thoroughly mixed and smooth. Stir in the remaining ingredients until well combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.



# BAKED PUMPKIN SPICE OATMEAL

**MAKES 1 SERVING**

This baked oatmeal is the very definition of cozy and makes for a filling, satisfying breakfast. Make it the night before it's perfection topped with a dollop of almond butter.

**1 scoop** Vanilla All-In-One Shake  
**½ cup** gluten-free quick-cooking oats  
**¼ cup** canned packed pumpkin (not pumpkin pie filling)  
**¼ cup plus 1 tbsp** unsweetened coconut milk  
**½ tsp** vanilla extract  
**½ tsp** cinnamon  
**⅛ tsp** ground clove  
**⅛ tsp** ground ginger  
**¼ tsp** monk fruit extract or stevia (to taste)  
**Dash** sea salt  
Coconut oil to grease baking dish

Preheat oven to 350°F, and grease an 8-oz ramekin or glass dish with coconut oil. Stir together all the ingredients in a small mixing bowl until well-combined.

Pour into greased ramekin. Bake for 20-30 minutes, or until lightly browned and firm. Let cool and then place in refrigerator for several hours or overnight to set.



# CACAO PECAN PROTEIN TRUFFLES

MAKES 14 TRUFFLES

This rich and decadent truffle recipe also happens to be dairy-free, gluten-free, and great for you! Full of healthy coconut oil, cacao powder, and protein.

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**2 scoops** Chocolate All-In-One Shake  
**1/2 cup** coconut oil, melted  
**1/4 cup** raw organic cacao powder  
**2 tsp** real vanilla extract  
**1 cup** raw pecans  
**1/2 tsp** sea salt  
**Dash** of monk fruit extract or stevia (to taste)  
Extra chopped pecans, cacao powder, or shredded unsweetened coconut for rolling

In a food processor, combine all ingredients except those for rolling finished truffles. Pulse until smooth and well-combined.

Roll the chocolate nut mixture into 1-inch balls with your hands. Then roll the truffles in your choice of chopped pecans, cacao powder, or shredded unsweetened coconut.

Place in the fridge for an hour to chill before serving.

Store leftovers in refrigerator for up to one week or freeze for up to one month.



# WARM “SHAKE” BERRY PIE PARFAIT

MAKES 1 SERVING

**1 cup** frozen organic berries (any type) and/or dark cherries

**½ cup** unsweetened coconut milk

**2 scoops** Vanilla All-In-One Shake

**1 tbsp** chia seeds

**2 tbsp** chopped walnuts

**1 tsp** ground cinnamon

Whipped coconut cream (recipe on [page 18](#))

Warm cherries/berries and coconut milk in a small saucepan over medium-low heat.

Pour off a few tablespoons of liquid from the pan and combine with the All-In-One Shake and cinnamon. Whisk until smooth, and add back to mixture. Stir in chia seeds and 1 tablespoon of the chopped walnuts.

Serve in a glass, topped with whipped coconut cream and the rest of the chopped walnuts.



Because of JJ Virgin’s shakes, I have more energy, less sugar cravings, and have lost 5 pounds in 2 weeks. These delicious bars make it so easy to get in the fiber I need! Thanks, JJ!

- Genevieve B.



# Nutritional Information

\*For all recipes: Macros are based on Paleo-Inspired Vanilla, unless specified otherwise in the recipe. Other shakes may vary slightly (+/- ~10–20 calories, 1–2 g carbs/fat)

