Wow! Last year we ran a contest to find the top stories of transformation and best homemade recipes that embraced The Virgin Diet principles. The results were overwhelming - nearly 300 people entered which made deciding the top 7 nearly impossible. I realized that these stories and recipes needed to be shared so we brought in a recipe reviewer and an editor to help create this amazing collaborative cookbook.

What you are holding in your hands represents hope, perseverance, commitment and transformation. I hope the recipes delight your tastebuds and make it effortless and delicious to follow the Virgin Diet. More than that, I hope the stories serve to inspire and motivate you as they have me and countless others. The most precious gift you can give is the gift of health and the best way to do that is by starting with yourself as the role model and then being the message.

You can do this, you can drop 7 foods and lose 7 pounds in just 7 days. I'm here to help. Let's get started.

Blessings,

[Signature]

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Shakes

& Drinks
John Graham
Canyon Country, California

Exercise regimens have always been a norm for me through the years, but eating whatever I wanted (whenever I wanted) left me breaking even and gaining a weight in November and December. I lift weights, so at 6'0" in height, my BMI is usually 30 or more, but my body fat percentage was in the twenties, and I had always wondered how to get rid of the excess in my midsection.

We bought and read The Virgin Diet, and we found that we needed to eliminate corn, dairy, gluten, and sugar. This wasn't easy because we have sweet teeth and a love of tortilla chips. It was pretty daunting to find out that such a high percentage of food products out there contain some form of corn. I think I'll eventually be able to maintain a weight of 225 to 230 pounds going forward.

How has it impacted the lives of your family and the people around you?
Since inception in early 2013, we feel better and are appreciative of the education that comes with understanding and implementing the dietary changes in our lives. My wife has shed at least ten pounds. Our young-adult-aged children are also inspired, and they are working changes into their lives as well. Even our youngest, who is 11-years-old, is enjoying the energy and alertness that comes with a healthier diet! Thank you, JJ, for teaching us what we all need to know!

Your Original Virgin Diet Recipe:

Fruit & Veggie Protein Smoothie
John Graham
Serves 2-3

2 cups almond or coconut milk (unsweetened)
2 cups organic dark berries (blueberries, marionberries, raspberries, blackberries)
1 cup organic kale, stemmed and cut into small pieces
1 cup organic spinach
1 small apple, cored and cut into wedges
1 kiwi, peeled and chopped
1/2 cup organic dandelion greens
1/2 cup non-soy, non-whey vanilla protein powder
1/4 cup flaxseed meal
1 teaspoon chia seed
1 dash of fresh squeezed orange or grapefruit juice

- Place all the ingredients in a blender and process until smooth.
- Serve in a tall glass.
Pat Kennedy
Atlanta, Georgia

I had been diagnosed with hip arthritis. One doctor recommended a hip replacement; the second recommended physical therapy. At about the same time, The Virgin Diet book was a gift from my husband (his knowing my quest to understand each individual’s unique dietary needs). It took me a few months of studying and considering the plan, before I put it into action. The use of shakes was my biggest fear, but it’s now my favorite part of the program. The first 28 days were not a complete success (missing some ingredients in prepared foods, and just down right cheating), but over two months of elimination, I began to feel the results in my joints, as well as in my energy level. I was really starting to enjoy my workouts again, and my range of motion and flexibility continue to expand.

I did the Reintroduction Phase, and only eggs (of the list of seven) are still a part of my diet. The gluten and wheat were never going to be an option for me, once I understood how much the aches and pains of my joints were directly related to my consumption of those. My reaction to dairy was shocking, quick, and very much digestion-oriented. I was physically nauseas, and I took to the bed to ride out my body’s processing of, what I now know, was a food intolerance for me. As a woman reaching the end of menopause, I keep soy to a minimum just to keep my hormonal peaks and valleys in range. On occasion, when sushi is on the menu, I will use reduced sodium soy sparingly.

I truly believe The Virgin Diet healed me. The elimination of the list of seven gave me the opportunity to evaluate where I truly was physically and what options were there for me. My shift to whole, organic foods not only made my life easier, it spilled into my family’s new love for salads and grilling nights.

I have met the most interesting people in my search for free range, pasture-fed protein sources, as well as organic vegetable growers. Because of The Virgin Diet, I am back to a weight I can accept, and I love the gym again. I feel so much better, and I am off all prescription medications, but I am now religious about my supplements. For me, my fifties are my new thirties, because I feel as good as I did then.

How has it impacted the lives of your family and the people around you?
Daily, I get asked what I am doing to look so much better. The list of seven is the first answer I give. The Virgin Diet cookbook now resides in at least a dozen of my friends’ and family members’ kitchens.

The morning shake is a ritual for my work partner and myself. When dining with friends, I lead by example, never touching the bread offered, ordering specifically what I want, and questioning the restaurant as to their ingredients and cooking practices. Friends ask me how I can avoid so many things that we used to share together. I tell them that the side effects of consuming those foods make them no longer attractive to me, and that if they work through the 28 days, they will come to experience and understand what I now know about how to nourish my body and feel, as well as look, so much better.

Your Original Virgin Diet Recipe:  
My Go-To Morning Shake
**My Go-To Morning Shake**

By Pat Kennedy

Serves 1

1 teaspoon flaxseeds
8 ounces unsweetened coconut milk
1 scoop Garden of Life raw protein powder
1 handful kale, chopped
1 handful baby spinach
1 cup fresh or frozen strawberries
1 cup fresh or frozen blueberries

- Place the flaxseeds in a single-serving blender and process until ground.
- Add the coconut milk and protein powder and pulse to blend.
- Pour it into a tall glass to serve.
Tonia Murray  
Santa Rosa Beach, Florida

In March of this year, despite trying very hard with a “tried and once true” diet program, I was not losing weight. In fact, I was gaining it! Then one night, while looking for something to watch, I stumbled upon JJ Virgin talking about her book. Everything she was talking about seemed to be aimed directly at me! I am 50-plus, and I was not losing weight with what I had been doing (talk about the definition of insanity!), and here was someone explaining why. I “Googled” her, got information, ordered her book, and decided that 21 days was very doable. Well, after a false start (yes, I am one of those!), I got on the program at 187 pounds (the most I had ever weighed).

It took some serious adjusting to give up bread, yogurt, and my beloved diet soda, but seeing the pounds come off in just one week was enough incentive to stay on The Virgin Diet for the full 21 days.

I have begun to walk several days per week and take yoga, generally I am living a fuller and happier life with 22 pounds gone. My RA doctor is thrilled with my overall health and I have less stress on my joints. My dress for my daughter's wedding in August is looking better, and I am able to keep up with my fifth grade students.

I was able to bring eggs back into my diet (which was nice since I have chickens) and some dairy, with no issues. I love my substitutions, like almond butter and coconut milk. I think that as a science teacher, the idea that my body was a “chemistry lab” made perfect sense. Now, I am aware of what I eat and how I feel. This has been a great incentive to keep on this plan and to grow older, better.

How has it impacted the lives of your family and the people around you?
My family has noticed the changes, and those around me have asked about my diet. I tell them that I don’t diet. I just eat what works for me. Several people have asked for the JJ Virgin website and my significant other has decided to lose weight to help him deal with his diabetes. I think seeing my weight loss has empowered several people to look at how “The 7 Foods” might be impacting their weight and health.

Your Original Virgin Diet Recipe:

Peach Melba Shake  
By Tonia Murray  
Serves 2

1/2 cup fresh or frozen raspberries  
1 tablespoon unsweetened coconut milk  
1 teaspoon xylitol  
1 cup frozen peaches  
1 scoop vanilla pea rice protein powder  
1-2 tablespoons fiber  
12 ounces ice cold water

- In a small pan over a low heat cook the raspberries, coconut milk and xylitol until the berries begin to break down and release their juices, and create a sauce.  
- Refrigerate the sauce for at least 30 minutes.  
- When ready to make the smoothie, place the peaches, protein powder, fiber and water in a blender and puree until the mixture is smooth.  
- Pour into glasses and stir in the chilled raspberry sauce and then serve.
Gloria Philpott
Columbus, Ohio

Shortly before starting The Virgin Diet, I was diagnosed with nonalcoholic steatohepatitis, which is a liver disorder that is slightly worse than fatty liver. I was told that I could prevent further damage to my liver, but I couldn’t reverse the damage that was already done. This was after a yearlong battle with rectal cancer. Clearly, my diet wasn’t agreeing with my internal organs!

After following The Virgin Diet for five months now, my liver enzyme results have dramatically reduced, with one being close to normal. The gastrointestinal discomfort and constant diarrhea, that I thought were going to be lifelong side effects of my rectal resection, have virtually disappeared, only returning when I accidentally eat something with gluten or dairy. I am confident that after a few more months on this diet, I will see my liver healed. I plan to follow these eating guidelines for the rest of my life.

How has it impacted the lives of your family and the people around you?
My husband jumped in to support me on The Virgin Diet, and he found (to his surprise) that he has lost weight and feels much better when he’s not eating gluten. He’s more prone to choosing to eat gluten-containing foods at potlucks (or whatever), and he suffers gastrointestinal distress because of it!

My kids (nine and six) are unwilling to join in, but it has opened the doors for conversations about what really constitutes a healthy food. I find that the diet, now, just seems like normal to me. When I do go to someone else’s house for dinner; however, I notice that their first reaction is, "What CAN you eat then?" I usually offer to bring the meal. People always love the meals and don’t feel deprived!

Your Original Virgin Diet Recipe:

Strawberry-Chocolate Protein Shake
Gloria Philpott
Serves 1

1 cup almond milk
1 cup strawberries
2 scoops Virgin Diet All-in-One chocolate protein powder
1 tablespoon almond butter
1 tablespoon ground chia seeds
4 ice cubes

- Blend all the ingredients in a blender, and process until smooth.
- Note: if using frozen strawberries, you will not need to add ice cubes.
- Serve in a tall glass.
Sahron Lowther  
Folsom, California

I noticed that all the things JJ had talked about in her PBS presentation and book (that I deleted from my diet) were causing me to have indigestion when I never had it before. After watching her presentation, I started a cleanse, and I eliminated various white foods including soy, bread, and anything with gluten. I have always been a cautious eater (and into health and wellness), but I did not realize all the effects these things had on my mid-section. I am still working on it, and I have come to the realization that it took time to get there and will take time to get rid of, but I feel so much better and eat more and more vegetables and clean foods.

How has it impacted the lives of your family and the people around you?  
I share information with people I work with and allow them to make their own personal choices about how they want to heal from the inside out. It is amazing how little we have been informed over the years about what the food industry has done to affect American’s diets. I almost get sick smelling a bakery or walking in the grocery aisles where all the processed foods hibernate. (Yes, hibernate, since they can last for months with all the preservatives in them).

A friend of mine had a Hostess Twinkie that he kept in his workspace pinned up to wall for display. It was already several years old (but he kept it for another seven years), and you could not tell that it wasn't fresh off the production line. If that doesn't make one stop and think about what they eat… I don't know what will.

Your Original Virgin Diet Recipe:

“Put the Lime in the Coconut” Chocolate Shake  
By Sahron Lowther  
Serves 1  
1 cup coconut water  
2 scoops chocolate protein powder  
1 avocado, chopped  
1 Granny Smith apple, grated  
1 inch piece of ginger, peeled and grated  
Juice of 1 lime  
1 teaspoon Maca powder  
1 cup ice

- Place all the ingredients in blender or Vitamix and process until smooth.  
- Add more or less ice as desired.  
- Serve in a tall glass.
Breakfasts
Melanie LeBaron  
Indianapolis, Indiana

I have had chronic fatigue syndrome for around 35 years, and I decided to try The Virgin Diet to see if it would alleviate symptoms of fatigue, IBS, post-exercise exhaustion, and chronic muscle pain, as well as lower my high blood pressure and LDL cholesterol (that I refuse to medicate).

I was missing out on planning fun times with friends, because I never knew if I'd be having a bad day or good day. Since I work at a gym, I was also always exhausted and in pain when I had to substitute-lead a fitness class. (It's not my primary job, but it's an "emergency situation" that happens more than I would like!)

I have only lost a few pounds, but the swelling in my ankles has come down. I have less pain in my feet (plantar fasciitis), and more energy. I have to pace myself, since I want to do too much and then crash, which is common for CFS people because we aren't used to having energy.

Most importantly, I am experiencing hope! I'm still in Cycle 1 because I had several unsuccessful starts, but I'm looking forward to re-introducing foods so that I can truly know what drags me down and what gives me energy. I believe I will be able to manage my CFS better when I have a good, underlying diet firmly in place to support my energy and immune system.

How has it impacted the lives of your family and the people around you?  
My husband and coworkers are hopefully hearing less moaning and groaning and complaining! I was able to go to an evening symphony concert, which is something I enjoy, but I usually don't have the energy to do. My husband is not following the diet with me, but he likes that we can still have meat and that not all grains are restricted like they are with Paleo diets! Sometimes he will try the "weird vegetables."

Your Original Virgin Diet Recipe:  

Fruity Oatmeal  
Melanie LeBaron  
Serves 1

1/3 cup fresh strawberries, sliced  
1/3 cup dry oatmeal (gluten free)  
1 splash unsweetened almond milk  
1 teaspoon flaxseeds  
1 tablespoon almonds, sliced

- Put the berries in a measuring cup and add the water to fill to the one cup line.  
- Put the water, berries, and oatmeal in small saucepan and bring to the boil.  
- Reduce the heat and simmer for 10 minutes, while stirring occasionally.  
- Remove the oatmeal from the heat and let it sit for a few minutes to thicken.  
- Put it in a serving bowl and add a splash of almond milk.  
- Stir in the flax seeds and almonds to serve.
**Kathy Hendricks**  
Stayton, Oregon

I have been on The Virgin Diet for about two months now. I am feeling really good, going to the gym and exercising for the first time in years. I have way more energy now than I did before The Virgin Diet. So far, I have lost 15 pounds. I still have a long way to go, but I am on my way!

Thank you for providing us with a great-tasting product, which makes it easy to want to use! I love how versatile it is. Portable and delicious! The product makes it simple to stick with the diet, and I love the different flavors you have available.

**How has it impacted the lives of your family and the people around you?**
My kids love using my "smoothie mix" too!

**Your Original Virgin Diet Recipe:**

### Mixed Berry Pancakes

By Kathy Hendricks  
Makes 2-3 pancakes

- 1 tablespoon ground flax seeds  
- 3 tablespoons water  
- 2 scoops Virgin Diet All-in-One Shake Mix  
- 1/3 cup oatmeal  
- 1/3 cup unsweetened coconut milk  
- 1/2 cup mixed berries

- Mix the flax seeds with water and let them stand for 3-5 minutes.  
- Meanwhile blend remaining ingredients in a medium bowl.  
- Add the flax slurry, while stirring to combine.  
- Heat a non-stick skillet over a medium-high heat.  
- Drop the batter into the skillet by the spoonful, so that it forms rounds.  
- Cook until bubbles form, which is about 2-3 minutes, flip and cook an additional 1-2 minutes.  
- Serve with a dusting of stevia.
Paula Lemmo
Middleton, Massachusetts

My greatest experience with The Virgin Diet has been what I’ve learned going off of it, versus how good I feel when I’m on it. What first intrigued me about The Virgin Diet was not only the weight loss opportunity (and I have a lot to lose), but while going through the symptom checker, I checked off almost everything. In particular, I have been suffering for the past few years from sensitivities to smells that have been steadily getting worse, yet I am technically allergic to nothing.

I started the program at the end of January, and in the first eight weeks, I lost about 25 pounds. In that time, I learned that my biggest issues were with gluten, dairy, and (of course) sugar! While I’m not “allergic” to them, I was definitely better off without them, and best of all, my sensitivities to the smells that bothered me, disappeared within the first week. I could breathe better, I felt much better overall (more energy, etc.), and…then I thought I could handle a challenge! I co-hosted a party for a friend. For my part of the dinner, I created “Virgin Diet-friendly” foods. But everyone else brought the “no-no’s”, and it was only a matter of time before they got to me. Once the bad foods were back in my system, my cravings went haywire.

It took me three weeks get back on the program. Once I did, I started feeling good again, and then another event came up and the same thing happened again. What I’ve learned is that there is definitely truth to the fact that you crave what hurts you most. When I let my guard down, bread, dairy, and sugar creep their way back in, wreaking havoc for days (sometimes weeks) to come.

I know this program gives me the tools to succeed, and I just need to stop being my own worst enemy. Thanks, JJ, for giving me the tools. I intend to make this work!

How has it impacted the lives of your family and the people around you?
It definitely makes life a bit more challenging if they don't want to follow along, but I'm learning to be strong and hold to my convictions.

Your Original Virgin Diet Recipe:

Morning Glory Oatmeal
By Paula Lemmo
Serves 1

3/4 cup gluten-free old-fashioned rolled oats
1 small apple, peeled and chopped
2 tablespoons walnuts, chopped
1/2 cup water
1 cup coconut milk
2 scoops Virgin Diet All-in-One Chai protein powder
1 teaspoon cinnamon
1 tablespoon organic roasted cacao nibs
1/4 cup organic fresh or frozen berries

- Place the oats, apple and walnuts in saucepan over a medium heat. Add the water and cook for 5-10 minutes (add more or less water to reach the desired consistency).
- While the oatmeal is cooking, blend the coconut milk, protein powder and cinnamon.
- Add to the oatmeal and heat for another 30-60 seconds. Remove from heat.
- Top with the berries and cacao nibs and serve.
Main Dishes
Rebekah Pierson
Kennewick, Washington

I heard JJ's presentation one night on PBS. I became excited when I heard about all the things that the food I was eating could be doing to me. The information in her presentation just made sense to me. As many people have said, “She could be telling my story.”

I turned 60-years-old this year. I have gained and lost weight all of my life. I now have diabetes, hypothyroidism, constant muscle and joint aches, frequent headaches, and I constantly feel tired.

I bought JJ's book that night on my Kindle. I started the diet the next day, and I have been reading her book every day. I am starting my fourth day on the diet, and last night, I slept better than I have for quite a while. Today, I feel more energetic. I am so excited to start telling everyone I know about this diet.

I am a nurse practitioner, and I see a lot of weight loss patients. I have been prescribing them weight loss medications. Many of my patients are low-income, and they cannot afford the medication on a regular basis, but losing weight means so much to them that they will get the medication as often as they can. Now, I have an alternative to offer them: a diet that will not cost them extra in grocery money, will be an effective method of weight loss, and will improve their general health and wellbeing. I am very happy for myself, and I am so excited to share this diet.

How has it impacted the lives of your family and the people around you?
My husband has been eating the meals I prepare on The Virgin Diet, and he enjoys them and feels satisfied with the amount. He told me this morning that he really likes the flavor in the food I prepare.

Your Original Virgin Diet Recipe:

Chicken and Spinach
Rebekah Pierson
Serves 2

1 tablespoon olive oil
2 boneless, skinless chicken breasts
1/4 cup onion, chopped
2 cloves of garlic, chopped
1 1/2 cups chicken broth, divided
4 cups fresh spinach
Juice of 1/2 lemon

- Heat the olive oil in a skillet over a medium heat and add the chicken, onion and garlic. Cook for 5 minutes.
- Add half the broth, reduce the heat and cover. Continue cooking for 10 minutes or until the broth has evaporated.
- Add the spinach and the rest of the chicken broth, cover and cook for 3 minutes.
- Serve with lemon juice drizzled over the top.
Cheryl Weismantel  
Zanesville, Ohio

After a bout with death and three months to live, I only have the head of my pancreas, and 100 percent of my spleen is missing. At 61-years-old, after a CT scan in about 1998, 20 doctors were arguing if I was living or dying. I became active with exercise after recuperating for a year, but I never changed my diet, other than integrating certain herbs and aloe into it (as I was left with an ulcer in my intestines and a hernia after two, long major surgeries). As one ages, diabetes is the normal consequence of this surgery. My tumor was 11 inches in diameter (rare). I was a case study (and probably still am) for UCLA medical doctors for years, as interns and their top surgeon in California performed the surgery.

Last Thanksgiving in 2012, I ate a huge meal, and I felt like I was dying. This has happened before. I was up at one or two in the morning with pain. The TV was on and so was PBS. There was JJ Virgin. Immediately, I started to take notes. Then, I saw her again on PBS not long afterwards, and I took notes again. Since I am on disability, I started to clear out my kitchen and refrigerator from all the nasty, poisonous foods. I was afraid I could not go without my bread or crackers and milk at night (among other things), as well as my love for cheese.

So, I loaded up during my birthday with celebration food filled with the worst things imaginable, before I started the diet on January 19, 2013. By the beginning of March, I weighed 123 pounds, starting at 145 pounds! I just went to the doctor a couple of weeks ago, and my blood pressure was normal for the first time, and I was near stroke level. My three-month sugar count was five (an excellent rating for someone like me!).

Thanks so much, JJ. I'm still drinking my water and wearing my size 9-10 at 5’2”, and I feel 100 percent better. In fact, I went off the diet for one day on Memorial Day weekend. I ate too many desserts, short ribs, corn on the cob (for the first time since the nineteenth of January), and other foods I should NOT eat (dinner rolls, butter, etc.), and my feet and lower legs were almost dead! I was limping around the house. Now, I'm walking a good one-and-a-half to two miles, and I would love to weigh 110 pounds! It’s so much fun buying new clothes. I’m going on 64-years-old now, and everyone who sees me in this small town says, “WOW. You have REALLY lost weight! You look Great!”

How has it impacted the lives of your family and the people around you?
It has inspired them to look into the diet. Some have purchased the book, but fear of getting off of the dairy and cheese, drinking the water, and following the routine, continues to scare them! Some say it is too expensive! I try to convince them otherwise, and unfortunately, sometimes a health crisis is the only thing that works (like in my case, too!).

I just wish everyone would wake up to the poisonous diet we have in America and the intolerances we don't even know we have! Lots of people are just not ready, or they don't want to do the protein drinks, or they LOVE the protein drinks, but they don't want to follow the three-week and then four-week cycles to find out their intolerances.

Your Original Virgin Diet Recipe:
Sunny Tomato Sauce with Mushrooms and Chicken over Rice Noodles
Sunny Tomato Sauce with Mushrooms and Chicken over Rice Noodles
Cheryl Weismantle
Serves 2

1 tablespoon olive oil or coconut oil
1 cup mushrooms
1 teaspoon Italian seasoning
2 yellow or orange tomatoes
1/2 an avocado
1/2 teaspoon arrowroot
1/2-3/4 cup unsweetened almond milk
2-4 ounce roasted chicken, sliced
1 teaspoon dried oregano
1 teaspoon fresh parsley, chopped
2 ounces cooked rice noodles
Sea salt to taste
TVD kale chips, chopped

- Heat the oil in a large skillet over a medium heat. Add the mushrooms and seasoning, and cook until the mushrooms are browned.
- Place the tomatoes, avocado and arrow root in a blender and puree until smooth.
- Add the tomato puree to the skillet with the mushrooms.
- Add the almond milk, chicken and herbs.
- Season to taste with salt. Simmer until you attain the desired thickness.
- Spread over the cooked rice noodles and top with the kale chips and serve.
Rosemary Iodice  
Orlando, Florida

Like many women in their fifties, I too, experienced my metabolism and energy level starting to slow down, which resulted in weight gain. Even in my thirties and forties, it was never about a lot of pounds. It’s about those nagging 10 to 15 pounds that you know you can lose when you put your mind to it, but ladies, when you hit your fifties, it's not the same.

I went looking for something that I could live with and love forever - a life changer. I found it in The Virgin Diet. After the first three weeks, I lost only eight pounds. While I didn’t hit the record books on weight loss, I knew I was on the right path, and I wanted to continue the program.

After the full seven weeks, I had lost the pounds I wanted to lose and was energized by the way I felt: clear head, less bloating, no more aching back and knees, and an abundance of energy! One of the keys to The Virgin Diet is cooking the majority of your meals using quality ingredients. I found the recipes in the books easy to follow, and it allowed me to get creative in the kitchen. I relearned how to cook delicious, healthy meals, and my family loves them I much as I do!

How has it impacted the lives of your family and the people around you?
My family definitely loves my new home cooked meals, and I know they are getting the healthy benefits from eating natural products versus processed ones. As for myself, being more energetic and just plain happier has made our home life so much more rewarding.

My daughter joined me on The Virgin Diet, and over the course of the seven weeks, she lost the last 23 pounds she’d gained from having a baby! She also found out that she has an issue with gluten. Since removing it from her diet, she doesn't have any more stomach pains or severe bloating.

Your Original Virgin Diet Recipe:
Wild Salmon Cartoccio
Wild Salmon Cartoccio
Rosemary Iodice
Serves 1

1 tablespoon olive oil
2 cloves garlic, chopped
3 cups fresh organic greens (kale, spinach, chard, escarole), chopped
1 4-6 ounce wild salmon fillet, boned
1/4 tablespoons Percy’s Arizona Dreaming seasoning, plus additional for fillet
1 pinch sea salt
1/4 cup organic chicken stock (optional)
2 rings onions, large complete rings cut 1/2 inch thick
1/2 cup cooked brown rice
2 lemon slices
1 each parchment paper, 15 inch x 15 inch

- Preheat the oven to 375°F.
- Heat the oil in a sauté pan and brown the garlic.
- Add the greens and sauté until crisp-tender. Use the optional stock to help steam the tougher greens like kale or chard. Season with salt as needed. Set the greens aside and let them cool.
- Microwave the onion slices for 1-2 minutes on high, this will help start the cooking process and make them sweet. Set them aside and let them cool.
- Season with salt and Percy’s Arizona Dreaming.
- Place a 15 inch square of parchment paper at an angle in front of you (a diamond).
- Place the onions in the center of the parchment paper, side by side or slightly on top of each other.
- Place the brown rice on top and top with the sautéed greens.
- Place the fillet on top and arrange the lemon slice on the fillet.
- Sprinkle a pinch of the Percy’s seasoning on the lemon slices for extra aroma.
- Join the top and bottom of the parchment diamond over your salmon stack. Fold in 1/2 inch creases from the top down until you are touching the salmon. (It should look like a loaf now). On each side, from the top and the bottom, close to the stack, fold in a piece of the parchment paper to the center. (Now it should look like an eye shape). Now fold the two side tabs under. The idea here is to keep all the juices and steam inside.
- Place the packets on a baking sheet.
- Cook for 15-30 minutes depending on the thickness of your fillet.
- Serve the Cartoccio right to the dinner table unopened.
Kirsten Hedden  
Mapleton, Illinois

I've never dieted. Ever. I just don't believe in it. I have always believed in "healthy", but I have discovered that what I learned was healthy, was not healthy for me. I am a yoga instructor, a safety compliance representative, and a mom, so health is literally my business. I attended a seminar of the seven hi-FI foods by a local chiropractor, Dr. Kramer, and I was hooked in. I dove in headfirst because it just made sense to me. The line about my body being a chemistry lab is really what resonated. I didn't have to read and accept someone's opinion. I had to experiment and prove it to myself. So, it's not really a diet. It's not a gimmick. It's a fact-finding mission.

I have a three-year-old, and I had come to the "acceptance" that my body was just doomed to the post-baby dimples and fat deposits of mommy hood. I had hit a plateau of weight loss, and I was becoming depressed about it. In my first week of going "Virgin", I lost 11 pounds. Also, I'm pretty much intolerant of every banned food. I can indulge for one meal on one day, but I must be 100 percent clean for three to four days following. At any rate, I don't care about weight loss, that's a bonus. Since day two, I haven't been tired. There is no fatigues at 2 p.m., so, for a wife and mother holding down two jobs, this is like an alchemist discovering gold. I have my time back. Time is everything in our world, so the battle against fatigue means I can exercise, I can cook, and I can live life fully.

How has it impacted the lives of your family and the people around you?  
My son, who is the world's pickiest eater, is eating vegetables thanks to the smoothies. He has one every day and really enjoys making them with me. So, in addition to being healthy, we are spending quality time. Again, my answer to what The Virgin Diet has given me, is: time.

My husband isn't 100 percent on the plan, but he is moving towards improvement. He never misses a smoothie. He has commented that the breakfast smoothie helps him concentrate at work, and he can't imagine not having it. What he does for lunch, I don't ask, but he eats clean with me for dinner. So, if I've improved his eating habits by seventy-five percent, then that's a win. (And just to be fully candid - this diet has a positive impact on life for a married couple, if you catch my meaning!)

Your Original Virgin Diet Recipe:  
Herb Chicken with Roasted Vegetables
Herb Chicken with Roasted Vegetables
Kirsten Hedden
Serves 4

1 head broccoli, cut into bite-size florets
1 head cauliflower, cut into bite-size florets
4 carrots, chopped into 1 inch pieces
3 tablespoons olive oil, divided
1 tablespoon lemon juice
2 teaspoons fresh rosemary, chopped
2 teaspoons fresh tarragon, chopped
2 teaspoons fresh thyme, chopped
1 ½ pound boneless, skinless chicken breasts tenders
Salt and pepper
4 cups arugula

- Preheat the oven to 425°F.
- Spread the broccoli, cauliflower and carrots on 2 baking sheets. Drizzle with 2 tablespoons of olive oil and lemon juice. Toss the vegetables in the dressing to coat them.
- Roast in the oven for 20 minutes or until tender and lightly browned.
- Meanwhile, mix the rosemary, tarragon and thyme in a small bowl.
- Season both sides of the chicken with salt and pepper and coat with the herbs.
- Heat the remaining tablespoon of oil in a large skillet over a medium heat. Place the chicken in the pan and cover.
- Cook for 5-7 minutes, or until cooked through.
- Serve the chicken over the arugula and serve with roasted vegetables.
Jennifer Shepherd
Austin, Texas

I decided to start The Virgin Diet upon my relocation to a new city. A new city; a new me. I have been tired of steadily gaining weight over the past five years, and I just didn't feel like myself. I have multiple GI issues, and I have never fully attempted an elimination diet to see if my symptoms improve. I was worried that I would be hungrier, more tired, more irritable, and, overall, miserable when I started the three-week challenge. I feel the exact opposite…it actually wasn't as difficult as I thought it would be.

I do have my cravings for a cookie after every meal, but I've learned to manage them. I feel well rested, and I have more energy, better mental clarity, and my "normal" GI problems have subsided. To top it off, I lost seven pounds in seven days!

Before I discovered The Virgin Diet, I was extremely frustrated with trying to lose weight. It's not even that I have that much to lose… it's just that I couldn't lose any! I tried eating better, exercising regularly, counting calories, etc. I didn't lose a pound. I was also extremely tired of my GI issues. I have irritable bowel syndrome and acid reflux in addition to a B-12 deficiency. All of these combine to create a very uncomfortable daily situation for me. I just wanted to feel better and be normal. I just wanted to lose some weight and feel toned and beautiful.

My success is attributed to my personal commitment to eliminate the foods that could be causing me pain. I've been dealing with these issues for most of my life, and it's time to start controlling them. As I move past the initial cycle, it will be challenging for me to integrate my new diet habits into my previous lifestyle (eating and drinking socially), but I feel confident that I can remember that feeling good is better than eating something that doesn't really taste as good as you think it does!

How has it impacted the lives of your family and the people around you?
My boyfriend loves the new foods and meals that I am making. He says that every meal is "the best one yet!" He's excited to change his lifestyle and to be healthier and happier with me. It has been great for me to have his 100 percent support and positive feedback. Every day, he tells me I look great, and that helps me know that I am on the road to success!

Your Original Virgin Diet Recipe:
Stuffed Bell Peppers
Stuffed Bell Peppers
Jennifer Shepherd
Serves 6

1 tablespoon olive oil
1/2 cup onion, minced
1 teaspoon garlic, minced
1 pound turkey, ground
1/2 teaspoon garlic powder
1/4 teaspoon cumin
Salt and pepper to taste
1/2 cup tomato sauce or a spoonful of tomato paste
1 cup chicken broth, divided
3 large sweet bell peppers
1/2 cup organic salsa
1 tablespoon fresh cilantro chopped

- Preheat the oven to 400°F.
- Heat the oil in a large skillet over a medium heat. Sauté the onion and garlic until soft. Add the ground turkey, breaking it up with a wooden spoon, and season with the garlic powder, cumin, salt and pepper.
- After the meat is cooked add the tomato sauce (or paste) and 1/2 cup of chicken broth. Reduce the heat and simmer for 5 minutes.
- Cut the bell peppers in half lengthwise and remove the seeds/stem. Place in a baking dish and spoon the turkey mixture into each half.
- Pour 1/2 cup of the chicken broth into the bottom of the pan. Cover with foil and bake in the oven for 35-40 minutes.
- Remove from oven and top with the salsa and cilantro and serve.
Linda Freels  
Fort Lauderdale, Florida

I have been thin and healthy all of my life. At 53-years-old, menopause hit, and life changed. For the first time ever, I gained weight and I had a “stomach”, no energy, and most importantly, I became a migraine sufferer (BAD!). I continued my vegetarian (some fish) and whole foods diet, as well as my exercise, and I tried to lose five pounds for several years to no avail.

One day in January, I "accidentally" found JJ on PBS, and she talked directly to me. My husband and I started Cycle 1 on the fourteenth of January, and we are still living “The Virgin Lifestyle”.

I lost nine pounds, I don’t have a “stomach” anymore, and my migraines are fewer and milder. My husband lost 12 pounds and got his blood pressure under control. I have successfully converted four friends, and I am continuing my crusade to spread the word.

I used to live on soy, wheat, and lots of cheese. I laugh, because I have whole bins in my fridge that are empty now, and I don’t miss a thing!!!

How has it impacted the lives of your family and the people around you?
Because I’ve been a "health nut" since the seventies, I do not preach to others. Now, everyone asks me what I’m doing, because I clearly look better, and I exude the energy and CONFIDENCE that comes with finally reaching one's goals and feeling great. Not everyone "gets it" to the point of making the change, but I am working on them by example. I tell everyone to watch you on PBS whenever I see that it’s on, and I buy the book for friends, lend them mine, or tell them to buy it. One friend, who is in week 1 now, immediately downloaded it to her Kindle. There are so many ways to have access to a better you!

Your Original Virgin Diet Recipe:
Adam’s Ceviche
Adam's Ceviche
Linda Freels
Serves 4-6

1 pound scallops, tuna, or any fresh wild fish, cut into bite-size pieces
1 pound wild shrimp, peeled, deveined and cut into bite-size pieces
2-3 large tomatoes, chopped
3/4 cup cilantro
1/2 cup onion, chopped
2 green onions, chopped
Juice of 3 lemons
Juice of 3 limes
Sea salt and pepper to taste
Optional: chopped jalapeno pepper, red pepper flakes, minced garlic, clam juice, chopped avocado

- Place all of the ingredients in a bowl, making sure the fish is submerged in the citrus juice.
- Place in a refrigerator, while stirring occasionally for 2 hours, or until fish is white and opaque.
- Serve with brown rice crackers or wraps.
Sarah Phelps  
Cloverdale, Indiana

Before this program, I had increased symptoms with asthma, chronic rhinitis, arthritis, and prehypertension.  
I had been researching information for these symptoms in alternative medicine and home remedy books, 
knowing that food was probably the root cause.

I had been on Weight Watchers years before and had lost weight, but I felt bad. My pulse rate slowed, and  
the doctor could not help, so I gained the weight back. After a vacation, I watched PBS, and here was JJ  
Virgin talking about food intolerances. This information coincided with the information that I was reading  
about and hearing from The Dr. Oz Show, but I didn't know how to put it together. I had known for years  
that sugar and artificial sweeteners were bad chemistry. I had used stevia, but who knew about dairy, corn,  
soybeans, wheat, eggs, and peanuts? I started the program the next day without the book.

The first four days going through detox were horrible, but I lived, and I continued the program. I finally  
ordered *The Virgin Diet* book, read it, and now follow it. I completed Cycle 1 (twice) and Cycle 2, with no  
noted intolerances, and I now live with Cycle 3. Actually, I live with Cycle 1, with a few occasional  
meanderings.

I am four pounds away from being out of the obese classification to just overweight. I plan staying on this  
program FOREVER because I feel good and my pulse rate has not bottomed out with the weight loss. The  
asthma and chronic rhinitis symptoms have lessened (despite the highest pollen counts in recent years for  
my area), and my blood pressure is now in the normal range. Thanks, JJ.

**How has it impacted the lives of your family and the people around you?**
My family thinks that I eat weirdly, but my grown son has noticed that I look different. Other people have  
noticed the difference too. I give my testimonials about this program, as well as the benefits, to everyone  
who will listen.

**Your Original Virgin Diet Recipe:**  
Beef Stroganoff
Beef Stroganoff
Sarah Phelps
Serves 4

1 tablespoon olive oil
1 pound ground venison or grass-fed beef
1 medium onion, chopped
1/2 pound mushrooms, sliced
2-4 cloves garlic, minced
Salt and pepper to taste
1 cup unsweetened coconut milk
1 tablespoon arrowroot
2 cups cooked brown rice pasta

- Heat the oil in a large skillet over a medium heat. Add the ground meat and onions and cook until the beef is browned, and no longer pink.
- Add the mushrooms and garlic. Continue to cook until the mushrooms are browned. Season with salt and pepper.
- Mix the coconut milk with the arrowroot and add to the meat mixture.
- Bring to the boil, reduce the heat and simmer for a couple minutes.
- Serve over the brown rice noodles.
Kimberly Fox
Melrose, Massachusetts

The changes for me were around bloating. I did not need to lose weight, but I was really uncomfortable. I had given up dairy and gluten, and that worked well for a while, but the bloating returned.

I was introduced to JJ Virgin. I followed her diet by removing eggs, peanuts, and corn. The bloating and gas quickly (within three days) went away. For a few weeks, I stuck to the diet, but then I decided that maybe I could just eat one helping of peanut butter. NOPE. The bloating came right back. So, for the past several months, I have changed the foods that I eat, and I don't include dairy, gluten, eggs, peanuts, or corn. It has made such a big difference for me.

How has it impacted the lives of your family and the people around you?
Friends and family members often feel sorry for me, but when I cook for them, they realize that you can eat delicious meals without dairy, gluten, corn, peanuts, or eggs.

Your Original Virgin Diet Recipe:

Turkey, Beans & Greens
Kimberly Fox
Serves 2

1 tablespoon coconut oil
1 onion, chopped
2 teaspoons garlic, minced
1 pound turkey, ground
1 16 ounce can black, adzuki or great Northern beans
2-3 cups kale, bok choy, and/or beet greens
Sea salt and pepper to taste

- Heat the coconut oil in a large skillet and sauté the onion until translucent, which is about 3-5 minutes.
- Add the garlic and stir for a few minutes.
- Add the turkey, stir and break it up into pieces with a wooden spoon. Brown the turkey until it is no longer pink.
- Add the beans and the vegetable
- Cook until the greens are wilted.
- Season to taste with salt and pepper and then serve.
Tracy Pagliarulo  
Foothill Ranch, California

My husband and I have been on The Virgin Diet for a little over a week, but we are in love with this way of living and eating. Our experience has been so positive, and we look forward to continued renewed health.

How has it impacted the lives of your family and the people around you?  
When we are around friends and family members, and they see the way we eat, they are so curious. It is so easy to explain. We tell them about the seven items that we have removed from our diets, and we show them how easy it would be for them to do the same.

Your Original Virgin Diet Recipe:  

Crock Pot Chicken  
Tracy Pagliarulo  
Serves 4

4 boneless, skinless chicken breasts  
Organic chicken broth  
2 tablespoons olive oil  
2 tablespoons sesame oil  
1 cup broccoli, cut into bite-size florets  
1 bunch asparagus, trimmed and cut into 1 inch pieces  
1 cup mushrooms, sliced  
1 cup cooked quinoa  
Sea salt and pepper to taste

- Place the chicken in a crock pot and cover with the broth. Set the crock pot on low and cook for 8 hours.  
- Remove the chicken and let it cool slightly. When cool enough to handle, cut into bite-size pieces.  
- Meanwhile, heat the oils in a large skillet over a medium heat.  
- Add the broccoli, asparagus and mushrooms and sauté until crisp-tender.  
- Stir in the cooked quinoa and chicken cubes.  
- Season to taste with salt and pepper and then serve.
Barbara Cotta  
Portsmouth, New Hampshire

Before JJ, I clogged toilets on three continents with my hard, irregular poops. Now, after The Virgin Diet, I have daily poops (at least). My face and torso lost the puffiness, and I have more energy. My pantry and refrigerator are stocked with healthy foods, which means that I can create healthy meals from what's on-hand, at any time. Kale chips are now a snack of choice, and raw nuts are an emergency snack, which I always have in my bag.

In the first couple of weeks, I lost over six pounds, and I stopped the yearly gain of pounds. I LOVE having protein shakes for breakfast, especially when I travel. They give me time and energy throughout the morning, and they save me from eating items that are not healthy. Sometimes, when I'm too busy to cook, I have a second shake as a meal.

I now enjoy coconut milk and no longer suffer from “dairy drippy nose”. After eliminating soy, I learned in the later phase to steer clear of it, as I am very sensitive to it. Having learned to read labels, I am dismayed at how many food items contain soy.

Having the “Perfect Plate” visual is a wonderful reminder, and it makes it easier to eat healthier. Having the list of healthy ingredients and source/brand suggestions made a huge difference as I explored ingredients that were new to me. I learned that some of the foods I thought were healthy were hi-FI, so I now treat them as rare treats.

I'm a positive, raving fan of The Virgin Diet. I tell everyone, who will listen, about it. Thank you, JJ, for bringing more energy and health to my life and the lives of others. With all the self-proclaimed experts out there, it is reassuring to know that I can trust you and your information. You are my go-to nutrition and health expert. I look forward to more wonderful recipes.

How has it impacted the lives of your family and the people around you?

After two weeks of starting The Virgin Diet, people who knew me began asking how much weight I'd lost and what I was doing, as my face was thinner and my body was more toned. At a follow-up checkup with my doctor, he asked what I'd done to lose over 10 pounds and to look so great, so I shared The Virgin Diet story with him.

I sent a copy of the book to my dear friend, and after hearing my positive “raves”, she began the program by changing her eating habits. Like me, she has lost weight, has more energy, discovered unknown sensitivities, and (in her case) is healing some long-term serious health issues.

Friends, who live closer to home, are now paying more attention to the restaurants we visit, and they have gotten used to me making specific food requests for healthier options. My reputation for eating healthy has expanded into the cooking demos (with healthy ingredients that are also aromatic and flavorful).

Your Original Virgin Diet Recipe:
Pantry Shrimp Supper
**Pantry Shrimp Supper**  
Barbara Cotta  
Serves 2

1/2 head cauliflower, cut into bite-size florets  
1/2 cup green beans, trimmed and cut to approx. 2 inch pieces  
2 tablespoons olive oil  
1/4 cup basil, chopped (or 2 tablespoons dried basil)  
2 cloves garlic, minced  
1/2 teaspoon nutmeg  
1/2 teaspoon coconut aminos (optional)  
1/4 teaspoon ground black pepper  
1 pound shrimp, peeled and deveined  
2-4 tablespoons organic chicken or vegetable broth

- Steam the cauliflower and green beans until crisp-tender, which is about 5-8 minutes. Drain the vegetables and place under cold running water to stop the cooking process.  
- Heat the oil in a large frying pan over medium-high heat. Add the basil, garlic, nutmeg, coconut aminos and pepper, while stirring to combine.  
- Add the shrimp and cook until pink, which is just a few minutes.  
- Add the cauliflower and beans, while stirring to coat them in the oil.  
- Add the broth gradually and as needed, if additional liquid is desired, and continue the cooking for 2-5 minutes then serve.
Sara Calloway
Fairvew, North Carolina

I began having bad chest pains (very scary pains) combined with a feeling of passing out. I thought it could be my heart. I went to the doctor, and after checking my heart, she sent me to a gastroenterologist. The gastroenterologist quickly did an endoscopy, which helped determine that I had a disease called Eosinophilic esophagitis (EoE), which is an allergic inflammatory disease characterized by elevated eosinophils in the esophagus. So, I was told that this was caused primarily by food allergies. I was sent home and not told to do anything except to start taking Prevacid and to come back for a follow up in six weeks. I thought, “Wow, what next? Go on and what?”

For some reason, just before this, my mom picked up The Virgin Diet book. She suggested that I go on this diet. What? No gluten? Really mom? After having no success by myself, she brought me the book a couple of days later. So, I began to look at it, and I thought, “Hm, this might be doable! I can do this with the help of this book.” So, we ordered the shake mixes and began a few days later.

Wow, it was not as hard as I thought. Easy to follow recipes and good food that helps heal my esophagus? So, now I'm on The Virgin Diet. The esophageal spasms began to get lighter, and by week three, there were no more at all! I began losing weight and feeling better. When I went back to the doctor, she called me her poster child for EoE. No one usually comes back with so much information about their foods, as well as feeling better that fast.

I did find out, so far, that I am allergic to dairy, and I'm still working on the other foods. Thank you so much for this book. It has really been a lifesaver at the very moment I needed it!!!! My disease has no cure, but with The Virgin Diet it is now manageable!! I have been on The Virgin Diet for two months, and I don't plan on stopping.

How has it impacted the lives of your family and the people around you?
Well, at the same time that I was diagnosed with EoE, my daughter was diagnosed with pre-diabetes. (What a week.) She had been getting yeast infections for the past year or so. Her doctor suggested taking her off of sugar, so I did, but she would still eat Splenda and sugar-free treats from the store, and she was still getting yeast infections (not as many, but still). So, we both went to the doctor at the same time. The doctor checked her blood and found out that her levels were pre-diabetic. I wondered, “How could she have these blood sugar peaks when she does not eat sugar?” Then, after reading the book, I learned how artificial sweeteners give blood sugar peaks. I was shocked.

I have now learned how to make treats with stevia and to read labels very carefully for hidden sugars (as it says in the book). I am hoping that when we go back to the doctor in four months, her levels are lower, and we can keep her pre-diabetic and not have to begin insulin or shots. Again, this book is helping my daughter live a healthier life and stay that way. (Not to mention the knowledge from the book that I have for my family of three kids and a husband.)

Your Original Virgin Diet Recipe:
Stuffed Zucchini
Stuffed Zucchini
Sara Calloway
Serves 4

4 zucchini, ends removed and cut in half lengthwise
1 tablespoon olive oil
1 onion, chopped
1 cup mixed peppers (red, orange, yellow), chopped
1 cup mushrooms, sliced
1 pound grass-fed beef, ground
2 14 ounce cans tomato sauce (or 2 cups of fresh)
1 6 ounce can tomato paste
2 teaspoons Italian seasoning

- Boil the zucchini until crisp-tender. Drain and let it cool.
- Heat the oil in a large skillet. Add the peppers, onions and mushrooms and heat until they are tender. Add the ground beef, breaking it up with wooden spoon and cooking it until no longer pink.
- When the zucchini is cool enough to handle, use a spoon to remove the flesh from center, being careful not to penetrate the skin. Chop the flesh and add it to the beef mixture.
- Add the tomato sauce, paste and Italian seasoning, while stirring to combine.
- Simmer for 20-30 minutes.
- Place the zucchini on platter and fill/top with the sauce.
Caren Fields  
Richmond, Virginia

For the past 15 (or more) years, I have struggled with losing those last ten pounds, which then increased to 20 pounds. I topped out earlier this year at 30 pounds over my ideal weight.