Recipe	Cal	Protein	Carbs	Fiber	Sugars	Added Sugars	Fat
Your First Shake Recipe	405	32	31	9	10	-	18
High-Protein Shake	425	46	30	8	10	-	14
Creamy Chocolate Almond Butter Shake	511	40	27	17	3	0	30
Very Vanilla Strawberry Smoothie	391	32	25	8	7	0	18
Chocolate Fudge Protein Shake	377	34	16	9	1	0	20
Brandy's Blueberry Morning Starter	468	33	30	10	12	0	25
Peachy Sunrise Chai Smoothie	354	33	31	10	13	0	11
JJ's Birthday Cake Shake	447	35	17	5	4	0	26
Whipped Coconut Cream	246	0	8	0	0.5	0	23
Mint Chocolate Crunch Shake	320	32	12	7	0.7	-	17
Simple Banana Smoothie	367	31	28	11	8	0	15
Pumpkin Spice Latte Shake	366	44	22	9	5	0	11
Chocolate Superfoods Smoothie	431	36	34	10	11	0	18
Blueberry-Mint Smoothie Bowl	471	34	42	14	19	0	20
Hot-Flash Halting Protein Shake	422	37	31	9	11	0	18
Coco-Cashew Shake	413	32	17	6	1.5	0	25
Lemon Meringue Pie Smoothie	351	36	19	9	1.6	0	15
Butternut Chai Beauty	301	30	23	8	4	0	7
Peach-Berry Green Smoothie Bowl	661	58	44	19	13	0	29
Dark Chocolate-Covered Strawberry Shake	400	34	33	11	11	0	15
Island Coconut Green Smoothie	614	37	29	18	3	0	42
Mom's Apple Chai Smoothie	526	41	34	10	13	0	28
Banana-Nut Shake	390	33	30	10	10	0	16
Chocolate Cherry Chia Protein Shake	401	37	38	11	22	0	13
JJ's Post-Workout Shake	214	31	8	3	1	0	6
Espresso-Almond Shake	432	35	21	11	3	0	27
PMS-Fighting Smoothie	472	34	21	12	2	0	30
Spicy Gingersnap Shake	361	33	17	7	1	0	19
Creamy Mocha Latte Smoothie	286	32	18	10	0	0	10
Raspberry-Lemon Smoothie	351	34	35	12	13	0	9
Mango-Coconut Shake	394	32	37	4	22	0	15
Stress-Busting Chocolate Berry Smoothie	457	36	40	15	15	0	19
Green Cleansing Smoothie	482	34	23	13	2	0	30
Chocolate Raspberry Delight Shake	332	33	31	15	10	0	10

Recipe	Cal	Protein	Carbs	Fiber	Sugars	Add Sugars	Fat
Chocolate-Covered Marzipan Shake	564	41	24	14	3	0	37
Carrot Cake Shake	514	38	23	9	4	0	32
Sneaky Veggies Smoothie	439	34	38	13	16	0	17
Coco-Vanilla Matcha Shake	410	32	13	6	1	0	24
Snickerdoodle Shake	403	32	12	5	1	0	24
Peaches & Cream Smoothie	351	33	29	9	13	0	11
Strawberry Shortcake Shake	479	33	31	10	11	0	24
Spiced Turmeric Latte Paste (Whole batch)	211	22	22	8	1	0	4
Spiced Turmeric Latte (A.K.A. Golden Milk) - per latte	104	3	3	1	1	0	9
Dark Hot Chocolate	198	23	10	6	2	0	4
Cinnamon Vanilla Cappuccino	51	5	3	1	0	0	2
Turkish Coffee	95	10	5	3	0	0	10
Mexican Hot Chocolate	256	23	12	8	1	0	15
Protein Mocha	75	10	4	2	0	0	2
Green Tea with Whipped Coconut Cream	118	11	4	2	0	0	6
Strawberry Pudding Pops (whole recipe)	382	24	44	13	24	0	12
Choco-Berry Chia Seed Pudding	477	21	48	24	17	0	24
Blueberry Pecan Vanilla Chia Seed Pudding (per serving)	773	30	5	58	26	6	53
Apple Chai Muffins (per muffin)	102	5	15	3	1	0	3
Chocolate Quinoa Porridge with Almonds & Blueberries (per serving)	326	12	44	7	7	0	14
Raspberry Almond Quinoa Power Bowl (per serving)	322	19	40	9	2	0	9
Triple Chocolate Blueberry Overnight Oats	547	39	59	17	10	0	18
Chocolate Crunch Protein Cookie Bites (per bite)	168	6	8	4	1	0	14
3-Ingredient Berry Fro-Yo Bites (whole recipe)	165	7	26	8	12	0	5
Strawberries and Cream Overnight Oats	508	36	50	12	3	0	18
Baked Pumpkin Spice Oatmeal	307	17	45	9	3	0	7
Cacao Pecan Protein Truffles (per truffle)	142	3	2	1	0	0	14
Warm "Shake" Berry Pie Parfait	418	25	34	14	12	0	21



# JJ VIRGIN

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