Until my mid-thirties, I was blessed with a great metabolism, and I could eat anything and everything. Over the past two years, I saw my health decline. I was in a stressful period of my life. No matter how I tried to diet, nothing seemed to work.

I had two series of blood tests done, and I exhibited insulin resistance, high triglycerides, low vitamin D, etc., etc. Even worse than looking poorly, I had no energy. Even my movements seemed awkward, and like a woman much older than my 58 years. Even my skin and hair looked old.

I have tried everything, and I have spent a ton of money and time trying to get well. When I heard about this book from a friend, I thought it was just another catchy and gimmicky book, but I was finally desperate enough to go check it out at the bookstore. I took the book on a beach vacation and read it from cover to cover. It resonated with me on so many levels. I have been reading everything on nutrition, and I've watched all the gruesome documentaries, but I was just never able to bring it all together in an actual, doable plan. Your book explained the “whys” of what not to eat, in such a way that I finally got it!

My husband and I are just starting week three, and we are so excited that this is something we can actually do for life! I have lost eight pounds in two weeks, and better yet, I am getting back my old energy and zest for life! My husband is thrilled to see his old wife coming back, but I warned him that I just might be better than ever based on how I am feeling already!

How has it impacted the lives of your family and the people around you?  
My husband and I are doing this together, and we are feeling great after only two weeks! We are caring for my 93-year-old mother, with three careers between the two of us. Feeling strong and energetic on this diet has made such a wonderful change in our lives.

Your Original Virgin Diet Recipe:  
Shrimp Creole
Shrimp Creole
Caren Fields
Serves 4

1 tablespoon coconut oil
1 cup celery, chopped
1 cup onion, chopped
1 cup green bell pepper, chopped
1 6 ounce can tomato paste
2 bay leaves, crushed
½ teaspoon fish sauce
1 dash Tabasco
1 pound wild-caught shrimp, peeled and deveined
Salt and pepper to taste
2 cups cooked brown rice

- Heat the oil in skillet over a medium heat. Add the celery, onion and bell pepper and cook for 3 minutes or until tender-crisp.
- Add the tomato paste, bay leaves, fish sauce, Tabasco and a couple of tablespoons of water, while stirring to combine.
- Cover and simmer for about 15 minutes, while stirring occasionally.
- Add the shrimp and continue cooking for about 3-5 minutes until they are pink and cooked through.
- Season to taste with salt and pepper.
- Serve over a bed of brown rice.
Jean Carlisle
Menomonie, Wisconsin

I suffered, for over 20 years, with severe indigestion. My life was centered on how I felt that day. Often, my husband and kids did things without me because my stomach hurt, or because I was so fatigued that I just wanted to rest.

Every visit to the doctor revealed that my lab tests were “fine”, and they had no answers about my constant fatigue. Prescriptions were given to help my stomach, but I continued to suffer on an almost-daily basis. Sleeping at night was difficult, due to burning in my stomach. Finally, tests aided in a proper diagnosis: H. pylori infection!! I was almost MAD because my family and I suffered so many years, yet at the same time, I was JOYOUS about the fact that I had HOPE that my life could and would change!!

After numerous antibiotics, my stomach improved, but I suffered from many side effects, and I still suffered from indigestion a few times per week. After I started feeling better, I was on the search for anything that would make my life more “normal” (as I loved feeling good!).

After seeing JJ on PBS, I thought that she was onto something. I started reading everything I could and doing my own “detective” work. I purchased her book and began my journey. Since I do the majority of the cooking, my husband joined with me in our journey to better health.

My husband and I both lost over six pounds each in the first two weeks! We were very excited!! Weight loss was not the only benefit though!! Even better, my husband had less wheezing from his allergies, and he no longer had an annoying cough that had plagued him for some time. The interesting thing is that he felt that the only result he would see was some weight loss, because we never considered that our health issues were due to food sensitivities!

My stomach immediately felt better, and since following The Virgin Diet, I've only had minor stomach issues. My long-time ear pressure disappeared. I felt more energy than I had in years. I was able to do housework without rest periods, and I actually enjoyed doing it! By keeping a journal, I actually saw so many changes (which I contributed to getting older) just disappear!! I was always very achy and cold. Now, I wear my sweat jacket a lot less, and I no longer experience joint pain on a daily basis.

We are continuing our journey. Our journey is one of learning, experimenting, and enjoying the pleasures, knowing that our decisions have a great impact on our health and wellbeing.

How has it impacted the lives of your family and the people around you?
Now that I feel better, I can go more places and do more things. I can enjoy family get-togethers without worrying about my stomach issues. My husband and I go more places and do more things together. Now, I can sleep better. I don't have to sleep with three pillows, so of course my husband sleeps better too!

Your Original Virgin Diet Recipe:
Virgin Wrap Ups
Virgin Wrap Ups
Jean Carlisle
Serves 4

2 tablespoon coconut oil, divided
2 onions, sliced
1 pound boneless chicken breasts, sliced
4 brown rice wraps
1 cup romaine lettuce, chopped
1 cup spinach, chopped
1 cup baby arugula
1 avocado, sliced
Gluten-free Dijon mustard

- Melt 1 tablespoon of coconut oil in a skillet over a medium heat. Add the onions and cook, while stirring occasionally, or until onions are caramelized, which is about 10 to 15 minutes.
- While the onions are cooking, in another skillet, melt the remaining tablespoon of coconut oil and cook the chicken slices over a medium heat.
- Warm the brown rice wraps.
- Build your own wrap combining the chicken, onions and lettuces, adding the avocado slices and Dijon mustard if desired.
Jo Ann Skalka  
San Diego, California

While recovering from bunion surgery, I became a lump on a chair with my foot in the air. The surgery removed me from playing tennis and soccer a couple times a week. The pounds started creeping up, and my clothes weren't fitting very comfortably.

I started The Virgin Diet in February 2013, and I lost five pounds the first week! I had returned to tennis and soccer, and I was concerned that I wouldn't have enough energy to last throughout three sets of tennis or 90 minutes on the soccer field. Not only did I have enough energy, I felt so much quicker and lighter on my feet. One of the biggest bonuses was the recovery. My feet didn't hurt, I wasn't stiff, and I was able to literally hop out of bed! This is very important for a 51-year-old active woman. By eliminating gluten, soy, dairy, corn, peanuts, artificial sweeteners, and my beloved Diet Coke, I am 15 pounds lighter and holding.

How has it impacted the lives of your family and the people around you?
At first, when I heard about The Virgin Diet, I wondered, “What in the heck am I going to eat!” Well, it certainly helps that the shakes are delicious. I've always tried to cook healthily for my family. My biggest mistake was too many carbohydrates. Pasta side dishes and bread were staples. Now, we just have a lean protein, veggies, and salad. I'll make bread occasionally, but I have strong will power to avoid it, and I don't have a sweet tooth. So, because The Virgin Diet is so easy to follow, it hasn't really affected my family too much, other than the healthier meals and snacks that are around the house. No one else is willing to part with gluten...no matter how much I try.

Your Original Virgin Diet Recipe:

Chicken Bowl  
Jo Ann Skalka  
Serves 1

1 teaspoon coconut oil  
1/4 cup red onion, diced  
1/4 cup celery, chopped  
1/4 cup green bell peppers, diced  
1/4 cup red bell peppers, diced  
1/2 cup cooked brown rice  
1/4 cup black beans, rinsed and drained  
4-6 ounces cooked chicken, diced

- Heat the oil in a non-stick skillet over a medium heat and add all the vegetables.
- Sauté until the vegetables are soft and lightly browned, which is about 7-10 minutes.
- While the vegetables are cooking re-heat the brown rice in a pan and add the chicken and beans.
- Cook until heated through, which is about 2 minutes.
- Serve the chicken, beans and sautéed vegetables over the rice.
Kimberly Hassur  
Grass Valley, California

I have had weight issues all of my life—gaining and losing and gaining it back (and then some). I am almost 50-years-old, and I do not want to hit 50 being fat. I’ve been trying different approaches over the past three years, including the 17 Day Diet, Herbalife, The Eat for Your Blood Type Diet, the Engine 2 (28-day vegan challenge through Whole Foods Market), and weight loss challenges. With each approach, I have learned and tried something new.

The Virgin Diet caught my attention when I caught the tail end of the airing on PBS. I had already challenged myself to give up certain foods for periods at a time, so The Virgin Diet didn’t scare me off.

I am finding that my skin is better, my afternoon slump is not happening, and most of all, I do not seem to have the uncontrollable carbohydrate cravings. I think the biggest success is that it really points out the fact that I should not eat gluten. It’s not that I gain weight or feel all that bad, but when I avoid gluten, I feel like my body digests my food better, without feeling like a lump of clay is passing its way through my system.

Avoiding sugar is much easier than I thought. Once you get past that first week, you are fine. My four-month Halloween candy addiction has stopped. I just feel better, and I think I look better. It is not that I had aches and pains, a bloated stomach, or any other symptoms, but I wanted to know if some of these foods were preventing my weight loss.

I had lost 60 pounds already by following other diet plans for the past three years, but from October 2012 (Halloween candy) to March 2013 (carry over Halloween, Thanksgiving, Christmas, New Year’s, etc.) I had gained back about 15 pounds. I knew I needed another jumpstart, which is when I saw The Virgin Diet on PBS. I feel like I have my control back, as well as a new focus to see how good I can feel just by tweaking my diet a bit.

How has it impacted the lives of your family and the people around you?

My friends, coworkers, and family members are proud of me and ask me how I’ve done it. Some of them are inspired a bit to at least think about it. I wish I could say I have them all wanting to join in, but unfortunately that is not the case. Each person has to come to his/her own realization that when what he/she has always done in the past is not working, maybe it is time for a change. The Virgin Diet is a commitment, and some people are just not there yet.

Your Original Virgin Diet Recipe:  
Homemade Gluten Free Tortilla/Pizza Flat Bread
Homemade Gluten-Free Tortilla/Pizza Flat Bread

Kimberly Hassur

3/4 cup brown rice flour, plus 1/4 cup for kneading
1/4 cup garbanzo bean flour
2-4 tablespoons hemp seeds (ground with flours)
1 teaspoon sea salt
2 tablespoons xanthan gum
1-2 tablespoons chia seeds
1/4 cup tapioca flour
2-4 tablespoons olive oil
1/4-1/2 cup warm water

**Flavor additions: minced fresh garlic, oregano, and basil work well with a pizza crust

Pizza Toppings

2 tablespoons olive oil, divided
1 bell pepper, sliced into thin strips
8 ounce package of mushrooms, sliced
1/2 medium onion, sliced into thin wedges
1 pound lean turkey or beef, ground
1 tablespoon Italian seasoning
1/2 cup kale leaves, chopped
1 cup spinach, chopped
1 jar low/no sugar pasta sauce
1/4 teaspoon red chili flakes
Sea salt to taste
1-2 green onions, chopped
2 tablespoons basil leaves, chopped

For Dough:

- Place the first 5 ingredients in a food processor and pulse to break up the hemp seeds a bit.
- Add the chia seeds and tapioca flour and mix slightly.
- With the motor running add the olive oil and water. You want to create a dough ball that pulls away from the sides so go light with the water.
- Once you have a nice dough ball place it on a flat surface dusted with the extra brown rice flour and knead it. The dough should not be too sticky or too dry. When the dough is ready you can break off pieces and roll out to the desired thickness, thin for tortillas and thicker for pizza crusts.
- This is where you can individualize the flavor by adding a little fresh garlic or herb of your choice to each dough ball.
- Roll out the individual balls on your flat surface using the brown rice flour to keep them from sticking or you can place the individual balls moistened with a bit of olive oil between plastic wrap and roll.
- Peel each tortilla/pizza shell and place on a heated griddle or a large sauté pan to brown. Flip and repeat on the other side.
- Cook the whole batch or seal in plastic wrap and refrigerate to cook at a later date.

For the toppings:

- Heat 1 tablespoon of oil in a medium saucepan and sauté the bell pepper, mushrooms and onion for about 1-2 minutes or until softened. Remove and place in a bowl.
- Add the ground meat and Italian seasoning to the saucepan, breaking up the meat, and cook until it is almost done. Remove it from the heat and place in a bowl.
- Add the remaining tablespoon of oil and sauté the kale for a few minutes or until it is starting to wilt, then add the spinach and cook until wilted.
- Add the pasta sauce and cook until warmed through.
- Add the red pepper flakes and salt to taste.
- Preheat the oven to 400°F.
- To assemble the pizza: place 2-4 tablespoons of sauce on the dough. Add the sprigs of fresh basil. Layer with the vegetables and meat. Top with a few more drops of the sauce.
- Bake the pizza for 3-5 minutes to warm then serve.
- If you like a crispy pizza shell, heat it first in the oven for a few minutes before topping with the sauce, vegetable and meat toppings.
Karen Weightman  
La Plata, Maryland

I want to enter this contest for my sister because she's the one that turned me onto this diet. She has tried so many diets over the years, and she has done a lot of research on nutrition. She has had a struggle with her weight for several years. Her boss even sent her to a special clinic for a $4,000 workup, and she was put on supplements and a special diet. She had minimal results. The results have been so great on this diet that she has told many friends and, of course, the results are evident.

She lives in New Hampshire, and she came for a visit in April. She brought her shake mix and guided me on how to do the diet. She ordered the book for me, so that I could do it on my own. It hasn't been quite the two months, and I have lost 18 pounds. That is not the best part, though. I was diagnosed with hypothyroidism and high blood pressure, so I have been on medication for over a year. My weight kept going up, I was sluggish, and my knees were hurting (a doctor told me that I needed a knee replacement). My hair was dry and falling out, and my face was breaking out. Also, the doctor wanted to put me on cholesterol medicine. He told me that I needed to lose weight by eating smaller portions. That was in November.

I went to him the week before last and had blood work done just before the appointment. I had lost 13 pounds since my last visit. My blood work was perfect, and he didn't even know what to write on my chart. He asked me what I was doing. Ta Da! I told him!

I'd love to see my sister win this contest! She deserves it. She has a stressful job, and she loves to cook on her off time. I told her that she saved my life!

How has it impacted the lives of your family and the people around you?
My husband had a recent scare and hospital stay. I had to call 911 because I thought he was having a heart attack. He had acute pain under his breastbone. As it turned out, he had pneumonia and pleurisy, and they found a mass at the opening of his stomach. They did an endoscopy, and the mass turned out to be a fatty tumor. They performed biopsies because he had fungus and ulcerations in the esophagus, that they think may have been caused by medications that he has been on for several years for gout. He has to have a nuclear stress test, and he suffers often from gout, so I urged him to try this diet. I said, "Please. Just give me a month." He is into his third week. He has lost 22 pounds, and he is feeling so much better. Our goal is to get him off of the medication and to get him healthy again and pain-free.

My son is a health nut. He drinks protein shakes, works out, etc. He wants to try the diet, too, because he has a problem with acne on his back and is embarrassed about it. When he was in college, he took a course of Accutane. Now he's married and has a baby, so he doesn't want to take that medication again.

People are curious about what we're doing. Ta Da! I tell them!

Your Original Virgin Diet Recipe:  
White Chili

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White Chili
Karen Weightman
Serves 4

1 tablespoon olive oil
1 pound boneless chicken breast, cut in 1/2 inch cubes
1 medium onion, chopped
1 1/2 teaspoons garlic powder
2 15 ounce cans great Northern beans, rinsed and drained
1 14.5 ounce can chicken broth
2 4 ounce cans green chilies, chopped
1 teaspoon sea salt
1 teaspoon cumin
1 teaspoon dried oregano
1 teaspoon cayenne pepper
1/2 teaspoon black pepper

- Heat the oil in a large skillet over a medium heat. Sauté the chicken, onion, and garlic powder until the chicken is no longer pink.
- Add the beans, broth, chilies and seasonings.
- Bring to the boil, reduce the heat and simmer uncovered for 30 minutes.
- Remove from the heat and serve.
Katelyn Richards  
Fort Collins, Colorado  

Before I started The Virgin Diet, I suffered from hormonal problems and a little extra weight around my stomach. I was missing out on feeling attractive and living the active lifestyle that I was used to living, because of fatigue issues. Now, I am at my ideal weight, I have more energy, and I don't suffer from hormonal irregularities. I decided to do The Virgin Diet because I wanted to have a healthier lifestyle. I wanted a life-long diet that makes me feel good on the inside and out.

How has it impacted the lives of your family and the people around you?  
The weight loss and energy I have gained from The Virgin Diet has pushed my family members and friends to pursue healthy lifestyles. I try to be their inspiration.

Your Original Virgin Diet Recipe:  
Baked Salmon and Artichoke Hearts, Mushrooms, Asparagus & Peas in Lemon Sauce
Baked Salmon and Artichoke Hearts, Mushrooms, Asparagus & Peas in Lemon Sauce
Katelyn Richards
Serves 2

1 bunch asparagus, trimmed and cut into 1 inch pieces
1 tablespoon olive oil
3 cups canned artichoke hearts, drained
1 cup fresh or frozen peas
2/3 cup white button mushrooms, sliced
1/4 cup chicken or vegetable broth
1 tablespoon fresh lemon juice
1/3 cup almonds, slivered
Salt and pepper to taste
1 cup cooked brown rice

- Steam the asparagus until al dente.
- Heat the oil in a skillet over a medium heat. Add the asparagus, artichoke hearts, peas and mushrooms. Cook for about 2 minutes.
- Add the broth and lemon juice; bring to the boil. Reduce the heat, cover and simmer until the peas are tender; which is about 10-15 minutes for fresh peas and 5 minutes for frozen peas.
- Cook over a low heat until everything is evenly cooked. Season with salt and pepper.
- Remove from the heat and add the almond slivers.
- Serve over brown rice.

Baked Salmon with Balsamic Glaze
Serves 2

12 ounce fresh salmon fillet
Sea salt
Black pepper, freshly ground
1 cup balsamic vinegar

- Preheat the oven to 450°F.
- Season the salmon with salt and pepper to taste and place on a non-stick baking sheet.
- Bake until the salmon is cooked through, which is about 12-15 minutes.
- Meanwhile, place the vinegar in a saucepan and bring to the boil. Reduce the heat and simmer for 10-15 minutes or until thick enough to coat the back of a spoon. Remove the sauce from heat and cool.
- Drizzle the balsamic glaze over the salmon and then serve.
Mary Snyder
Boulder Creek, California

So far, this journey has been amazing! Before I discovered The Virgin Diet, I was fairly content. My life was full; I had a wonderful, supportive husband, four almost grown "kids", a job I loved that nurtured me, and activities that fed my soul, but I was heavy. I was 52-years-old, going through menopause, and handling my life pretty well. I was going through major growth on the inside, becoming more of myself every day, and I wanted my outside to match the emerging me.

I have always dreamed of being slim, strong, healthy, and beautiful both inside and out. In the fall of 2012, I caught the last half hour of your PBS special. I was hooked. Your explanation totally resonated with me. I ordered the book and waited. When the book came, I was in a different place mentally. It was the middle of January, and I was tired. How could I possibly do this diet? So, I decided to get a buddy, and together we chose a start date to give us time to prepare and psyche ourselves up. We were going to start on the fourth of February, the Monday after the Super Bowl.

I felt better knowing that I had two weeks to prepare. I read the book (sort of, I skipped around a lot). As I read, I shopped and gathered what I would need to succeed. One challenge I had is that I am a vegetarian. Thankfully, you had a supplement on your website that has really helped.

What really worked for me was the commitment I made to myself. I knew that was key, and that this was for me. The questions in the food journal really brought it home for me. Why was I doing this? Yes, I wanted to be around for my kids, future grandkids, etc., and to be healthy, happy, slim, etc., but it became about more than that. I became important and confident. I was taking care of myself like I really mattered. All the things I would tell others to do, I was doing. As I felt better (more energy, lighter, no joint pain, no bloating, no hot flashes), it became easier to stay with it. Momentum was building. It really has been a transformation. There is nothing like feeling good!

So far, I have lost 28 pounds. I am not at my ideal weight yet, but I feel fabulous. People ask, "What are you doing?!?" I love all the compliments, and it isn't just the weight loss. It's me, my appearance, my face, my eyes, and my energy. One friend said I look "hot". Me? Hot? This is so much fun. It feels so good to FEEL GOOD! Everything is so much easier! Thank you JJ Virgin.

How has it impacted the lives of your family and the people around you?
Well, let's just say, "When mama is happy...everyone is happy." Really, it's true. I am happier, and it shows in everything I do. I am a better me. My family is very proud of me, and I don't know how this happened, but everyone is using coconut milk now. So, I guess taking care of myself gives others the permission to do the same?

I go to Jazzercise, and as people see me transforming, they want to know what I am doing. I love to share the program. I see others starting it too! It is so cool. I also notice an increase in my sensitivity to energy in my work (I am a massage Reiki practitioner), which has helped my clients. I just feel more alive by eating this way, which makes me a lot more fun to be around.

Your Original Virgin Diet Recipe:
Mary's Veggie Quesadilla Sauté
Mary's Veggie Quesadilla Sauté
Mary Snyder
Serves 6

1 tablespoon olive oil
8 mini bell peppers (red, orange, yellow), chopped
1/2 red onion, chopped
3 cloves garlic, crushed
6 cups fresh baby spinach
1 4 ounce can green chilies, diced
1 15 ounce can black beans, rinsed and drained
1 15 ounce can kidney beans, rinsed and drained
1 tablespoon chili powder
1/4 teaspoon red pepper flakes (or 1/2 serrano pepper, chopped)
1 teaspoon sea salt
1/2 teaspoon black pepper
3 brown rice tortillas, torn in 2 inch pieces
1 avocado, sliced
1 jalapeno pepper, seeded and chopped
1 cup cabbage, shredded
1/2 cup black olives, sliced

- Heat the oil in a large skillet over a medium heat. Add the peppers, onions and garlic and sauté for a few minutes.
- Add the spinach and green chilies and continue cooking for about 5 minutes.
- Add the beans, chili powder, red pepper flakes, salt, pepper and the tortillas pieces.
- Sauté until vegetables and the tortillas are cooked. Remove from the heat.
- Top with the avocado, jalapeno pepper, cabbage and olives and then serve.
Judy LaBelle  
Indian Head Park, Illinois

I am 70-years-old. I have dieted most of my adult life. As I got older, losing weight became more difficult. Trying The Virgin Diet was an experiment. I had tried every other diet out there over the years, so why not?

I could not believe what happened over the first three weeks! I lost weight every day. I continue to lose weight and inches, and I never count calories. I no longer have the gastrointestinal problems with which I had been plagued.

My goal is to lose another 20 pounds, and I know that if I keep to your diet, it will happen. I feel great! I am wearing clothes that have not fit for years. I do not have any pictures of myself because I have stayed away from the camera.

How has it impacted the lives of your family and the people around you?  
My husband is eating better and not noticing the difference.

Your Original Virgin Diet Recipe:  

Caribbean Chicken Stew  
Judy LaBelle  
Serves 8

- 1 1/2 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 red, orange or yellow bell pepper, diced
- 3-4 large garlic cloves, crushed
- 1 bay leaf
- 2 teaspoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1/2 teaspoon cayenne
- 1 16 ounce can no sugar added tomatoes, diced
- 2 cups low sodium chicken broth
- 1 15 ounce can black beans, undrained
- 1 1/2 pounds poached skinless, boneless chicken breasts, shredded
- 1 1/2 cups zucchini, thick-sliced half-moons  
Sea salt and freshly ground pepper

- Heat the oil in a large pot over a medium heat.
- Add the onion, bell peppers and garlic and sauté for 3 minutes.
- Add a bay leaf, the cinnamon, allspice, nutmeg and cayenne and continue cooking for 3 minutes.
- Add the tomatoes, stock, and beans. Simmer covered for 15 minutes, while stirring occasionally.
- Add the chicken and zucchini and simmer, covered for an additional 10 minutes. Remove bay leaf.
- Season to taste with salt and pepper and serve.
Valerie O'Neill  
Mount Laurel, New Jersey

I went to a wellness day in Mount Laurel, NJ, hosted by Dr. Alan Magaziner, and I listened to JJ’s speech, which has since changed my life and my boyfriend’s life. At first, we thought this would be hard to follow, but using the guidelines, coupled with my love of cooking (and let us not forget the delicious shakes), it is easy and healthy. We are enjoying delicious dinners. I have lost 10 pounds and Bill has lost 20 pounds. We are committed to our new path and have you to thank. I refer to JJ all the time as my “Guru of Health”. Bill has said he should get a cardboard cutout of JJ so I can talk to her personally.

How has it impacted the lives of your family and the people around you?
Our friends thought we were nuts, but when we had a dinner party and served the things that they were used to eating at our house (while we ate sliced cucumbers dipped in hummus or tahini), they all were intrigued and enjoyed what we ate. For dinner, we had chicken spiedie and grilled vegetables in a garlic balsamic vinaigrette, with fresh fruit for dessert and ice cream for them (if they wanted it).

Your Original Virgin Diet Recipe:

Cedar Planked Grilled Fillet of Salmon  
Valerie O’Neill  
Serves 4

1 cedar plank  
1 cup cider vinegar  
3/4 cup white wine vinegar  
6 cloves garlic, chopped  
1 tablespoon stone ground mustard  
1 cup olive oil  
4 6ounce salmon fillets  
Sea salt and freshly ground pepper  
8 sprigs rosemary  
Lemon slices

- Soak a cedar plank for at least 2 hours in water.
- In a non-reactive baking dish, mix the cider vinegar, white wine vinegar, garlic and mustard. Slowly whisk in the olive oil.
- Place the fillets in the marinade skin side up and refrigerate for at least 2 hours.
- Heat the grill to medium-high and place the plank on the grill.
- Remove the salmon from the marinade. Discard the marinade.
- Place the salmon skin-side down on the cedar plank and season with salt and pepper.
- Top each fillet with 2 sprigs rosemary and grill until the fillet forks easily with a fork, which is about 10 minutes, covered.
- Garnish with lemon slices and serve.
Karen Morris  
Buffalo Grove, Illinois

All my life, I struggled with my weight. No matter how much (or what) I ate, I always felt fat and bloated after eating. I am a Lifetime Member of Weight Watchers (I was even a Weight Watchers facilitator in my twenties) and then, I became a Lifetime Member of Jenny Craig in my late thirties. I never felt well when I was losing weight (or at my goal weight) throughout these years, and I was not able to maintain my goal weight for more than one month.

On January 5, 2013, once again during a cycle of Jenny Craig food and feeling horrible, I was surfing the channels, when I found JJ on a PBS station. As I listened to her, I called Barnes & Noble and had them hold a copy of JJ’s book for me. I then marched to my freezer, checked out the Jenny Craig ingredients, and threw out all the remaining food. The next morning, I picked up JJ's book and drove to Whole Foods Market. With her book in hand, I began shopping. Little did I know, at that moment, that my life was going to change forever.

After 24 hours, my eye aches and headaches vanished. Pimples on my scalp disappeared, chocolate cravings faded away, I was energized, happy, and I never felt better in my whole life. Within six weeks, I was taken off thyroid pills, vitamin D supplements, and depression medication. Blood pressure, blood work, sugar levels, and cholesterol levels all improved drastically. The way I felt inside my “new” body was more important than the weight loss for me.

I lost five pounds the first week and continued to lose a total of 33 pounds in four months. (This was after I struggled to lose 44 pounds on Jenny Craig the previous five months). Friends, family members, and colleagues noticed a big difference in my personality, happiness, and wellbeing. I began exercising consistently five to six times per week. I have been maintaining my new weight of 126 pounds for five weeks (yes, I broke my record of one month!). I went from being the “Queen of Fast Food” to a healthy cook, constantly checking ingredients in all of the foods I buy. I realized that I love to cook and share recipes with others. I have shared JJ’s book with at least 20 people, taken close to 10 people food shopping, and then showed them how to cook “The Virgin Diet Way”.

Thank you, JJ, for giving me the tools and education that led me to my newfound overall happiness, which I had never before experienced in 58 years of my life.

How has it impacted the lives of your family and the people around you?
The Virgin Diet has impacted many of my family members (including my 81-year-old mother), friends, and colleagues. Many people have told me that I inspired them to change their way of life. Family and friends call on me for my newfound expertise, as they begin and continue their journey into The Virgin Diet. It’s so wonderful to witness the difference in their looks and demeanor thanks to The Virgin Diet.

Your Original Virgin Diet Recipe:  
Luscious Lasagna
Luscious Lasagna
Karen Morris
Serves 2

1 pound grass-fed beef, ground
1 1/2 cups diced red bell pepper
1 cup red onion, diced
1 25.5 ounce Organic Garden vegetable pasta sauce, divided
1 teaspoon garlic salt
1 teaspoon dried oregano
4 brown rice lasagna noodles
1 tablespoon coconut oil
1 cup zucchini, diced
1 cup broccoli, diced
1 cup baby spinach, diced
4 cloves garlic, minced

- Preheat the oven to 350°F.
- Brown the beef in a non-stick skillet until it is no longer pink. Drain the excess fat.
- Add 1 1/2 cups of pasta sauce, red peppers, onions, garlic salt and oregano. Set this aside.
- Bring the water to the boil in a large pot and cook the lasagna noodles according to the directions on the package.
- Drain and rinse.
- Heat the oil in a skillet and sauté the zucchini, broccoli, baby spinach, and garlic until softened, which is about 5-8 minutes.
- Set aside.
- Begin layering the lasagna into the 8x8 baking pan as follows: 1 cup pasta sauce to cover the bottom of the pan, 2 lasagna noodles, 1/3 of the beef mixture, 1/2 of the vegetable mixture, 2 lasagna noodles, 1/3 of the beef mixture 1/2 of the vegetable mixture, 1/3 of the beef mixture, then the remaining pasta sauce.
- Bake in the oven for 35 minutes or until it is hot and bubbly.
- Let the lasagna stand for about 5 minutes to allow it to set before cutting then serve.
Genise Carter
Concord, Ohio

I was awake in the middle of the night, and I caught JJ on the PBS special. I stayed awake, and I found that so much of what she was saying related to my family. My 27-year-old daughter always had stomach trouble and pain, along with what she referred to (when she was a little girl) as a “hot stomach”. Once all of the tests were negative for any issues, we knew it had to be food-related, but the information that was out there, and that we were using, didn’t seem to help. She also had trouble losing weight. So, when I heard JJ on PBS, I knew I needed to learn more.

I bought the book, and when my daughter came into town, she bought the book. We agreed to do the diet together, even though we reside in different states. I have always been heavy, and I have yo-yoed on many diets. I did not think I would have any of the food intolerances.

The diet was easy to follow as long as I was doing the cooking. I found it somewhat more difficult when we went out. I wasn’t used to asking the waiter all of those questions. I did lose the seven pounds in exactly seven days, and during Cycle 2 (during my egg week), I had pains, and I had trouble keeping awake at my desk after lunch. It was such a surprise, but I have not had an egg since.

How has it impacted the lives of your family and the people around you?
My daughter lost 10 pounds, and my son and his wife have also been researching better food ideas. This is a lifestyle change for all of us.

Your Original Virgin Diet Recipe:
Chicken Chili
Chicken Chili
Genise Carter
Serves 4-6

1 teaspoon each: paprika, cumin, chopped cilantro
Sea salt and pepper to taste
1 pound skinless boneless chicken breast
2 tablespoons coconut or olive oil, divided
1 red or yellow pepper, chopped
1 sweet onion, chopped
8 ounces mushrooms, sliced
2 garlic cloves, chopped
2-3 Roma tomatoes, chopped
6 ounces low-sodium vegetable juice
1 15 ounce can black beans
1 tablespoon cumin
1 teaspoon chili powder
Fresh cilantro sprigs to garnish

- In a small bowl, mix the paprika, cumin, cilantro, salt and pepper. Rub the mixture onto the chicken breast.
- Heat the oil and cook the chicken until browned and cooked through. Remove from the skillet and keep warm.
- Heat the additional tablespoon of oil in the skillet and sauté the bell pepper, onion, mushrooms, and the garlic until soft.
- Chop the chicken into bite-size pieces and add to the cooked vegetables.
- Add the Roma tomatoes, tomato juice and beans.
- Add the cumin and chili powder according to your taste.
- Cover and simmer for 20 minutes.
- Pour into bowls and garnish with the chopped cilantro.
Pink Bailey-Keller
Fishers, Indiana

Hello, my name is Pink. I am a Group Fitness Instructor, so I hope that doesn't disqualify me right out of the gate. If anything, I believe I am a shining example of how awesomely and effectively this plan works.

I dedicate my life to being fit and healthy, and I thrive to share my gift with others. I work out, hard, up to 20 hours a week, and I love reading labels and knowing what I am putting in my body. I caught JJ on PBS one night and was instantly intrigued. I felt like she was talking to me...about me. What people would be surprised to find out about me is that I suffer from chronic fatigue. I've had blood work done, spent overnight hooked up in the hospital sleep lab, and have been given terrible prescription sleep medication-the works, with no relief.

JJ was so clear and concise about the negative effects of each of the seven foods to avoid that I knew I had to try it. I didn't care about losing weight, or think that I would lose weight, due to my profession, but HOLY MOLY. I even dropped seven pounds!! My energy level has definitely improved.

I have been eating this way for four months now, and it is absolutely my way of life. I already loved cooking at home, so coming up with awesome and creative new recipes following this plan was, and is, so fun! I actually have so many recipes that it's hard to choose just one (my husband also licks every drop from his plate). We have figured out how to stick to it when we go out with friends. I never wavered during a three-day weekend getaway, during which, one of my best friends (who is a chef) cooked for everyone else. I just get it, finally.

Thank you for making eating make sense. I have already recommended your book to some of my students, and I am so in love with food and nutrition, that I am getting certified in fitness nutrition. Thank you from the bottom of my heart. I wish I could reach through the screen and give you a hug, but since I can't, I will send you a virtual hug!!

How has it impacted the lives of your family and the people around you?
I just have to talk about my husband, Jason. He has always enjoyed the food I make at home, so he just eats whatever I make. I already mentioned that he cleans his plate at every meal, so we do not starve around my house...I mean, we like to eat. That man has lost 15 pounds!!! He is a pilot, who travels around the world, literally, every month. He is constantly changing time zones; he is exhausted and a prisoner to terrible catering on the plane. This plan has even sunk in with him; a stubborn man who had never turned over a package to read the label.

Now, I also have to share this story. My parents came up, and we met them at The Cheesecake Factory (you can probably see where this is heading). Well, Jason and I were about three weeks into the plan, but he couldn't resist that piece of cheesecake at the end of his meal. All that dairy, egg, and sugar definitely made itself known later that day!!!! He has not had an ounce of dairy since!

Your Original Virgin Diet Recipe:
Lip-smacking Pollo Pisan
Lip-Smacking Pollo Pisan
Pink Bailey-Keller
Serves 3-4

1 jar no sugar added marinara sauce
1 cup brown rice
2/3 cups water
1 tablespoon chopped fresh basil
4 boneless chicken thighs

- Preheat the oven to 425°F.
- Place the marinara sauce, rice, water and basil into a baking dish.
- Place the chicken into the dish and spoon the rice mix over to cover it.
- Cover the dish with foil and bake in the oven until the rice is tender, which is about 45-60 minutes. Check halfway through the cooking time and stir once so that the rice doesn't stick and burn.
- Remove from the heat and let stand for 5 minutes uncovered before serving.
Bonnie Nunez  
Long Beach, California

One year ago (June 2012), I was diagnosed with food intolerances to gluten, dairy, eggs, and soy, after years of many health struggles and no real diagnosis. I didn't think I could live by avoiding all of those foods! I immediately cut out gluten, but I had a really hard time completely getting rid of the other three. I was living with almost constant headaches, stomachaches, sinus pressure, congestion, and acid reflux. Getting rid of the gluten helped some; however, I knew that there was more that I should be doing. I also do Cross Fit and try to eat "almost" Paleo, but even with that, I still would cheat too much with dairy or hidden soy. It took me a while to commit to the whole process!

I came across JJ Virgin's plan on TV, and it immediately intrigued me because it was the perfect plan to keep me from eating the foods that I already knew I shouldn't eat! It was so freeing to learn that other people had these food intolerances, and that they were real and common! I wasn't alone anymore.

I started 100 percent committed to Cycle 1 of The Virgin Diet in February 2013. My husband was eating 100 percent Paleo, so it was helpful for both of us to be accountable to each other about our diets. I was amazed at the quick relief that I felt from stomachaches and sinus pressure. I lost five pounds in the first two weeks. My headaches are significantly reduced, which is a HUGE relief after 10 plus years of constant headaches (80-90 percent of the time).

I was so happy to find out, that after re-introducing eggs, I can now tolerate them, and I enjoy them one to two times per week. Additionally, which I did not expect, was that my acne completely cleared up. I was always so annoyed that I was an adult who still had acne! I know now that it is directly related to dairy consumption.

I still think that following The Virgin Diet is difficult; however, the health benefits are completely worth it, and it has made a huge difference in my quality of life! Many people have asked if I have lost a lot of weight... and I haven't! I've only lost five pounds; however, with consistently working out with Cross Fit and doing The Virgin Diet, my body shape has changed. I wear a smaller pants size, and my clothes fit better.

How has it impacted the lives of your family and the people around you?
People ask me a lot of questions! I always get questions about what I am eating or comments about how I eat "so healthy" in the lunchroom at work. It has started a lot of conversations about food intolerances, and I hope that I can help others see how so many health concerns are likely related to their nutrition, and that they have the power to change it! At home, I always cook "The Virgin Way" now, so (naturally) it is what my husband is eating. He has lost weight, gained muscle, and improved a lot in his Cross Fit performance. He also has significantly reduced his acid reflux. It is great to see improvements in so many areas of both of our lives!

Your Original Virgin Diet Recipe:  
Coconut Curry Chicken
Coconut Curry Chicken
Bonnie Nunez
Serves 4

1 tablespoon coconut oil
3 chicken breasts, cut into bite-size pieces
1 small onion, chopped
2 cloves garlic, minced
1 14 ounce can coconut milk
2 tablespoons yellow curry powder
2 medium zucchini, chopped
4 medium carrots, chopped
2 bell peppers, chopped
1 cup mushrooms
Optional: red lentils or brown rice

- Heat the coconut oil in a large skillet over a medium heat, and add the chicken, onion and garlic.
- When the chicken is cooked almost all the way through, add the coconut milk and curry powder. Simmer for 2 minutes.
- Add the zucchini, carrots and peppers and simmer for 5-10 minutes more.
- Add the mushrooms when the other vegetables are cooked almost all the way through.
- Simmer for 2 minutes more.
- Serve over cooked red lentils or brown rice, if desired.
Chari Peak  
Kansas City, Missouri

My story started out like this: I was always tired, couldn't sleep, and just didn't feel well. I was exercising, but I couldn't lose any weight. I was really feeling frustrated and depressed.

How has it impacted the lives of your family and the people around you?  
My sister saw how I was losing weight and joined me by eating better and listening to her body. My husband is now cooking gluten-free for us.

Your Original Virgin Diet Recipe:

Tomato Meat Sauce  
Chari Peak  
Serves 4

2 tablespoons olive oil  
4 cloves garlic, minced  
1 cup onion, chopped  
1 red bell pepper, chopped  
1 pound lean chicken or turkey, ground  
1 cup fresh mushrooms, sliced  
1 13 ounce can tomatoes, chopped  
1 6 ounce can tomato paste  
2 teaspoons fresh basil, chopped  
1 teaspoon fresh oregano, chopped  
1 teaspoon fresh thyme, chopped  
1/2 teaspoon red pepper flakes  
3 drops liquid stevia  
Salt and pepper to taste

- Heat the oil in large pot over a medium-low heat and sauté the garlic for 30 seconds.  
- Add the onion and bell pepper and cook until the onion is translucent and the peppers are softened.  
- Add the meat and cook until browned, breaking the meat up with a wooden spoon. Drain the pan drippings.  
- Stir in the mushrooms, tomatoes, tomato paste, basil, oregano, thyme, red pepper flakes, and stevia.  
- Simmer for 40 min, while stirring occasionally. If it becomes too thick for your taste, add 1/2-1 cup of water.  
- Season to taste with salt and pepper.  
- Serve with spaghetti squash or gluten-free pasta.
Janice McPhee
Simpsonville, South Carolina

Before reading The Virgin Diet, I was aware that certain foods did not agree with me. I have had many problems with allergies over the years. I had some testing done, regarding foods, but I had never had a doctor tell me what to do about the problems that I experienced while eating. Throughout the years, I mostly had to figure this out for myself through trial and error. It was frustrating because people around me thought I was being silly when I said, “I can’t drink milk because it causes eczema, lowers my immunity, and I get sick.” Also, my stomach bloats when I eat wheat, which makes me look pregnant.

I felt I was missing out on food that I liked, but could not eat. I did not know how to substitute things I could eat in order to make my meals less bland and more interesting. I decided to do The Virgin Diet because it explained things so well and validated everything I knew to be true. The diet was successful because it made my life easier (planning what I could and could not eat). I like rules; they make life simple (no guessing).

What has changed for me is that I now know I cannot eat any of the seven foods. I always react to them, but at least I know the truth now. My life has been transformed because I know that JJ, and others mentioned in her book, have had issues dealing with the chemistry lab located in their stomachs. In some ways, I was feeling like I was the only odd ball with these issues. Now, I know that I am not alone.

How has it impacted the lives of your family and the people around you?
The great thing is that my sister decided to try the diet. She found out that she has issues with food that she was unaware were causing problems with her weight as well as causing her to feel badly after eating. She has lost weight and looks great. The best part is that now she understands my problem, and when we eat together, she is careful about ordering foods that we both should not eat. We can reinforce each other. I have also learned to make meals that are more interesting for my husband. He was tired of the bland meals I was preparing. Now I can cook things he enjoys.

Your Original Virgin Diet Recipe:
Eggplant Virgin Italian Style
Eggplant Virgin Italian Style
Janice McPhee
Serves 4

Coconut oil spray
1 eggplant, cut into 1/8 inch slices
Sea salt and pepper
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 teaspoon fresh parsley, chopped
3-4 Roma tomatoes, thinly sliced
1-2 tablespoons olive oil

- Preheat the oven to 400°F.
- Lay the eggplant slices on parchment paper lined baking sheet coated lightly with coconut oil spray.
- Season the slices with salt and pepper, basil, oregano and parsley.
- Top each eggplant slice with a tomato slice.
- Drizzle with the olive oil and bake in the oven for 15 minutes or until the eggplant and tomato are cooked through.
- Serve either hot or cold.
Angela Simone
Philadelphia, Pennsylvania

When I intently listened to JJ Virgin on a PBS special, I knew it was worth following her diet. Primarily, it has helped me quell my carbohydrate and sweets addictions. It has tremendously reduced my bloating sensation and belching. I've lost 10 pounds so far, and I expect it to continue. My energy level is encouraging, unlike the “draggy” feeling after overindulging on junk food carbohydrates and pastries.

The permanent changes I've made include having the protein smoothies every day, which I find really carry me throughout a half-day and boost my energy, as well. I used to think egg white omelets were my protein mainstay, but not anymore! My exercise consists of walking one to three miles daily, depending on my schedule.

How has it impacted the lives of your family and the people around you?
I tell EVERYBODY I talk to about the marvels of The Virgin Diet. In particular, I urge those with autoimmune conditions to try JJ Virgin's diet.

Your Original Virgin Diet Recipe:
Salmon Casserole with Beans and Greens
Salmon Casserole with Beans & Greens
Angela Simone
Serves 6

2 tablespoons olive oil
1 medium onion, chopped
1 large red bell pepper, chopped
1 medium garlic clove, chopped
3 cups beet greens and/or Swiss chard, coarsely chopped
1 15 ounce can tomatoes, diced and drained
1 15 ounce can black beans, rinsed and drained
1 15 ounce can kidney or cannellini beans, rinsed and drained
2 cups cooked quinoa
1 4 ounce can mushrooms, drained
1/2 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon dried oregano
1/4 teaspoon pepper
2 14 ounce cans wild Alaska salmon, boned and skinned

- Preheat the oven to 350°F.
- Heat the olive oil in large skillet over a medium-high heat. Add the onion, bell pepper, garlic and greens while stirring frequently or until onion is translucent and the greens are tender, which is about 5 minutes.
- Stir in the tomatoes, beans, quinoa, mushrooms, salt, paprika, oregano and pepper.
- Spoon the mixture into a 9X13 greased baking dish and fold in the salmon distributing it evenly.
- Bake in the oven for 30-40 minutes or until bubbly and cooked through.
- Remove from the oven and let it stand for 5 minutes before slicing into 6 pieces.
Brenda Zareie  
Lawrenceville, Georgia

Over the last year, I felt myself becoming more tired and depressed. I would wake up and feel as if I was being pressed down into my bed. I am very in-tune with my body, and I was concerned. I would try to get more sleep, but that did not help. To make things worse, my yearly physical revealed that my blood pressure was high, and a blood test came back showing that I was in the pre-diabetic range.

The final turning point came when I realized that my sixtieth birthday was approaching, and my three boys had NOT produced a grandbaby for me. I told myself that if this keeps taking its present course, I would not enjoy this wonderful thing when (and if) it ever happened.

Like many others, I was flipping channels just after New Year’s, and I saw this beautiful woman talking about her plan to just make you feel better. That was what I was looking for— not a diet for only losing weight, but something that was going to make me feel better. I started that day. I eliminated the “seven sins”, and I started my new life.

I loved it from the start. I felt better within two days. After 21 days, I was a new person. I lost 14 pounds, and I had the energy I had at 21-years-old. I was also talking to my plastic surgeon about eyelid surgery. I don't need it NOW! The puffiness is gone! I thank you, JJ, for what you have done for me.

How has it impacted the lives of your family and the people around you?
I started this program, to feel better, in January 2013. My first convert was my dear friend from Jacksonville, Florida. We go to South Beach every year in March. I packed my shakes and blender, and off I went! When I walked in she said, "WOW! You look great!" I had not told her about what I was doing because I was not sure what she would think or say. Here we were, going on a culinary experience, and I knew what I was going to eat, but I did not want to make the others feel bad about their choices.

Little by little, we talked about my new life. She is a few years younger and had some of the same symptoms as I did. She was tired, depressed, and listless. (She has four grandbabies!) By the end of the trip, she was sold on JJ. She started the day she got back home. It’s so easy! I told her what to eliminate and for how long, and to do the shakes for breakfast or lunch. She started out with the health food shakes because she could not wait to get yours. She has now ordered your shakes, workout video, and book!

Update: After the first few days, she called me and said, “I had followed the diet to the T, but I got up this morning feeling bad!” She reviewed all she had had for dinner, and she remembered the rice was a mix in a box! She got the box and read the ingredients! (Bad Stuff!) She is now a 100 percent believer. She has lost 20 plus pounds and is in a size three! She said she has not felt or weighed this, since her twenties. Another success story!

Your Original Virgin Diet Recipe:  
Saffron Chicken with Green Beans & Tomatoes
Saffron Chicken with Green Beans & Tomatoes
Brenda Zareie
Serves 2

1 tablespoon coconut oil
1 cup fresh green beans, diagonally-cut
1/2 cup white onion, diced
6 ounce free-range chicken breast, cubed into 1 inch pieces
1/4 cup diced tomatoes
1/2 cup organic, low-sodium chicken stock
Juice of 1/2 lemon
3 saffron threads
Salt and pepper to taste
1 cup cooked brown rice

- Heat the oil in a small saucepan over medium-high heat.
- Add the green beans and onion. Sauté until onions are tender, which is about 5 minutes.
- Add the chicken and brown lightly for 3-4 minutes.
- Add the tomatoes and cook for 3-4 additional minutes.
- Add the chicken stock, lemon juice and saffron threads. Cover, reduce the heat to low, and cook for 15 minutes.
- Remove the lid and continue to cook on low until most of liquid is gone.
- Serve over brown rice.
Catherine Ziff  
Tarzana, California

I had gastrointestinal issues with very loose stools for several weeks. My doctor suggested that I stop eating gluten and dairy to see if my symptoms improved. They did, but not completely. I heard about The Virgin Diet, and I wanted to read the book. I had already eliminated two of the foods, and I was curious if I had food intolerances to the other five on the list.

I had been on quite a few diets in the past, but I never made it a lifestyle change. So, I was successful, but then I gained back the weight. I prepared for a week before I started The Virgin Diet. I bought all my food and planned my meals in advance. I ordered The Virgin Diet Shakes so I could have them twice a day for the first week. I was focused and committed. It was different this time, because my health was a factor.

I had so much energy the first few weeks, and losing a lot of weight kept me motivated to keep going. My acne cleared up, and I was sleeping better. I still have the shakes every morning at work because they taste so good, and they have a lot of protein. I have more weight to lose, but I am on my way! I am going to the farmer’s market on Saturdays to buy my food for the week. My mindset has changed, and I have become more aware. I care more about the environment, pollutants, toxins and non-GMO food.

How has it impacted the lives of your family and the people around you?

My co-workers were impressed with my weight loss and positive attitude, and they wanted to know what I was doing. I feel that I have had a positive influence on the people in my life to eat real, organic, non-processed food. I tell them that eating healthily can taste good! My massage therapist wants to write a testimonial and send it to you. She can’t believe how soft my skin feels (as well as the shift in my personality).

Your Original Virgin Diet Recipe:

**Beef & Veggie Rice Bowl**  
Catherine Ziff
Serves 2

1 tablespoon organic coconut oil, divided  
4-6 ounce grass-fed beef, ground  
1/2 cup organic shitake mushrooms  
1/2 cup organic summer squash  
1/2 cup organic zucchini  
1/2 cup cooked brown rice  
1/4 of an avocado

- Heat 1 teaspoon of coconut oil in skillet over a medium heat and cook the beef until it is no longer pink, breaking it up with a wooden spoon.  
- In a separate pan heat the remaining 2 teaspoons oil and sauté the mushrooms, summer squash and zucchini over a medium heat.  
- Add the vegetables to the beef, while stirring to combine and serve over brown rice.  
- Top with avocado slices to serve.
Mary Kennedy
Portland, Oregon

My sister heard about The Virgin Diet, and she wanted to try it. She asked if I would go on it with her, and I agreed after reading the book. The diet made a lot of sense to me from a health perspective. Moreover, it pretty closely followed the eating plan given to me by a naturopath a few years ago. When I was on his eating plan, I felt better and lost weight. So, I agreed to do this with my sister.

I was surprised and delighted to lose five pounds the first week. I have been losing steadily since then, and I find no trouble sticking to the diet. I am now starting week five, the second week of the Cycle Two. I am very motivated to continue this eating plan, not as a diet, but as a lifestyle. Nutrition is our first line of defense against fatigue, excess weight gain, and disease prevention in our bodies. Thanks, JJ, for this kick start to better health!

How has it impacted the lives of your family and the people around you?
It has mostly impacted my work life, because I typically get so tired and fuzzyheaded in the afternoons at work. Keeping these seven foods out of my diet has very positively impacted my alertness and energy levels. I have also made a positive influence in my sister’s life, as she is the one who got me started on this. By staying on the diet, I am able to encourage her, and she encourages me. We help each other by sharing successes. Together, we are losing weight and regaining health in a supportive, shared experience.

Your Original Virgin Diet Recipe:

Salmon Kale "Tacos"
Mary Kennedy
Serves 2

1 cup cooked brown rice
2 cups vegetable broth
2 large green kale leaves, rinsed and dried
2 generous pieces of smoked, wild-caught salmon
1/2 an avocado, thinly sliced
Sea salt and pepper to taste
2 tablespoons capers

- Cook the rice in the broth according to the package directions. Set it aside.
- Lay the kale leaves flat on a plate.
- Spread approximately 1/4 cup of the rice on one half of each kale leaf, along one side of the spine from top to bottom.
- Top with smoked salmon, then layer on the sliced avocados.
- Season the avocado slices lightly with salt and pepper and sprinkle the capers on top of the avocado.
- Fold the top edge of the leaf inward about 1-2 inches to secure the ingredients, then fold the leaf lengthwise over on top of itself like a taco shell then serve.
Coleen Wheeler
Coraopolis, Pennsylvania

I just started The Virgin Diet four weeks ago. I was slim all of my life, until menopause, and then I gained 50 pounds. I tried Weight Watchers and Atkins, and I could never get below 180 pounds with either of those (my maximum weight was 192 pounds). I was also experiencing such bad congestion that my allergist gave me steroids several times a year (which doesn't help with weight!). Muscle aches were so frequent that I was surprised to have a day without pain.

Since starting The Virgin Diet, I am off all of my allergy medication, and I rarely need to take anything for pain! I have more energy, and my mood is great! I can't imagine going back to feeling like I did before. My weight is coming off at a reasonable pace. I realize it will be slower for me because I don't have a lot to lose (and the menopause thing).

How has it impacted the lives of your family and the people around you?
My teenagers benefit from my higher energy level and improved mood. My daughter has eliminated some of the things, but she refuses to give up dairy (which gives her horrible GI symptoms, but she loves it). My son doesn't eat most of the seven foods, except dairy (he is going through a tremendous growth spurt).

The kids love that I am now buying all organic meats and veggies. As a physician, I feel that the hormones and antibiotics in meats are causing problems with early puberty and antibiotic resistance, so we had tried to avoid those even before The Virgin Diet.

Your Original Virgin Diet Recipe:
Asian Stir Fry
Asian Stir Fry
Coleen Wheeler
Serves 4

1 tablespoon red palm oil
1 tablespoon sesame oil
1 onion, chopped
1 cup red bell pepper, chopped
1 cup zucchini, chopped
1 cup mushrooms, chopped
2 cloves garlic, minced
1 cup cooked chicken, cut into bite-size pieces
1 cup cooked shrimp, cut into bite-size pieces
1 cup organic chicken broth
2 tablespoons coconut aminos
1 teaspoon rice wine vinegar
2 teaspoons ginger, freshly grated
1 teaspoon cumin
1 pinch red pepper flakes
Sea salt and pepper to taste

1 tablespoon brown rice flour dissolved in 1/4 cup of COLD water
1 cup rice noodles rehydrated in HOT water for 8 minutes then drained

- Heat the oils in a large skillet or wok over a medium-high heat.
- Add the onion, bell pepper, zucchini, mushrooms and garlic and stir fry until they are crisp-tender.
- Add the chicken and shrimp and toss until they are heated through.
- Add the broth, coconut aminos, rice vinegar, ginger, cumin and red pepper flakes and bring all to the boil.
- Add the dissolved flour to thicken the sauce, while stirring frequently until the sauce is thickened.
- Add the noodles, tossing to coat them in the sauce. Heat through, for approximately 2-3 minutes.
- Serve with some coconut aminos on the side, if desired.
My name is Lorraine Sarysz-Nichols, and I am a 53-year-old woman. I was thin practically my entire life, until around my mid-forties. Then, something happened. I began to gain a little weight...a little here, a little there, and before I knew it, I didn't recognize myself. (Please keep in mind I was not obese and would not claim to be, I was just holding onto 10, 15, and then 20 excess pounds that I was not comfortable with.)

On Saturday, December 1, 2012, while channel surfing, I stumbled upon Ms. JJ Virgin on PBS. (Little did I know that was my salvation.) What I was experiencing was more than just excess pounds. I had joint pain, headaches, bloating, high blood pressure, and even depression. In a nutshell, I was a mess with no light at the end of the tunnel. I simply resolved to the fact that this is how we age. Well, was I wrong.

The very next day, I started The Virgin Diet. I was determined to give it 21 days. I figured there was nothing I couldn’t do for 21 days (except hold my breath), and I felt I owed it to myself to at least give it my best shot. Today, June 6, 2013, I can honestly say, “I’m glad I did!” At 116 pounds, not only do I look great, but I also feel amazing. My energy is through the roof. I'm the happiest I've been in a long time. My whole attitude changed from negative and down in the dumps, to optimistic and happy. I'm not saying I don't have some bad days, of course I do, but the majority of the time I feel great.

I encourage everyone who thinks they're in a rut and on a downward spiral to challenge themselves and to just give it 21 days to see if they can turn their lives around. I am so happy that I had the courage and determination to do so.

**How has it impacted the lives of your family and the people around you?**
My family members and friends are so motivated by my success. Now, my adult children are slowing incorporating the diet as well. When I prepare meals, I always try to share them with my family members and friends so they can see exactly how they can prepare meals that are simple and that stay within the concept of the diet.

Over six months into the game, I am very creative and can whip something healthy up in no time at all. Many coworkers have asked me what I'm doing and have told me that I look great. I just say, “JJ Virgin Baby!”

**Your Original Virgin Diet Recipe:**
Scallop Stir Fry
Scallop Stir Fry
Lorraine Sarysz-Nichols
Serves 4

2 tablespoons coconut oil, divided
2 medium cloves garlic, chopped
1 medium shallot, thinly sliced
2 cups eggplant, cubed
2 cups mushrooms, sliced
1 red bell pepper, thinly sliced
1 cup broccoli florets
1 cup cauliflower florets
1 14 ounce can artichoke hearts, drained
1 pound wild-caught scallops, patted dry
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
2 cups cooked brown rice or quinoa

- Heat 1 tablespoon of oil in a large skillet or wok over a medium heat. Sautė the garlic and shallots for 2-3 minutes or until they are beginning to brown.
- Add the remaining tablespoon of oil and add the eggplant, mushrooms, bell peppers, broccoli, cauliflower and artichoke hearts.
- Reduce the heat and continue the cooking for 5-10 minutes or until the vegetables are crisp-tender, while stirring occasionally and adding more oil if needed.
- Add the scallops, salt, black pepper and garlic powder. Cook for 4-5 more minutes or until scallops are cooked through.
- Serve over brown rice or quinoa.
Jackie Praw  
Studio City, California

I started The Virgin Diet on the fifteenth of January. I had accompanied a friend, who was complaining of chest pain, to the hospital in November. Her follow-up visit to her personal doctor did not find any evidence of a problem, and this resulted in a referral to a nutritionist. The nutritionist recommended The Virgin Diet. It changed her life immediately. The results were so dramatic that I knew I had finally found the diet I had been looking for.

I have always been slim, but as middle age crept up, so did the pounds. My clothing size started increasing. I had been a size two or four for forever, and now I found myself having to buy clothing in size six or eight. I was uncomfortable when sitting, because my stomach always seemed to be distended and bloated.

The best thing about The Virgin Diet (besides everything!) is that there are so many choices that I don’t feel deprived or hungry. The Virgin Diet is no longer a diet for me, but a way of life. Thank you so much.

How has it impacted the lives of your family and the people around you?  
The Virgin Diet has given me "a new life!" I have more energy than ever before, and I am back down to my goal weight, which is what I weighed 27 years ago at my wedding!

My husband has unintentionally lost weight because he didn’t want me to prepare separate meals. He’s loving the new way I cook (and look) and trying new foods for the first time. My daughter cried when I tried on a dress (size two, thank you very much) to wear to her sorority mother/daughter luncheon. She was so happy for (and proud of) me. Becoming aware of the correct foods to eat, and loving them, is the best gift ever!!

Your Original Virgin Diet Recipe:

Quinoa, Chicken and Veggies  
Jackie Praw  
Serves 2-4

1 cup quinoa  
2 cups organic chicken broth  
1/2 teaspoon coconut oil  
1/4 cup onion, chopped  
1/4 cup asparagus, chopped  
1/4 cup red bell pepper, chopped  
1/4 cup and toasted almonds, chopped  
1/4 cup artichoke hearts, chopped  
1/4 cup parsley, chopped

- Bring the quinoa and broth to the boil. Cover, reduce the heat and simmer approximately for 15-20 minutes or until the water is absorbed.
- In a sauté pan, melt the coconut oil and sauté the onion, asparagus and red pepper until cooked through; for about 10-15 minutes on a medium heat.
- Turn off the heat and add the toasted almonds and artichoke hearts, while mixing gently.
- Stir the vegetable mixture into the quinoa and add the chopped parsley.
- Serve cold on top of a baby spring vegetable mix as a salad, or hot as a delicious side dish.
Robyn McDowell
Savannah, Georgia

Before starting The Virgin Diet, I suffered from many GI issues, unreliable skin, and I could not lose weight, even though I’ve kept a very healthy diet for most of my life. My low energy and "tummy" troubles had been a part of my life for years; so much so, that I thought that was my "normal". The tiredness was always explained to me due to a blood disorder I have. It never occurred to me I might have food sensitivities until I saw JJ on TV.

The first two weeks were not very encouraging…I lost ZERO pounds! The book says you're supposed to lose about seven pounds! But I did not give up. Once I was committed, there was no stopping me on this journey.

I found out that I am extremely sensitive to eggs. I’m also sensitive to gluten, dairy, and aspartame. I don't eat peanuts, because I can't stand the smell, and I don't eat GMO foods, so that eliminates lots of foods.

How has it impacted the lives of your family and the people around you?
I already take a pill upon awakening, and I drink a big glass of water before getting out of bed, so the water was no big deal. The biggest changes for me were eating chia seeds and having JJ's shake every morning for breakfast. I have come to love them. I don't have to think about breakfast anymore. My husband misses us having hot breakfasts together, but he knows how sick I get from eggs. We don't eat out as often, so sometimes I tell him to go out without me (or to bring something in).

I eventually lost 10 pounds. That may not sound like much, but when you are 5'1", it can make a big difference. My skin is clear, my GI tract is fine (unless I have something I shouldn't), and I have more energy for me. Thank you JJ.

Your Original Virgin Diet Recipe:
Oven-Baked Salmon with Colorful Quinoa
Oven-Baked Salmon with Colorful Quinoa
Robyn McDowell
Serves 2

2 tablespoon coconut oil, divided
8-10 ounces wild salmon
Salt and pepper to taste
1/2 onion, coarsely chopped
1 garlic bulb, chopped
1 large carrot, coarse chopped
2 celery stalks, chopped
1-2 cups vegetable broth, divided
1 cup cooked quinoa
2 cups spinach

- Preheat the oven to 450°F.
- Lightly grease a medium baking dish.
- Season the salmon with salt and pepper and place it skin side down in a baking dish.
- Bake until the salmon is opaque and flakes easily with a fork, which is about 12-17 minutes, depending on the thickness.
- While the salmon cooks, heat 1 tablespoon of oil in a large skillet.
- Add the onion, garlic, carrot and celery to a pan with enough water to lightly steam.
- Remove the vegetables from the heat when they can be pierced but are still crisp.
- Transfer the vegetables to a blender/Vitamix, along with 1/2-1 cup of broth and process lightly until the consistency is that of chunky pieces. (You don’t want to puree it).
- Add the remaining coconut oil to a skillet over a medium-high heat and add the vegetable mix back into the skillet.
- Add the cooked Quinoa and more broth as needed to keep it to a consistency that you like.
- Reduce the heat to low and add the spinach, while stirring to wilt it.
- Place the quinoa mixture on the plates and top with the salmon.
Oralee Obyrne
Parrsboro, Nova Scotia

My husband and I started the diet in January. We were both overweight, tired, and had digestive issues. Along with that, my husband’s knees pained him daily, and my hands often broke out in painful little blisters and then became raw.

We decided to try the diet as a way to lose some weight and maybe feel better. Wow, were we surprised. After one week, we had lost seven pounds each, and we have continued to lose weight. Our energy levels improved, and (for the first time in years) my husband’s knees do not ache on a daily basis. Surprisingly, my hands cleared right up. After reintroducing dairy, I have found out that it was dairy that caused the eczema-like problem my doctors had attributed to stress.

With minimal changes in our exercise routine (we are fairly active anyways) but a much healthier approach to eating, we continue to follow the guidelines and have kept dairy, gluten, corn, peanuts, and sugar out of our diets. We continue to lose weight slowly, and we feel so much better than we have in years. The Virgin Diet has really changed my life, and I find that I really enjoy this healthier way of eating! I have helped four friends and family members get started on the diet and they, too, love the results.

How has it impacted the lives of your family and the people around you?
At first, it was a bit difficult for our friends and family members to adapt to the changes in our diet when we went out, but they were very good about helping to cater to our new eating habits. My mother, who loves to cook, took the changes as a personal challenge, and she started experimenting with menu changes to suit our diets. Now, she has started the diet herself. Several of our friends and family members have decided to try the diet, and they are glad they did.

Your Original Virgin Diet Recipe:
Oralee’s Super Spaghetti
Oralee's Super Spaghetti

Oralee Obyme
Serves 4

2 tablespoons olive oil
12 ounces lean turkey or beef, ground
1/2 small Spanish onion, diced
6 button mushrooms, sliced
2 cloves garlic, chopped
1 small zucchini, diced
1/2 green bell pepper, diced
1/2 cup fresh spinach, finely chopped
1/4-1/2 cup tomatoes, chopped
8 ounces quinoa spaghetti
1 14 ounce can pure tomato sauce (no additives)
4 fresh basil leaves, chopped
1 tablespoon fresh cilantro or parsley, chopped
1 teaspoon fresh oregano, chopped

- Heat the oil in a skillet and brown the ground turkey (or beef), until it is no longer pink.
- Add the onion, mushrooms and garlic and sauté until soft.
- Add the zucchini, bell pepper, spinach and tomatoes to the meat mixture and continue cooking for 5-10 minutes.
- Meanwhile cook the spaghetti according to the package.
- Add the tomato sauce to the meat and vegetables and bring to a simmer.
- Add the herbs while stirring to combine.
- Toss the sauce with the pasta and serve.
Susan Alston
Natick, Massachusetts

I was sitting on the couch, folding laundry after the nearing of the New Year. As I was flipping through channels, I caught JJ on PBS. I felt like I was alone in the middle of the ocean with no direction; no action plan. It was as if she were talking to me. JJ made sense enough for me to want to order the book. I started the program on the first of January before the book arrived.

The Virgin Diet improved my overall health. Prior to embarking on my new lifestyle, I was overweight, and I suffered from joint aches and pains. I had chronic tendonitis for eight months, as well as headaches and heartburn. I was plain bewildered and disgusted that I tried to lose weight but wasn't successful. I thought I had shot my metabolism. I would eat egg whites, whole grains, and 92-calorie bags of kettle corn popcorn as a snack, only to gain weight or just not lose anything.

Once I switched to The Virgin Diet, all of my symptoms virtually disappeared in a few weeks, and I started dropping weight and feeling AWESOME. I clearly had a significant sensitivity to gluten. My skin looks better. I look better. I have a spring in my step...I feel wonderful! It'll cost you though...you're going to have to buy smaller clothes!

How has it impacted the lives of your family and the people around you?
In January, when I told my husband what we were going to eliminate, he said, "What can we eat...dirt?" My best girlfriend said she wouldn't do it; she felt it was too restrictive. I knew she would give it a chance if she read the book, so I bought her a copy and dropped it by her house. They both changed their tune quickly when they saw how it was improving my life! They jumped on board.

My husband was never overweight, he had maybe 15 pounds that he wanted to drop, but he couldn't, after consistently working out and watching what he ate. Since starting the Virgin Diet he started dropping weight immediately, and he is now the lowest weight he's been since eighth grade!

My best girlfriend has worked out like a fiend with little results. The Virgin Diet has benefited her greatly. She tells me how she loves getting compliments. I have told a few friends at work about the program. Everyone who reads the book says, "It makes sense! I'm giving it a go!" Our teens haven't fully adopted The Virgin Diet way of eating, but I am proud that they see my husband and I modeling healthy eating and exercise.

Your Original Virgin Diet Recipe:
Roasted Veggie Bowl
Roasted Veggie Bowl
Susan Alston
Serves 2-4

1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 sweet potato, cubed
1 onion, chopped
1 zucchini, chopped
8 ounces mushrooms, sliced
8 asparagus spears, trimmed and cut into 1 inch pieces
2 tablespoons olive oil
Sea salt and pepper to taste
1 cup cooked quinoa
1 cup cooked brown rice
8 ounces, cooked chicken, shrimp, salmon or scallops

- Toss the vegetables with oil, salt and pepper in a large bowl. Let them stand for 30 minutes.
- Preheat the oven to 400°F.
- Line a couple of baking sheets with parchment paper and lay the vegetables on the sheets.
- Roast in the oven for 15-20 minutes.
- Toss the roasted vegetables with the cooked quinoa, rice and chicken or fish and serve.
Jeana Crawford
Bellevue, Washington

I was smoking, drinking IPA beer, not exercising, eating whatever I wanted (especially homemade pies, cakes, and cookies), and I couldn’t sleep. I drank lattes all morning and afternoon, and I just ate one meal a day- a huge dinner.

I had joint pain, knee pain, back pain, and unexplained attacks of pain in my toes and fingers. I also had restless legs. My hot flashes were out of control! Oh yes, I was depressed. My doctor said I had to change to a healthier lifestyle.

So, on April 1, 2013, I went on The Virgin Diet program, and I quit all of the following: smoking, caffeine, alcohol, corn, dairy, peanuts, gluten, eggs, sugar, artificial sweeteners, and soy. I went to physical therapy, and I have started a very basic exercise program (until my back and knees are stronger). I also read "The Hormone Cure" by Sara Gottfried, MD.

Since everything in my health was out of whack, I had to make a clean break from my old habits. I feel so much better. I am still working on the back pain and getting my muscles back in shape. Just recently, we went on a vacation to Hawaii, and I lost another pound or two. (Miraculous.)

How has it impacted the lives of your family and the people around you?
At first, my husband called me a "Gluten" for punishment. Then, since I wasn't baking and making fattening meals, my husband saw his waistline diminish. Even though he teases me, he is happy that we are eating better, and we still have great dinners. He said that I was beautiful and that he is proud of my success.

I must say, I expected the withdrawals to be horrible, and my mood to be worse, but that didn't happen. Even though the first month was tough, and I didn't think I was losing weight, I was in a good mood. I was shocked that I didn't gain the twenty pounds associated with quitting cigarettes.

Your Original Virgin Diet Recipe:

Salsa-Citrus Tilapia or Cod
Jeana Crawford
Serves 2

1 tablespoon olive oil
2 tilapia or cod fillets, patted dry
1 cup organic salsa
Juice of one lemon
Freshly ground pepper
1 cup cooked brown rice

- Heat the oil in skillet over a medium heat and sauté the tilapia or cod until browned, which is about 3-4 minutes per side depending on the thickness of the piece.
- Add the salsa, lemon juice and black pepper and heat through.
- Serve over brown rice.
Michelle White
Stow, Ohio

In 2010, I went back to school at the age of 40. I was 5'9” and around 130 pounds. My lifestyle went from active to sitting and studying. By the end of my first semester, I weighed 155 pounds (so much for the “Freshmen 15”). During the summer of 2011, I went on the Dukan Diet, and I went back down to 140 pounds, which is a good weight for my height. Then, during the fall of 2011 when I went back to school, the weight came back.

I started exercising an hour every other day. My weight would bounce between 160 and 165 pounds until the last month of the spring semester, when it went up to almost 170 pounds. Because of my height, I still looked slender with the proper clothing (thank you SPANX); however, my joints began to ache, and after dinner I was tired. I needed to do something more than exercise in order to lose the weight. Then, I saw JJ on PBS.

I ordered the book and read it cover to cover before I started the diet. The biology made so much sense. It was a great read, thank you. After day four of the diet, I felt great. I did not miss sugar, bread, or my once-a-day craft beer. This does not feel like a diet. I used some of your recipes from the book, and my kids even liked them. When I do the grocery shopping and I see some processed snacks that I used to enjoy, I think to myself, “I will never eat those again.” It is a positive feeling.

How has it impacted the lives of your family and the people around you?
This diet has not affected my family at all. The normal reaction is, “Oh no, Mom is on a diet.” This is not the case this time; they like the meals. My family members can enjoy ice cream or brownies and not feel like they are tempting me, because I really do not want the sugar.

Your Original Virgin Diet Recipe:

Chicken Burrito Bowl
Michelle White
Serves 4

4 boneless, skinless chicken breasts
2 tablespoons olive oil, divided
2 tablespoons lime juice
2 red bell peppers, sliced
1 red onion, thinly sliced
1 teaspoon chili powder
1 teaspoon Louisiana hot sauce
2 cups cooked brown rice

- Preheat the grill or grill pan over a medium-high heat.
- Rub the chicken breasts with 1 tablespoon of olive oil and place on a hot grill. Cook for 4 minutes per side.
- Cool slightly, then slice the chicken and toss with lime juice in a large bowl. Let it stand.
- Heat the remaining tablespoon of oil in a skillet over a medium heat. Add the bell pepper, onion, chili powder, and hot sauce. Cook until tender-crisp, which is about 7 minutes.
- Add the chicken to the skillet, tossing to it combine with the other ingredients.
- Serve over brown rice.
Sandra Capuano  
Beverly, Massachusetts

Before I started The Virgin Diet, I was noticing that I couldn't seem to lose weight, and I didn't feel that I was overeating. I wasn't heavy, but I was noticing fat around my waist that wasn't previously there. My body fat percentage on my scale was creeping up around 24 percent, but I figured it was age-related. Then, along came my injuries.

I have always been a runner, and I loved to do marathons (perhaps once or twice a year). Over the past five or six years, I haven't been able to because of one injury or another. Then, two years ago came a hip injury that nagged me for a year-and-a-half. Finally, my orthopedic doctor said it was tendonitis, and I received a platelet-rich plasma injection into the area. It did not seem to help, because shortly thereafter, I was getting numbness down my leg. I was limping as I walked, and the pain was increasing! I had another MRI, and I was then told I had spinal stenosis. At this point, I was beside myself. I was 56 years of age and about to become a grandmother. I said, “Something is not right.” Overall, I am a healthy individual, exercising and eating right. (Or so I thought, at the time.)

Well, after my grandson was born, I had my TV tuned to PBS, as I must have had on Sesame Street, but this time (in November I believe), there was JJ talking about this diet. It intrigued me, and I thought immediately that this could be a solution. I bought the book, read it thoroughly, and on the first of January, I started the program. I have never looked back.

I followed it to a T. My aches and pains are gone. My stomach issues are gone. I can run with no pain, although I limit my miles. I do the burst training. I hate it, but I do it! I am so grateful to JJ for explaining everything in her book in an easy-to-read and understandable fashion. Everything she says is true (all of those “so called” health foods I ate were actually damaging my health!) I have totally turned around my diet to follow her plan: no gluten, no soy, no corn, no dairy, no sugars, and no peanuts. I have incorporated eggs back into my diet, and some soy once in a while. I love the diet, and I don't miss any of the foods I used to eat. Amazingly, I don't even crave them. Thank you JJ!

How has it impacted the lives of your family and the people around you?  
My daughter and I are always comparing and sharing recipes now. My grandson was born with allergies, so she had to refine her diet with breastfeeding, and she now feeds him only organic whole foods that are non-allergenic. We do a lot of sharing. It is fun. Other members of the family are not quite on board; being Italian, they love their pasta!

Your Original Virgin Diet Recipe:  
Turkey & Artichoke Spaghetti Squash
Turkey & Artichoke Spaghetti Squash
Sandra Capuano
Serves 4

1 3 pounds spaghetti squash, halved and seeded
1-2 tablespoons coconut oil
2 cups mushrooms, sliced
1 onion, sliced
1 pound turkey, ground
1 15 ounce can organic, no-salt, tomatoes, diced
1 cup frozen artichoke hearts, thawed
1 cup baby spinach, chopped
Salt and pepper to taste

- Preheat the oven to 400°F.
- Place the spaghetti squash halves on a baking sheet and bake in the oven, cut side up for 45-55 minutes or until soft. When cool enough to handle, scrape the flesh with a fork into a large bowl.
- Meanwhile heat 1 tablespoon of coconut oil in a skillet over a medium heat. Add the mushrooms and onions and sauté for 5 minutes.
- Add the ground turkey, while stirring with wooden spoon and chopping up the turkey into smaller pieces. Add another tablespoon of coconut oil if the skillet is dry.
- Continue sautéing until the turkey is browned and no longer pink.
- Add the tomatoes and bring to a simmer.
- When the mixture is at a simmer, add the artichoke hearts and return to a simmer.
- Add the spinach, cover and let the mixture simmer for another 20 minutes to allow the flavors to blend.
- Add salt and pepper to taste.
- Place the spaghetti squash in a large serving bowl and top with the turkey mixture.
Heather Terhune
Tallahassee, Florida

Before I started The Virgin Diet, I had tried many different diets to cure my acne. Nothing really worked. Oh sure, it got better, but pretty soon I was back to the mirror feeling very uncomfortable and insecure. I was diagnosed with hypothyroidism two years ago and adrenal fatigue this year, and I was ready to try anything to get some pep back in my step and help the acne that was resulting in self-esteem issues.

Then, along came The Virgin Diet. I can't even remember where I first heard about it, but my lifestyle has been transformed because of it. I reacted to all four of the Cycle 2 ingredients, and as a result, I have decided to stay on Cycle 1 for the long term. I feel so much better, and after the second week on the diet, people who saw me every day were commenting on how good my face was looking. While the acne did not clear completely (which I blame on hypothyroidism and stress), the red inflammation is gone, and I'm not ashamed to leave the house without a ton of makeup anymore.

I recommended The Virgin Diet to one of my close friends, and she is also experiencing success. I didn't realize how much food was affecting my body. Everyone had always commented on my healthy eating patterns, and so I believed I was doing what was right (but I didn't know nothing sister!). I am very thankful for The Virgin Diet, for helping me achieve better self-esteem and confidence in my health.

How has it impacted the lives of your family and the people around you?
This is the first diet that my husband didn't freak out about. He is tired of eating salmon all the time, but he actually told me that he was willing to do this for the long haul if it helps me. My friends have been on this journey with me and some have started The Virgin Diet. Others have started their own form of it, and it dominates our conversations a lot of the time. We are all thankful for healthy information out there that we can use to make the best choices for our lives and for our wellbeing.

Your Original Virgin Diet Recipe:
Southwestern Stuffed Peppers
Southwestern Stuffed Peppers
Heather Terhune
Serves 6

1 cup quinoa
1 pound grass-fed beef, ground
2 tablespoons olive oil
1 small onion, chopped
2 cloves garlic, chopped
1 jalapeno pepper, chopped (seeded for less heat)
1/2 cup Roma tomatoes, seeded and chopped
1/2 cup gluten-free, organic salsa
1/2 cup tomato sauce
1 teaspoon cumin
Salt and pepper to taste
6 red bell peppers, tops cut off and seeded
3 avocados, chopped

- Preheat the oven to 350°F.
- Line a deep baking dish with foil.
- Mix the quinoa and 2 cups of water in a saucepan and bring to the boil.
- Cover, reduce the heat and simmer until the quinoa is cooked and the water is absorbed, which is about 15 minutes.
- In a large skillet, brown the ground beef over a medium heat, breaking it up with a wooden spoon. Drain the fat and place the beef in a bowl.
- In the same skillet, heat the oil and add the onion and garlic and sauté until they are fragrant and slightly translucent, which is 5-7 minutes.
- Add the jalapeno and the tomatoes and cook for about 2 minutes.
- Stir in the salsa, tomato sauce and cumin. Add the meat back to the skillet and simmer for about 10 minutes.
- Stir in the quinoa and season with salt and pepper.
- Fill the peppers with the quinoa-meat mixture and place in a prepared baking dish. Cover with foil and bake until the peppers are slightly tender which is about 18 minutes.
- Top each pepper with chopped avocado and serve with a side salad.
Becky Giganti  
Springfield, Illinois

I was in the kitchen last December, and I heard the TV in the other room. There was a lady on PBS talking about adult acne. I had been struggling with chin line acne for years; I immediately sat down and started to watch. It turns out it was JJ Virgin. The PBS telethon kept cutting away for commercials!! So, I got up off the couch and went to Barnes & Noble.

I had been on antibiotics for over a year. I kept asking myself, "What could be the underlying cause of this?" I knew hormones play a role, but there had to be another alternative, or at least more I could do for myself. These weren't working!! So, it began.

It was not about weight loss for me, although it became clear to me that I could be much healthier, within just seven days of beginning the program. I believe it was early December that I began the book, and by the seventh of January, I went from a size eight to a size six. My skin began to clear up, and I had a different skin tone-"glowy" someone called it (and that was dead of winter in Illinois).

I had worked out intermittently prior to beginning The Virgin Diet, but I hated it. It was hard, and I would stop. After changing my diet, my energy level increased, and I was able to make it further in the workout DVDs. I am in shape now...for the first time ever at age 45. My arms are toned, and my stomach is much flatter. It is a change I never thought I was capable of accomplishing.

The Virgin Diet made exercise not only tolerable but also enjoyable! I am still working at it. I occasionally slip up and start over, but that is okay. I feel great. I still get acne flare ups, but I know they correlate with my diet and my hormones! People ask me daily, "What have you done to lose so much weight?" I tell them about The Virgin Diet. I tell them that they have to be ready to make the commitment. I was ready, and it has been a life-changer for this girl.

How has it impacted the lives of your family and the people around you?
My husband looked at me one morning and said, "You look fantastic." People, this never happens...I don't think that even when we were dating did this escape his lips!! I didn't even know how to respond. I showed him the book.

I began cooking meals for my kids (15-years-old and 12-years-old) that were adapted to The Virgin Diet. They love the food. I find that although my husband doesn't staunchly follow the book, he has adapted his diet and incorporated many of the hi-Fi foods. He looks amazing, and I tell him, too.

I never hesitate to tell my friends and family members how this change has occurred. I love to cook now. I love the challenge of finding recipes and adapting them to The Virgin Diet. I have my mother-in-law and grandmother over every Sunday to try new recipes out on them. They love it!! Sometimes, the food is delicious the first time, and other times, I have to try again! That is what makes it fun!

Your Original Virgin Diet Recipe:  
Pistachio and Broccoli Pesto-Crusted Salmon
Pistachio and Broccoli Pesto-Crusted Salmon
Becky Giganti
Serves 4

2/3 cup broccoli florets
2/3 cup fresh basil leaves
1 tablespoon raw pine nuts
1 teaspoon garlic, minced
2 tablespoons extra virgin olive oil
1 pinch salt and pepper
4 3 ounces wild salmon fillets
3/4 cup pistachios, shelled and roughly chopped
4 cups baby spinach

- Preheat the oven to 375°F.
- Pulse the broccoli, basil, pine nuts, garlic in a food processor until well blended. With the motor running, drizzle in the olive oil and a bit of water until the consistency is a thick puree.
- Spread the pesto on the top of the salmon filets and sprinkle with the pistachios.
- Lightly salt and pepper the salmon fillets.
- Bake in the oven for 10-15 minutes or until opaque and flakes easily with fork.
- Place 1 cup baby spinach on each of the 4 plates. Top with a salmon fillet and serve.
Patti Graf
Evanston, Illinois

I was convinced that the way I'd been feeling was due to age and perimenopause symptoms. I'd been eating "right", exercising, and counting calories, yet I felt old, bloated, and tired.

I was perusing a weight management website when I came across an article about food intolerance. I was skeptical, but I thought, “I can do this for seven days...how hard can it be?” So, I bought the book, and I never looked back! I was AMAZED at how good I felt and looked, and at 48-years-old, I was thrilled to know that my body still worked, in terms of losing excess weight!

How has it impacted the lives of your family and the people around you?
My girlfriend was struggling with similar issues. She has since started the diet, lost 20 pounds, and feels awesome.

Your Original Virgin Diet Recipe:
Socca with Spinach Pesto and Grilled Chicken and Vegetables
Socca with Spinach Pesto and Grilled Chicken and Vegetables

Patti Graf
Serves 2

**Socca**
1 1/2 cups chickpea flour
1 1/2 cups water
2 tablespoons olive oil
1 teaspoon fresh thyme
1 small garlic clove, minced
Sea salt & fresh ground pepper to taste
Olive oil for greasing pan

- Whisk the flour with the water, stir in the olive oil, thyme, garlic, salt and pepper.
- Let the batter rest for at least an hour.

**Pesto**
2 cups fresh spinach
1/4 cup roasted pumpkin seeds
1 large clove of garlic, chopped
Juice of half a lemon
1/4 cup olive oil
Salt and pepper to taste

**Topping**
1 tablespoon coconut oil
2 boneless, skinless chicken breasts, cut into bite-size pieces
1 yellow squash, chopped
1 cup red bell pepper, chopped
1 cup crimini mushrooms, chopped
1 cup cooked asparagus, chopped
Fresh basil for garnish

- Make a pesto: Place the spinach, pumpkin seeds, garlic and lemon juice in a food processor and pulse until blended. With motor running, drizzle in the oil until the desired consistency is reached. Season with salt and pepper.
- Heat the oil in a large skillet over a medium-high heat. Add the chicken and sauté until cooked through, which is about 5-8 minutes.
- Add the vegetables and continue cooking until crisp-tender.
- Heat the broiler and cast iron skillet until hot. Add a coating of olive oil.
- Add half the batter, swirl in the pan to cover the bottom, place the pan 6 inches under the broiler and bake until the top gets browned in spots. Remove it and drizzle with a bit more oil and give it a sprinkle of sea salt. Continue with the other half of the batter.
- Top with some pesto, the chicken and vegetables and serve.
I first discovered The Virgin Diet when I saw JJ on The Rachael Ray Show. I was about eight months pregnant with my third child, and I was feeling extremely bloated and guilty over the 60 pounds I had gained (in addition to the 20 extra pounds I never lost after baby number two). Even though I knew I wouldn’t be able to "diet" during the last month of my pregnancy, I ordered the book. I had a "light bulb" moment while reading.

I've had trouble maintaining a "normal" weight and losing the extra pounds (when needed) ever since I was 12-years-old. I've always known that dairy was an issue for me, but attempts to give it up in the past have been unsuccessful. I've tried low-carbohydrate diets, vegan diets, Weight Watchers, a private nutritionist and fitness coach, etc., all with little or slow results.

My self-esteem has suffered tremendously since adolescence because of my weight, and because of my failure after failure to lose it (in spite of my extreme efforts). I've suffered through "brain fog", depression, lethargy, sleeplessness, social anxiety, and extreme moodiness. Not to mention gas, bloating, constipation, stomach cramps, and practically every symptom listed in the quiz in JJ's book! I was actually excited to eliminate the seven foods, six weeks after my baby was born, so I could start feeling better. The amazing thing is that I did feel better, almost immediately!

After the initial three to four days when the sugar cravings wore off, I felt so free. No more overwhelming cravings for carbohydrates, ice cream, and diet caffeinated soda in order to make it through the day. The protein shakes were delicious, and they helped me to not miss the sweet treats so much. Making sure I got enough fiber and fats in the form of chia and flax seeds, almonds, coconut oil, and avocados, kept me full. I lost 16 pounds during the three-week cleansing period with no calorie counting, charting, or group meetings. In the past, it would have taken me four months of extreme calorie restriction to lose that same amount. Wow!

How has it impacted the lives of your family and the people around you?
I'm still in the process of figuring out which foods affect me most (aside from the dairy). I have a long way to go to lose all this baby weight, but I'm excited to continue the journey by taking better care of my body. Friends and family members have noticed the weight loss and several, including my mother, are trying The Virgin Diet.

I'm learning to eat to live, instead of living to eat, and I can't wait to teach my children the same. I've stopped buying "convenience" snacks for the kids, and I am serving them fresh fruits, veggies, and nuts instead. We are sitting down for home cooked family meals instead of eating fast food several times a week. It feels great!

Your Original Virgin Diet Recipe:
Beef and Asparagus Stir Fry
Beef and Asparagus Stir Fry
Tanya Smith
Serves 2

1 tablespoon coconut oil
1 tablespoon sesame oil
1/2 pound grass-fed beef, cubed (could also use chicken or shrimp)
1 large onion, chopped
1 large red bell pepper, chopped
1 bunch asparagus, trimmed and chopped
2 cloves garlic, minced
1 tablespoon fresh ginger, grated
Juice of 1/2 lemon
Salt and pepper to taste
1 cup cooked brown rice

- Heat the oils in a large heavy skillet and brown the beef over a medium-high heat.
- Add the onions and peppers and stir fry for 1-2 minutes.
- Add the asparagus and stir fry for 1-2 minutes more.
- Add the garlic, ginger, lemon juice, salt and pepper to taste.
- Reduce the heat, cover and continue cooking until the beef is fully cooked and vegetables are fork tender.
- Serve over brown rice.
Side Dishes
Cathy Boucher
Lowell, Massachusetts

I started The Virgin Diet because a coworker had seen some information online and had started following it. I could see her glowing complexion and weight loss and thought I would give it a try. It was my New Year’s resolution to get fit, and I knew I needed to commit to a program, so I purchased the book. While I had my doubts that I could follow it (giving up cream in my coffee was the biggest challenge), I was intrigued by "looking younger" and “feeling better” (two of my biggest concerns).

Before beginning The Virgin Diet, I had no energy, joint pain, and constant congestion. I felt so much older, and I thought I looked older than my 53 years. After seven weeks, I had lost 20 pounds. The joint pain and congestion were gone, and I had so much more energy. I also found out that I was dairy intolerant.

My coworkers commented on how great I looked (that I was glowing, and that was just after the first week!). I continued with the program as I joined the "Biggest Loser Contest" in my school, and I won!

The Virgin Diet is so much more than a diet to me. It has become a way of life. On those occasions that I don't fully follow it, I really feel the difference in the symptoms that come back. Once I was in the routine, it became fairly easy to adapt to the changes. Because I feel so much better, I have plenty of incentive to continue with it. The increased energy level makes it easier to complete my twice-weekly fitness class and my weekly dance night of tap and hip-hop classes.

How has it impacted the lives of your family and the people around you?
I have become a walking advertisement for The Virgin Diet, especially in my school. As I began to shed the pounds and look younger (coworkers commented that I was "glowing"), people would ask what I was doing. When I responded that I was following The Virgin Diet, they would want to know what it was, so I would launch into my explanation of the basics and end with, "It's so much more than a diet. It's life-changing, because I feel so much better!"

Just the other day, one of my coworkers commented that I looked fabulous, was positively glowing and, not to take it the wrong way, but they "hated me". At home, there were huge changes. All of the processed food was gone. I was cooking more with fresh ingredients, adapting recipes to get rid of the seven foods, and finding substitutes for them. My family members enjoyed the changes and commented that they liked some of the substitutions better, like the brown rice pasta. I did not force my choices on them, but rather, incorporated all of my changes into cooking the main meal and added the things that they enjoyed (like bread).

Truthfully, I did not miss any of those seven foods. Perhaps the best outcome was when my 75-year-old mother, who lives with me, went to her doctor's appointment and found out that she had lost 10 pounds. When the doctor asked her what she did, she responded, "I don’t know. My daughter went on a diet, so now I am on one too!" Interestingly, is the fact that her weight loss result is just from eating the dinners we have had together over the course of several weeks.

Your Original Virgin Diet Recipe:
Provençal Bean Salad
Provençal Bean Salad
Cathy Boucher
Serves 4-6

1 15 ounce can red kidney beans, rinsed and drained
1 15 ounce can black beans, rinsed and drained
1 15 ounce can garbanzo beans, rinsed and drained
1 red onion, diced
1 small red pepper, chopped
1 celery rib, diced
1/4 cup fresh cilantro, chopped
3 tablespoons white balsamic vinegar
2 tablespoons Greek extra virgin olive oil
2 tablespoons lemon juice
1 tablespoon whole grain mustard
1 tablespoon Herbs de Provence
1 teaspoon sea salt
Cracked fresh pepper to taste

- Place the beans, onion, bell pepper, celery, and cilantro in a medium bowl.
- In a small bowl, whisk the vinegar, oil, lemon juice, salt, mustard, Herbs de Provence, salt and pepper. Pour the dressing over the bean mixture and toss well to coat.
- Cover and refrigerate for at least an hour before serving.
**Mary Ann Fricko**  
Clarion, Pennsylvania

I originally began The Virgin Diet to improve my health, but I also had weight to lose. I weighed over 220 pounds, as a result of eating mostly processed foods and few vegetables. (I hated to cook). One year ago, I began showing symptoms of some kind of rheumatoid arthritis. This included a fever and severe pain (to the point of staying in bed for one month). My physician put me on a toxic steroid medication called Prednisone. When I read about the terrible side effects of such medications, I was determined to get off of it.

In my reading, I discovered that eliminating sensitive foods often reduced or eliminated the arthritis. I discovered that The Virgin Diet was based on eliminating the most common food sensitivities, so I began eliminating these foods. Eventually, I had some testing done to discover my food sensitivities, and wouldn't you know that the seven foods listed in The Virgin Diet were all severely sensitive foods for me. There were also others, and I eliminated those as well.

I learned to cook more wholesome foods and increased my vegetable intake. I have reduced my medication from a very large amount, to what is now a very small amount, and I hope to reduce even further and eliminate it all. I feel much better, and everyone around me has commented on how good I look. I also lost over 40 pounds without trying, and I am still losing (without starving myself). I am convinced that eliminating food sensitivities has accomplished a miracle.

**How has it impacted the lives of your family and the people around you?**

It is amazing how much of an effect my diet change has had on others. My mother has also eliminated food sensitivities as a result of intestinal issues. She is feeling much better. I have also recommended The Virgin Diet to others who have inflammation and weight to lose, including my sister, who is overweight and pre-diabetic. I am convinced that it will also help others.

My attitude and outlook on life is significantly more positive. Before my arthritis, I was very depressed and anxious. When I first became ill, I thought that my life was over, and I considered ending it. In my search for healing, I have learned to be positive. I credit this with my education about diet and also learning meditation and yoga. My positive attitude has been infectious and has affected others around me. I now teach yoga classes and promote a positive attitude to others. Thank you for helping me to get my life back.

**Your Original Virgin Diet Recipe:**

Kale and Quinoa
Kale and Quinoa
Mary Ann Fricko
Serves 2 – 4

1 tablespoon coconut oil
1 small onion, chopped
1 cup quinoa, rinsed
1 clove garlic, chopped
2 cups kale, stemmed and torn into bite-size pieces
1 3/4 cups water
Himalayan or Celtic sea salt to taste
Optional: 1/2 cup toasted almonds, chopped

- Heat the oil on low heat in a medium saucepan.
- Cook the onions and garlic until the onions are translucent.
- Increase the heat to medium, add the quinoa and sauté for 5 minutes, until the quinoa has a nutty fragrance.
- Add the kale and water, while stirring to combine.
- Bring to the boil, reduce the heat, cover and simmer for 15 minutes.
- Remove from the heat and let it sit covered for another 10-15 minutes.
- Season with salt to taste and top with almonds, to serve if using.
Tanya Button  
Woodinville, Washington

I feel that JJ has shown me that losing weight is not about decreased portion size or self-control. I've learned, for the first time, that inflammation is caused by what I put in my mouth, and that the cravings I battle are caused by much more than sugar addiction. I am a work in progress. I'm not there yet.

When I did “the cleanse”, I had decreased pains and a decrease in a long list of symptoms that plague me daily. I didn't realize that the everyday complaints I lived with were related to my food choices. I've learned that it is not about adding medicine and painkillers. When I deliberately choose to avoid “The Seven Foods to Avoid”, I feel healthier and more vibrant than ever, but honestly, it's a process. It's a daily decision to choose what I put in my mouth.

JJ has changed my life! I look forward to sharing my success with weight loss in the months ahead.

How has it impacted the lives of your family and the people around you?
My children see the changes I am making, and they want to support me; however, they are challenged by the lack of desserts and sugar in the house. We are continuing to work together, getting them to accept my healthy changes.

Your Original Virgin Diet Recipe:  
"Not Your Mamma's Southern Collard Greens!"
“Not Your Mamma’s Southern Collard Greens”

Tanya Button
Serves 4

2 cups collard greens leaves, torn
1 cup red, yellow, and green Swiss chard leaves, torn
1 cup baby spinach leaves
1 cup kale, chopped
2 tablespoons olive oil
3 pieces thick-slice natural bacon, cut into 1/2 inch strips
1 onion, sliced
2 large garlic cloves, minced
Dash of kosher salt
Dash fresh ground pepper

- Dry all the greens with paper towel.
- Heat the oil in large, deep sauté pan and cook the bacon for 5-7 minutes.
- Add the onion and cook for 4-5 minutes or until slightly translucent.
- Add the garlic, while stirring constantly, for 1 minute.
- Add the greens all at once, cover and cook for 5 minutes. Remove the lid and stir again. Cover and continue cooking for 3-5 minutes, until lightly wilted, but still crunchy.
- NOTE: the greens cook down fast and cook down significantly in size, so stir frequently.
- Sprinkle a dash of kosher salt and fresh ground pepper and serve immediately while piping hot.
Kathie Forbes
Hudson, Florida

I had a sleepless night, one night about eight weeks ago, and I saw your information on one of my channels. Then, I really couldn't sleep. I decided to try The Virgin Diet, but I had a very hard time giving up all seven foods at once, so I decided just to give up dairy first. I dropped 5 pounds in three weeks just by doing that! I now stick to zero dairy, and I am almost sugar-free (not quite).

I just received your chocolate shakes, and I lost two more pounds this week. I only did one shake a day with two light meals. By the way, I love salads, and I do the salads in a Mason jar routine. No one else in my family eats as many salads, so I just make up three or four at a time. They will stay fresh in a Mason jar for up to four days! Just put the wet stuff (tomatoes, fruit, cucumbers, etc. on the bottom and lettuce, spinach, etc. on top!) Pull one out of fridge when you want an instant fresh salad, and just add your dressing! (Everyone knows how to make a salad, even me, the "non-cook".)

How has it impacted the lives of your family and the people around you?

I am only 5' tall, so seven pounds shows up pretty quickly (in terms of my looks). My family is small. I have one daughter, who is pregnant with her first baby at age 34, and a son who lives with me, along with his eight-year-old son (my only grandson so far!) So, we all are eating differently!

My grandson has been brought up on salads and fruit, so he eats very healthily for an eight-year-old! BUT, they've all noticed a difference in my "looks". I have even noticed a difference in my mind and with my baggy clothes. I've gone from a 3X in shorts to a 2X (a big step for me), and I sleep better.

I see my doctor every three months for routine blood tests. I don't have a thyroid, so my blood has been watched regularly. Last time I went, my blood test was the best she (my doctor) has seen in a while, (although I do need to work more on my triglycerides.) I think your shakes will help with that. I'll keep you informed on the next blood work results.

Your Original Virgin Diet Recipe:

"Easy Beansy"
Kathie Forbes

1 tablespoon olive oil
3 large cloves garlic, chopped
1 15 ounce can black beans or kidney beans, rinsed and drained
2 teaspoons red wine vinegar
Sea salt and pepper to taste
1 cup romaine lettuce, chopped

- Heat the oil in a saucepan over a medium heat and add the garlic. Cook for 1-2 minutes, while stirring occasionally.
- Add the beans, vinegar and salt and pepper and continue cooking for 4-5 minutes or until heated through.
- Serve over chopped romaine.
Linda McClellan  
Canoga Park, California

I am tired of being tired. I’m tired of weight that just keeps coming back more and more, and I’m tired of frequent itchiness. As I have aged (I’m postmenopausal now), health conditions that have their roots in inflammation and stress have crept into the picture. A decade ago, I lost a significant amount of weight with dietary changes and exercise, and I felt GREAT! Half of it has crept back on. So, today I am committing to The Virgin Diet.

How has it impacted the lives of your family and the people around you?  
I will let you know how my husband reacts (if he does).

Your Original Virgin Diet Recipe:

**Basic Lentils**  
Linda McClellan  
Serves 4-6

1 pound green or brown lentils  
1 onion, chopped  
4 carrots, thinly sliced  
3 cloves garlic, chopped  
1 teaspoon garam masala  
Black pepper to taste

- Rinse the lentils and place them in a saucepan with enough water to cover them by 2 inches. Bring to the boil, reduce the heat and simmer for 10 minutes.  
- Add the onion, carrots, garlic, garam masala and pepper to lentils and continue cooking for 10 more minutes or until the lentils are soft, while stirring occasionally so lentils don’t burn on bottom then serve.
Alejandra Barahona
San José, California

My sister and brother-in-law, who live in California, came to visit, and I was amazed at how wonderful they looked. I have always been generally fit, but I had those couple of extra pounds that are "impossible" to lose. When my sister shared The Virgin Diet, I really became interested. I decided immediately to just ditch gluten, and I ordered the book so I could find out more details regarding what it was about.

It was an eye-opening experience when I found out all of the health consequences that many of these hi-Fi foods have!! I had already been diagnosed with Hashimoto's disease, and I had sleeping problems, as well as occasional bloating problems (with my stomach). I immediately bought the ingredients I needed for the morning shakes, as well as the adequate food to start the three-week cycle! My husband decided to go on board with me, and now, it’s been around three months of a different style of eating.

How has it impacted the lives of your family and the people around you?
My older sister got one of our other sisters and me hooked on eating this satisfying and healthy way! Now, at least three of my friends are trying out the diet, and my husband has become (to my surprise) a very disciplined “Virgin-Man!” His best friend tells him he plays better on his soccer team now!!

Your Original Virgin Diet Recipe:

Brown Rice & Red Quinoa
Alejandra Barahona
Serves 4-6

1 tablespoon ghee (or palm oil)
2 garlic cloves, minced
2 cups brown rice, soaked for 30-45 minutes
1 cup red quinoa
Salt to taste
1 15 ounce can of peas
1/2 cup cilantro, chopped

- Melt the ghee in rice cooker and sauté the garlic.
- Drain the water from the rice and pour the rice into the rice cooker.
- Add the quinoa, salt, peas and 6 1/2 cups of water.
- Set the rice cooker to cook rice, and when it is done, let it stand for 10 minutes.
- Add the cilantro and fluff the rice with a fork to combine the ingredients together and serve.
Dawn Ward
Knoxville, Tennessee

In 2009, my doctor finally figured out what had been causing my weight gain. I have Hashimoto’s thyroiditis. I immediately set out to battle the extra pounds through exercise and nutrition, but I could not lose more than two or three pounds over the next (what was to ultimately be) four years! At first, I tried working with a nutritionist, but the cost was really more than I could afford. I also thought I should be working with a specialist (an endocrinologist), but he did not agree to running certain tests that I wanted to give to the nutrition specialist. So, my weight continued to go up.

I read a book, which stated that with hypothyroidism, the body cannot burn fat or build muscle. So, what was the point in me working out? I didn’t quit, though. I tried many diets, which yielded no results for me, and I began to accept the fact that I’d probably be 20 pounds overweight for the rest of my life. I also convinced myself that I should be happy that I wasn't MORE overweight!

Thankfully, The Virgin Diet really works. After reading the book, I thought, “If this isn't the answer, then there isn't anything left for me to try.” I eliminated the top seven hi-Fi foods, and I was amazed to see that I was actually losing one pound per day! I didn't find it too difficult to follow the elimination phase of the program, nor did I feel like I was always hungry, and for the first two weeks, I didn't even work out!

In addition to thyroid disease, I also have sleep apnea, which is a double-whammy when it comes to feeling like my energy is absolutely zapped!!! During Cycle 1, my energy level increased, my brain fog decreased, and my overall drive for life has returned. I am so pleased that I don't even want to re-introduce the seven hi-Fi foods back into my diet. I just completed week one of reintroduction, and I am now currently beginning week two, and I will begin testing the gluten.

How has it impacted the lives of your family and the people around you?
A few people I work with noticed that I had cut out the sugar. I even attended an employee “Ice Cream Social”, and I had only a glass of water. Some thought it was my STRONG willpower.

They noticed that I've lost weight, and they've asked me about the cravings, which I happily tell them go away in only three days. I'm able to exercise more frequently, and with more fervor, since I know it's no longer a waste of my time (remember, the book I read says you can't burn fat or build muscle). I don't spend all my time sitting on the couch with the remote anymore. My husband and my two doggies appreciate that!

Your Original Virgin Diet Recipe:
Mexican Quinoa
**Mexican Quinoa**

Dawn Ward  
Serves 2-4

- 2 cups vegetable broth  
- 1 cup quinoa  
- 1 tablespoon coconut oil  
- 1 small onion, chopped  
- 1 cup mushrooms, sliced  
- 1 14 ounce can tomatoes (with green peppers and garlic), diced  
- 2 chipotle peppers in adobo sauce, chopped (reserve the rest of the can for another use)

- Bring the vegetable broth and quinoa to the boil. Cover, reduce the heat and simmer for 15 minutes or until the liquid is absorbed.  
- Meanwhile heat the oil in large skillet and add the onions and mushrooms. Sauté until the onions are translucent and the mushrooms are browned, which is about 5-8 minutes.  
- Add the tomatoes and chipotle peppers and cook for an additional 2 minutes.  
- Remove from the heat and stir in the quinoa and serve.  
- Note: makes a terrific side dish or it can served as a main meal by adding shrimp or chicken.
Gerry Farris  
Concord, North Carolina

The Virgin Diet impacted my life because I never realized I had food allergies or sensitivities before starting it. I exercised up to 15 hours per week, but I never saw serious results. I felt fatigued all the time and unfocused. Once I eliminated corn, sugar, and gluten, things changed for the better. I had more energy, more mental acuity, less chronic pain, and I saw an overall improvement in my mood.

Continued elimination only accentuated my results and feelings of vitality. Of course, it was tough in the beginning, and it required preparation for both grocery shopping and meals. Once I got used to it, it became almost second nature. The time spent on the front of meal planning was well worth the results that I achieved. I lost weight, improved my muscle-to-fat ratio, and gained body definition.

How has it impacted the lives of your family and the people around you?
People now see what it takes to be truly healthy and to get the results they want. It took a while for my family to buy into the program (I have two teenagers at home), but once everyone saw results, we started making it a way of life.

Your Original Virgin Diet Recipe:

**Zucchini Sauté**
Gerry Farris  
Serves 2

- 2 tablespoons olive oil, divided  
- 2 zucchinis, sliced into quarters and then quartered again  
- 2 onions, medium dice  
- 2 cloves garlic, minced  
- 2 tomatoes, diced  
- 1/2 teaspoon thyme  
- Black pepper to taste

1. Heat the oil in a skillet over a medium-heat and sauté the zucchinis until just soft. Remove from the pan.  
2. Add the remaining tablespoon oil and sauté the onions and garlic until translucent.  
3. Add the tomatoes and cook for 3 minutes.  
4. Add the thyme and pepper and return the zucchinis to the pan. Cook for additional 1-2 minutes and then serve.
Michelle Vendelin  
Los Altos, California

It’s called a “diet”, but I haven't felt like I've been dieting. For me, it’s been just a new way of “being”, without all the struggles of on and off dieting. Before ever identifying my corn and soy challenges, I joined forces with my next-door neighbor, and we started out as accountability partners, but later became cherished friends (bonus). We would meet each day to study JJ’s CDs, DVDs and the books in The Virgin Diet Challenge kit. We studied “Virgin Shake-Making”, exercised together, and learned how to stock our pantries and refrigerators in a whole new way.

I’ve lost about 19 pounds, and my neighbor is down even more. It’s hard to express how grateful I am to see my scale, stamina, and energy stay more predictable, without large swings. The weight has come off with very little effort or will power. It was also very important to me to become a high performance coach with integrity (meaning that I didn’t feel comfortable coaching others without having my own physiology performing at a higher level).

The Virgin Diet principles have really helped me raise my game, personally, and I believe it will help me serve my High Performance Coaching clients as well. What a gift. Thank you, JJ, for sharing your passion and expertise.

How has it impacted the lives of your family and the people around you?
My husband is very happy with the changes, which has led to a lot more intimacy for us, since I’m more comfortable with my body, and I have more stamina and energy. That’s a priceless gift for any marriage. My coaching clients will be benefiting as I make them aware of JJ’s program and identify myself as proof of its effectiveness.

Your Original Virgin Diet Recipe:

Greens So Good
Michelle Vendelin  
Serves 5-6

2 tablespoons coconut oil  
1/2 red onion, chopped  
1 tablespoon garlic (about 4 cloves), chopped  
2 cups red chard leaves, chopped  
2 cups kale leaves, chopped and massage it for about 2-3 minutes to soften  
2 cups baby spinach  
1/8 teaspoon cardamom  
1/8 teaspoon coriander  
Salt and pepper to taste  
2 teaspoons natural rice vinegar

- In a sauté pan over a medium heat, warm the oil and sauté the onion and garlic for about 3 minutes.  
- Add chard and kale and sauté for 1 minute. Cover the vegetables and steam for 2 minutes.  
- Add the baby spinach and seasonings and sauté for 1 minute, cover and steam for 3 minutes.  
- Add the vinegar and sauté 1 minute.  
- Remove from the heat and serve crisp and hot.
Eric Moore  
Minneapolis, Minnesota

Prior to reading the book and starting JJ's diet, I was already gluten-free and dairy-free, which helped me immensely; however, I felt stuck and in a holding pattern. I felt I had better energy overall, but I felt there was still some missing pieces to the puzzle of optimum health.

After reading JJ's book, I was convinced that I had to make even more changes. I felt I had made a lot of sacrifices by taking gluten and dairy out of my diet, and I was hesitant to take away more food that I felt was good for me. I took JJ's word for it, and she was right.

I had no idea that I was intolerant to eggs and nuts. I also realized how much sugar I was consuming in the form of raw honey and maple syrup. This was the answer to the moderate inflammation, which was lingering in my body and inhibiting me from really seeing a difference.

I am a new person. I no longer have high cholesterol, high blood pressure, heart palpitations, dandruff and skin rashes, joint pain, gassing and bloating after meals, or depression and anxiety. I am so thankful to JJ, and to God, for the wisdom and understanding of my relationship with food. So many people are held in bondage to food that is toxic to them.

How has it impacted the lives of your family and the people around you?  
My family members and friends have been so proud of me, and I have received multiple comments from Facebook friends, wondering, “What is your secret?” I live in Minnesota, and this past winter was LOOONG. Most of us who live here, don’t see our neighbors until the snow melts. When I was walking down the end of the driveway, my neighbor didn’t even recognize me. This diet has changed my life, and it has helped me to help so many more people suffering from chronic fatigue, joint pains, headaches, yeast overgrowth, and subclinical depression and anxiety.

Your Original Virgin Diet Recipe:  
Zucchini Noodles
Zucchini Noodles
Eric Moore
Serves 1

Sauce
2 tablespoons raw, unsalted almond butter
1 1/2 tablespoons lime juice
1 teaspoon sea salt
1/2 teaspoon garlic, minced
1/2 teaspoon fresh ginger, minced
1/8 teaspoon red pepper flakes
1-2 tablespoons water
2-3 drop liquid stevia, or to taste

Noodles
1 organic zucchini, cut into thin ribbons
1/2 cup cucumber, diced
1/4 cup carrot, chopped
2-4 tablespoons fresh cilantro, chopped
Optional toppings: sunflower seeds/pumpkin seeds

- Place the almond butter, lime juice, salt, garlic, ginger and red pepper flakes in a blender and process until smooth. With the motor running, add water slowly to reach the desired consistency, adding more or less as necessary. Set it aside.
- Season with stevia to taste.
- For the zucchini noodles: sprinkle the zucchini ribbons with salt and leave them in a colander for 10 minutes.
- Place the zucchini in a clean cloth and squeeze out all the excess water.
- Toss the noodles with the cucumber, carrot and cilantro.
- Drizzle with the sauce and top with seeds and serve.
Vicki Barbre  
Woodstock, Georgia

I saw JJ on PBS, and her presentation sounded interesting. I purchased her book and began reading it. I have tried losing weight. I would lose a little but gain it right back. Then, I would lose my motivation. I decided to try the diet because I have joint pain. I would wake up still tired, and I had little energy and motivation.

I am in my third week of the seven "illegal" foods. I have lost my craving for sweets. I can walk through the pastry sale section at the grocery store and not have a craving for the items. I can walk right past the "specials" now. I read labels more than I ever have, and I don’t get hungry between meals. I just started The Virgin Diet Shakes. They are very filling, and I enjoy experimenting with different ingredients. Eating out is challenging. Drinking water with lemon helps me consume more water.

How has it impacted the lives of your family and the people around you?  
Friends and family members have been supportive, and they have many questions. It has helped that I started the diet during the summer, because I am a teacher. When school is in session, there are always temptations around.

Your Original Virgin Diet Recipe:

Squash Medley  
Vicki Barbre  
Serves 2

1 tablespoon olive oil  
1 yellow summer squash, sliced into 1/4 inch pieces  
1 zucchini, sliced into 1/4 inch pieces  
1/2 a medium onion, thinly sliced  
6 grape tomatoes, halved  
Sea salt and pepper to taste

- Heat the oil in a skillet over a low heat. Add the squash and zucchini and cook for a few minutes until it begins to brown and soften.  
- Add the onions and continue cooking until the onions soften, which is about 3-5 minutes.  
- When the vegetables are cooked to your preference, add the tomatoes and cook for one more minute.  
- Remove from the heat and season with the salt and pepper and serve.
Soups
Alyson Slutzky  
Maplewood, New Jersey

I had increased blood sugar levels for several years, and I had digestive issues for many years (smelly gas and constipation). I've lost about 17 pounds, and my digestion has improved tremendously. I'm more regular, and I've eliminated gas. I'm now eager to have my blood work done at my next yearly physical to see if my blood sugar has decreased. My internist had been wondering (out loud) at past checkups why my blood sugar was increasing.

I feel better about my body, and I've had a great time buying new clothes. I'm no longer self-conscious about the way I look. I've always been an avid exerciser, so I've just continued my exercise routine by starting the program and continuing on maintenance. I've started incorporating burst exercise into my existing routine, and I'm re-starting to do strength training again. I had quit several years ago because I was overwhelmed with increased work hours and neck pain. I now work part time, and I have decreased neck pain, so I'm starting back up with strength training.

I personally think that I gain weight due to gluten, and that gluten was increasing my blood sugar level. After reading *The Virgin Diet*, I was super motivated. I'm ENJOYING eating nourishing food.

How has it impacted the lives of your family and the people around you?

My husband loves seeing me looking prettier and sexier, and seeing me happier with myself. He is enjoying the delicious and healthy dinners that I now cook for the two of us. He is slim (from being an avid bicycle rider), and he eats what he wants for breakfast and lunch, but I'm in charge of dinner, and he has totally loved all the food I've made since going on The Virgin Diet.

Our kids are in their twenties, so we are empty nesters. I wish I had gone on this program while raising our kids, so I could have cooked more healthy foods for them. I'm now a "remote" influence in their nutritional decisions, but I am a positive role model now for having lost weight, and because I enjoy providing my body with nutritional foods that keep my body happy and healthy.

Your Original Virgin Diet Recipe:

Gazpacho  
Alyson Slutzky  
Serves 2

1 garlic clove, minced  
1/4 medium onion, cut into 1 inch pieces  
1 medium cucumber, halved, seeded and cut into 1 inch pieces  
2 plum tomatoes, cut into 1 inch pieces  
3 cups tomato juice  
1/4 cup white wine vinegar  
1 teaspoon salt  
1/4 teaspoon black pepper, coarse ground

- Place the vegetables in the order listed into a food processor bowl and pulse until they are coarsely chopped.
- Place the chopped vegetables in a large bowl.
- Add the tomato juice, vinegar, salt and pepper, then mix well.
- Cover, and refrigerate for at least 30 minutes before serving.
Julie Trudeau
Coeur D'alene, Idaho

Our family (my husband, two teenage daughters, disabled brother and I) are just beginning our third week on The Virgin Diet. We have all had significant weight loss. My husband has lost 15 pounds, my daughters have lost nine pounds and two pounds, and I have lost 10 pounds. (Can't weigh my brother.)

For me, the best part is how much better I look and feel already! I am almost 43-years-old, but I felt 63-years-old. I was foggy-brained and tired. I dreaded climbing the stairs because I was so tired and weak. I already have more energy and clarity of mind. My joints hurt, and I thought I probably had arthritis, but the pain is gone! Even my skin is already looking younger because the fine lines look less noticeable. I am looking forward to the rest of my life. I know the rest of the weight will drop off, and I will feel better and be more confident.

How has it impacted the lives of your family and the people around you?
I was surprised when the entire family decided to join me on this journey. They all are noticing the benefits that I am.

Your Original Virgin Diet Recipe:

Julie's Mexican Chicken Quinoa Soup
Julie Trudeau
Serves 2

2 4-6 ounce chicken breasts, cooked according to TVD Basic Chicken Prep
2-3 cups organic chicken broth
1 red onion, diced
2 celery stalks, chopped
1 teaspoon each: rosemary, thyme, oregano, cumin, turmeric, freshly ground pepper, sea salt
2-3 bay leaves
Quinoa noodles
1 avocado, chopped
2 teaspoons cilantro leaves, chopped
Homemade or organic salsa

- Bring the chicken breasts, broth, onions, celery, herbs and spices (but not the cilantro) to the boil in a large saucepan.
- Reduce the heat and simmer until the vegetables are al denté, which is about 20 minutes.
- Meanwhile cook the quinoa pasta according to the package.
- Drain and rinse.
- Add the cooked pasta to the soup.
- Divide the avocado between the two soup bowls and sprinkle with cilantro.
- Ladle the soup into bowls and top with the salsa.
Brooke Grant  
Draper, Utah  

Raging migraines, punishing join aches, skin tender to the touch, mood swings, and a range of digestive problems a mile long, were my reality since my late teens. After myriads of doctor visits, blood tests, and research, I finally found the solution to all of the health problems I had been desperately trying to solve-The Virgin Diet (TVD). I had developed trust in JJ’s no-nonsense, yet understanding, attitude as I watched her share nutritional guidance with people on Freaky Eaters. I felt hopeful that her knowledge could help me with my issues as well.

I started TVD challenge. Immediately, my endless aches and pains were eliminated. Soon, I had high energy and a sense of health and wellbeing that I had been missing for too long. Two months into TVD, I looked and felt better than I, or any of my family members and friends, could remember.

During this same time, I went skiing on a very snowy day. With powder above my shins, my skis crossed under the snow, and unfortunately, I tore my ACL. I slowly let the stress and limitations of this injury derail me from TVD. All the problems came back, and I knew I needed to recommit to help myself heal. On day one of my recovery after ACL reconstructive surgery, my husband began cooking me many of the delicious recipes I created while following TVD. I have experimented with the 100 plus page recipe collection I had previously written, and I modified all I could to fit within the parameters of TVD. The rest, I simply decided to retire.

The truth is, my family members and I actually enjoy my recipes better now that they are free of the seven hi-FI foods. My meals are more varied and interesting than they have ever been. Like JJ Virgin, I want to share my successes with others, starting with my Marvelous Minestrone.

How has it impacted the lives of your family and the people around you?  
From the time I began TVD, my family members and friends have taken several steps to rededicate themselves to healthier ways of eating. My mother gave up gluten, and she has seen a dramatic reduction in the severity (and number) of headaches that she normally had. My husband, a type 1 diabetic, has eaten all “TVD-Approved” meals I have prepared, and he has experienced more stable blood-sugar levels. My coworker strengthened her resolve to give up gluten and diary. While I’m still recruiting my family and friends to join TVD wholeheartedly, I have seen many healthy lateral shifts, and I am looking forward to seeing more.

Your Original Virgin Diet Recipe:  
Marvelous Minestrone
Marvelous Minestrone
Brooke Grant
Serves 4

3 tablespoons olive oil
3 zucchini, sliced in rounds
1 onion, diced
4 stalks celery, chopped
1/2 teaspoon garlic, minced
3 cans chicken broth
2 14 ounce cans tomatoes, diced
1/2 teaspoon dried basil
2 bay leaves
1/8 teaspoon pepper
2 cups chopped carrot
1 cup white beans, drained
1 cup kidney beans, drained
1 cup cooked brown rice

- Heat the oil in a large skillet over a medium heat and sauté the zucchini, onion, celery, and garlic until the onions are translucent, which is about 10 minutes.
- Add the broth, diced tomatoes, basil, bay leaves, and pepper.
- Boil chopped carrots in a separate pan until they are tender and the water has boiled down.
- Add the carrots, beans and rice to the soup and simmer for 20 minutes.
- Serve immediately.
Rebecca Limback
Warrensburg, Missouri

We don’t have any health symptoms; we just wanted a healthy change of diet and weight loss. Diabetes runs in both of our families, and we want to avoid it if possible. We would rather eat good food than take pills. My husband and I are both doing this. (Summer is good because we have great, fresh veggies in the garden.) We haven’t had any problems with any of the foods we’ve tested.

How has it impacted the lives of your family and the people around you?
It’s challenging to plan special dinners for family members who are not on this diet, especially our grandchildren.

Your Original Virgin Diet Recipe:

Cream of Asparagus Soup
Rebecca Limback
Serves 4

1 1/2 pounds fresh asparagus
3 cups organic chicken broth, divided
1-2 bay leaves
Sea salt and black pepper to taste
1/3 cup brown rice flour
2 tablespoons coconut butter
1/3 cup almond or coconut milk
Fresh parsley or chives for garnish

- Snap off the bottom third of each stalk and cut bottoms into 1 inch pieces. Set them aside.
- Cut the remaining stalks into 1 inch pieces and set aside in a separate bowl.
- Place the bottoms in a 2-cup or larger microwavable dish with 1/2 cup of chicken broth. Cover with vented plastic wrap and microwave on high for 4-5 minutes.
- Transfer to a blender or food processor and puree. Set it aside.
- Place the remaining asparagus stalk pieces in microwavable dish with the remaining 2 1/2 cups of broth and the bay leaf. Cover with vented plastic wrap and microwave on high for 8 minutes.
- Remove the bay leaf.
- Place the mixture in a 2-3 quart sauce pan. Mix the brown rice flour with a little of the hot broth until you have a thin paste. Stir in a saucepan.
- Add the asparagus puree and coconut butter. Cook over a medium heat until bubbly.
- Add the almond or coconut milk and blend into a soup.
- Simmer for 5 minutes and add sea salt and pepper to taste.
- Top with minced parsley or chives and serve.
Cynthia Knight
Kernersville, North Carolina

My husband and I heard JJ on PBS, and we both said, “That sounds like us!” Not only are we overweight, we both felt sluggish, and we both felt like there was a “fog” in our brains! So, we decided to try the diet! We thought, “What have we got to lose?”

I ordered JJ’s book, and the work began. It was difficult to make all of the changes at once, but that’s what you need to do. I went through my cupboards, got rid of a lot of food, and went shopping at Whole Foods with JJ’s list! In the first week, the hardest thing for me was the dairy. I didn’t realize how much I “needed” that one-quarter cup of milk in my coffee and that creamy Greek yogurt, but after the first week, the fog in my brain was gone!

Having my husband "on board“ with me was a big plus! He has really enjoyed all of the new recipes that I have made, and since he likes vegetables also, it was a lot easier to eat differently.

In the past six months, I have lost 18 pounds, and my husband has lost 26 pounds. He has been able to exercise more (since I have been dealing with a pinched nerve in my neck), but we both have experienced a boost in energy, and I have seen the results of greatly reduced inflammation in my joints. We both need to have our wedding bands re-sized!! Even if I never lose another pound, I will continue to eat according to JJ’s book, just because I feel so much better.

How has it impacted the lives of your family and the people around you?
My husband has lost 26 pounds, and he is still losing! I have four grown children, and we are all more aware of the food we eat and how it affects our bodies and emotions. I am influencing my daughter and helping her feed my grandson wholesome, good-for-you food, instead of starting him out on chemicals, GMO foods, sugar, and unhealthy fats!

I watch my 12-month-old grandson three days a week, and I give him only healthy foods. Before The Virgin Diet, I did not realize how important it was not to eat GMO foods, non-organic, gluten, sugar, etc. Hopefully he will not experience the health and diet-related problems that we all do while growing older.

Your Original Virgin Diet Recipe:
Tarragon Soup
Tarragon Soup
Cynthia Knight
Serves 4-6
1 pound grass-fed beef, ground or 1 pound free-range chicken, ground
2 1/2-3 cups onions, chopped
7-8 celery stalks, chopped
2 small cloves garlic, crushed
2 quarts organic chicken broth or vegetable broth
3 cups water
3 15 ounce cans great Northern beans, rinsed and drained
2 14.5 ounce cans organic tomatoes, chopped
2 tablespoons fresh tarragon
2 tablespoons fresh basil
1 1/2 teaspoons fresh oregano
Salt and pepper to taste

- Brown the ground beef in a large soup pot, mashing it with a wooden spoon so that you don't have any large chunks of meat
- Add the onion, celery and garlic. Stir and cook for 3-5 minutes.
- Add the broth and water. Bring to the boil, reduce the heat to medium and cook for 1 hour.
- Add the beans, tomatoes, tarragon, basil and oregano. Stir to combine, reduce the heat and simmer for at least another hour, while stirring occasionally.
- Season to taste with salt and pepper and serve.
**Suzanne Phillips**  
Brookfield, Wisconsin

I have been a diabetic for 12 years. I thought I was eating well until I listened to the PBS special. I relied on exercise to control my sugar levels, but more and more that was getting difficult. I did not read labels, and I did not understand how the foods that I thought were okay were negatively impacting my sugar levels.

Overnight, my blood levels spiked, and I suffered from early morning highs. Still, my blood work looked pretty good, and my A1c's were in the low sixes. After listening to the show, I decided to do the diet because I could hear JJ Virgin say, "You can do anything for three weeks." I went out the next day, got the book, and started immediately. Watching for hidden sugars, especially, my blood sugar levels became much lower, until they were even normal in the morning. Knowing how sugar, and other foods like white rice and starch, were affecting me, made it easy to give them up, and the alternatives she suggested were wonderful. When eating in restaurants, I now know how to make good choices.

Since March, I have lost 17 pounds, and I can wear clothes I could not wear for the past few years. I now have the tools that I need, as well as the control that I need, in order to eat, feel satisfied, and never feel deprived. Thank you so much!

**How has it impacted the lives of your family and the people around you?**

I have tried to educate the people around me by sharing what I have learned from *The Virgin Diet* book and cookbook. I know what treats I can enjoy for myself, and I am now better able to choose healthy snacks for my four little grandsons.

I have shared my experience with friends by sharing that even some apparently healthy foods have hidden dangers. During the food challenges, I discovered (much to my surprise) that I cannot have much dairy and that I can have a limited number of eggs. I look for hidden items in labels, avoid processed foods, and cook fresh, so that I know what I am eating and serving those around me.

While I have lost weight and look better, the more important thing to me is that I know I am taking better care of my body. Eating healthy is not a fad diet. It is a lifestyle change. This program is so well organized and easy to follow that anyone can do it and should do it. By cheating on this program you are only cheating yourself.

I loved cream soups, but I could not do dairy (and eventually found I should not do dairy). I'm sharing my recipe for creamed cauliflower soup, and it is easy and delicious.

**Your Original Virgin Diet Recipe:**

Cream of Cauliflower Soup
Cream of Cauliflower Soup
Suzanne Phillips
Serves 4

1 head cauliflower, separated into florets
1 tablespoon olive oil
Organic chicken broth
2 cups mixed vegetables, onion, celery, green pepper, carrot, chopped
1 15 ounce can cannellini beans, rinsed and drained
1 teaspoon cumin, curry powder or chili powder
Sea salt and pepper to taste

- Preheat the oven to 375°F.
- Place the cauliflower on a baking sheet, drizzle with the oil and roast until lightly browned, which is about 40 minutes.
- Meanwhile bring enough of the broth to the boil in a saucepan fitted with a steamer basket, cover and steam vegetables, for about 15-20 minutes. Drain the vegetables, reserving the broth.
- Place the beans, the reserved chicken broth and half the cauliflower in a blender and puree to the desired consistency, adding more chicken broth if needed.
- Return the mixture to the saucepan and add the vegetables and remaining half of the cauliflower. Simmer for 15 minutes.
- Add the seasoning of your choice such as curry, or cumin and chili powder, and season to taste with salt and pepper and serve.
- Note: This is a versatile recipe that can be used with other vegetables as well such as broccoli, spinach and asparagus.
Jennifer Chaundy  
Lusby, Maryland

I have been using The Virgin Diet as a guideline for the last 10 weeks. It probably took four weeks to really get the hang of it and be comfortable with applying it to various situations. I had followed a “moderation” method prior to this, and I got to a standstill, no matter what I tried. I’d always maintained that “moderation is key”, until I read JJ’s book!

I can definitely attest that removing certain foods has leveled out my digestive system. I have struggled with this all of my life, and this is the first time that everything seems to work smoothly. It is truly amazing that this has been going on for a lifetime, and no one ever said to eliminate anything from my diet. I’ve done several diets, and multiple tests had been ordered for various symptoms, yet nothing concrete ever seemed to make sense to me.

I’ve yet to absolutely determine which specific foods I seem to be more intolerant to. I do know that when they are all are kept out of my diet, I feel great! I have more energy and fewer cravings. I have identified that the worst culprit is sugar. It seems to still haunt me, but with determination, I should get a handle on that too.

I have been on thyroid medicine for 10 years, and ideally, I would love to prove that I could go without and maintain healthy thyroid levels. That will take some work with my physician, but it a definite goal. I’ve always been active, but I intentionally held back on an exercise regimen. I am very close to within ten pounds of my goal, and I plan to add that in for the extra kick needed for the hardest 10 pounds.

I was skeptical, prior to reading the book. I must admit that JJ writes in such a way that it was like having a conversation with her; it was as if she were talking to just me! I could identify with so many scenarios. It was written very much in layman’s terms. I found it an easy read, yet it was filled with lots of common sense, and it was informative at the same time.

As a single mother of two teenage boys, I still find it difficult to get in the proper meal times while planning around their schedules. We continue to work on it. The results certainly help to keep me motivated and plan ahead. The Virgin Shakes have solved the morning dilemma, but with demanding schedules, we are preparing more meals on the weekends to get us through the week. You have to love what you do, and I love how this diet makes me feel. I think that will be the best case for making this a lifelong change!

How has it impacted the lives of your family and the people around you?

Ha. My interesting approach is that I’ve tried to not make a big deal out of it and simply make meals that we will all eat (without them knowing what I’m trying to achieve). I will admit that I talk more now about the potential dangers of processed foods and other intolerances with them. I definitely have more energy due to a better diet, and it’s easier to get going in the mornings. I used to struggle to talk myself out of bed in the morning, and now I’m up and waiting on my kids. That’s been the best side effect! My coworkers are always bringing in cookies and baked goods to “get us through” our stressful days. I’ve finally learned to overlook them, and I only rarely give in to the temptation. They’ve also noticed and seem to be very mindful of the change.

Your Original Virgin Diet Recipe:
15 Bean Soup
15 Bean Soup
Jennifer Chaundy
Serves 8

3 tablespoon olive oil, divided
1 1/2 medium onions, chopped, divided
4 cloves garlic
1 tablespoon ginger, chopped
2 full chicken breasts – skinned and halved
Sea salt and pepper
6-8 cups chicken broth, divided
1 cup celery, chopped
1 carrot, shredded
1/2 each green and red bell pepper, seeded and chopped
1 1pound bag 15 Bean Soup beans, soaked overnight in 2 quarts of water
2 tablespoons Italian seasonings
1/4 cup hot sauce
2 tablespoons fresh lemon juice
1 teaspoon sea salt
1/2 teaspoon pepper

- Sauté the chopped 1/2 an onion, garlic and ginger in 1 tablespoon of oil in the bottom of the pressure cooker.
- Season the chicken with salt and pepper.
- Remove the onion mixture from the pressure cooker and add the chicken to brown on all sides.
- Add 2 cups of chicken broth and 2 cups of water.
- Return the onion mixture to the pressure cooker, cover and bring up to pressure and cook for 10 minutes. Remove from the heat and let the pressure come back down.
- Empty the contents into a large bowl, reserving any liquid separately, and set aside to cool.
- When the chicken is cool enough to handle, shred the chicken
- Heat the remaining 2 tablespoons of oil in the pressure cooker, and sauté the remaining onion, celery, carrot, and peppers until they are tender.
- Add the chicken, beans, Italian seasoning, and reserved cooking liquid.
- Add enough of the remaining stock and/or water to equal 2 quarts (8 cups).
- Bring to the boil, lower the heat and simmer for 10 minutes.
- Cover the pressure cooker, lock the lid and bring to full pressure.
- Reduce the heat to maintain a steady hiss, and pressure cook for 30 minutes.
- Remove from the heat and allow the pressure to release naturally.
- Season with the hot sauce, lemon juice, salt and pepper to taste and serve.
Salads
Linda Cohen
Miller Place, New York

I am so happy that I found The Virgin Diet. My daughter-in-law told me about it, and I just had to try it. I have always been fit and exercised regularly. I am a runner and a healthy eater, but since becoming menopausal (and 49-years-old), I started to put on weight in my midsection. I had never had a belly weight problem, and I didn’t want to believe that this is it for me. I didn’t want to give into the mindset: this is just the way it is going to be from now on.

I have only been on the plan for one week, and I already notice that my belly is so much less bloated. I feel less crazed about the foods I am going to eat. Having a shake for breakfast and lunch takes all the stress out of what I’m going to eat, and I know I am getting plenty of nutrients and protein with each shake.

I have been paying close attention to my dinner meal, and I’m really enjoying my food. I lost eight pounds in the first week, and I am just excited to see how well I keep doing with this new way of life. I am really happy that I found this program. It is everything that I need right now in my life. I feel so much better about my food choices and myself! I feel in control again!!

How has it impacted the lives of your family and the people around you?
My sister is the first one to notice that I look healthier and less bloated!! She saw me on day seven, and she said something immediately. I hadn’t told her that I was doing anything new. I wanted to see if she would notice.

Also, my husband thinks it’s great that I feel happy, which makes him happy. He even tried my shake, and he thought it tasted great. He said he might try this program. He is a skeptic, but I think he is noticing that the foods I am making are just as delicious, but much better for you.

Your Original Virgin Diet Recipe:
Arugula Quinoa Salad
Arugula-Quinoa Salad
Linda Cohen
Serves 4

1 15 ounce can chickpeas, rinsed and drained
1 14 ounce can artichoke hearts in water, drained and chopped
1 red onion, chopped
1 red bell pepper, chopped
Juice of 1 lemon
2 tablespoons olive oil
2 teaspoons Italian seasoning
Salt and pepper to taste
6 cups arugula
1 cup cooked quinoa
8 grilled asparagus spears, cut into 1 inch pieces
1/2 an avocado

- Place the chickpeas, artichoke hearts, red onion, bell pepper, lemon juice, and olive oil in a large bowl and mix to combine.
- Add the Italian seasoning, salt and pepper to taste, while stirring to blend all the ingredients.
- Add the arugula, quinoa and asparagus and mix well.
- Top with sliced avocado and serve.
Beth Anthon
Conneaut Lake, Pennsylvania

Since starting The Virgin Diet, I have tons more energy. I am diabetic, and in my first week, I cut my insulin in half. I actually sleep seven to nine hours. My husband can't believe I am actually exercising on a regular basis. I have lost 12 pounds so far, and I have a lot more to go.

I am beginning week 10, so I am still a work in progress. I have learned so much from The Virgin Diet, and I continue to learn, because we are all a work in progress. Our kitchen is changing from being filled with processed foods full of additives to whole foods (lots of fresh veggies and fruits, along with sweet potatoes, brown rice, and brown rice pasta).

How has it impacted the lives of your family and the people around you?
My family is standing behind me this time. I have a room set up where I can now workout. I have people that can't believe the difference that losing the 12 pounds has made. My family members may even be losing weight, because I am cooking a much better diet.

Your Original Virgin Diet Recipe:

Cucumber Blueberry Salad
Beth Anthon
Serves 2

2 cucumbers
6 ounces blueberries
3 tablespoons extra virgin olive oil
1 tablespoon white balsamic vinegar
Optional, 2 ounces crumbled feta (for cycle 3, if not intolerant)

- Peel the cucumbers and cut in half lengthwise. Using a spoon remove the seeds. Slice the cucumbers into 1/4 inch slices and place in a bowl.
- Add the blueberries, oil and vinegar, while tossing to combine then serve.
- If you have moved beyond phase 1 and are allowed dairy add the crumbled feta.
Kristi Campbell
Ponte Vedra Beach, Florida

As I got older, I began to struggle with incremental weight gain, moodiness, sleeplessness, etc. My nurse practitioner suggested that I go gluten-free to see if that had any impact. A friend recommended The Virgin Diet book. I read it cover to cover and was inspired to try full elimination of all the key hi-FI foods.

I got started and saw great results, felt great, and really enjoyed clean eating. I tried to reintroduce the seven foods (before the 21 days were over) while on vacation, and I immediately noticed that I did not feel well and that I was bloated. I am back at it again and going to go the distance this time! I am having a blast with my creative cooking!

How has it impacted the lives of your family and the people around you?
My whole family is eating better! Even my father-in-law is into it with us!

Your Original Virgin Diet Recipe:

**Turkey Taco Salad**
Kristi Campbell
Serves 4

1 tablespoon olive oil
1 bunch kale, stemmed and torn into bite-size pieces
1 pint grape tomatoes, halved
1 pound organic ground turkey
1/2 cup organic taco sauce
4 cups mixed greens
1 cup red onion, sliced
1/2 cup hearts of palm, sliced
1 15 ounce can pinto or garbanzo beans, rinsed and drained
1/4 cup fresh natural salsa
1 avocado, sliced
Juice of one lime

- Preheat the broiler.
- Place the kale and tomatoes on a parchment paper-lined baking sheet and drizzle with oil. Toss to coat and roast under the broiler until the kale is crispy and the tomato is roasted, which is just a few minutes.
- Remove from the oven and separate the kale from the tomatoes.
- Meanwhile brown the turkey, breaking it up with a wooden spoon. Add the taco sauce and remove from the heat.
- In a large bowl, mix the greens, onion, hearts of palm, beans and roasted tomatoes.
- Place the salad mixture on a platter and top with the taco meat, salsa, avocado and crispy kale.
- Squeeze the juice of the lime across the plate.
Angie La Combe  
New Franken, Wisconsin

I know that I am not the ideal candidate that you are looking for. I didn't lose hundreds of pounds, and I wasn't in dire need of a lifestyle change; however, I believe that there are many people out there in my same situation: exhausted every day to the point of going to bed at 8 p.m., waking up with a stomachache that doesn't go away all day, enduring painful and embarrassing gas daily, going for days without having a bowel movement, and dealing with eczema and chronic acne. So, while I didn't need to lose weight, I did have a reason to embrace this diet. I suffered from all of the symptoms above, and currently (eight weeks into The Virgin Diet), I have only one remaining symptom, acne, which I have pinpointed to dairy.

My story is significant because when people I talk to hear that I am on a "diet" they roll their eyes at me, "Oh, like you need to lose weight!" Then, I show them my elbows (which had been covered with scabs, blood, and dry skin for years), my beautiful, smooth elbows, and I explain that this "diet" took away my eczema. People start to listen then. They realize that maybe the exhaustion, allergies, eczema, and constipation (things people believe they just have to live with) could be caused by food. I was a person of average weight, eating whatever I wanted and feeling horrible. I thought my issues were normal and had to be tolerated. Now, I know that I am in control of how I feel, and I feel great!

How has it impacted the lives of your family and the people around you?
Because my symptoms weren't severe (or severe enough), I postponed truly doing anything about them. I suffered through the days of constipation, and I used lotion upon lotion to "heal" my eczema. Eight weeks ago, after a year of struggling with my son's own constipation (age three), I sat on the tub next to him. He was sitting on the toilet crying, having such a large bowel movement that he bled. I felt helpless. I realized I had given my son my same problems, and I felt horrible. That was my wakeup call.

For many weeks prior, my friend had been telling me about the success she had with The Virgin Diet. I decided right then that I needed to try it - for myself and for my son. Now, eight weeks later, I don't suffer from constipation anymore. My son, who isn't fully on the diet, is doing much better.

My entire family is eating healthier than ever. We continue to introduce new vegetables and recipes to replace the frozen pizzas, boxed noodles, and tacos that were staples in our lives. Recently, my mother and my aunt began the diet because of the differences that I have seen during my experience.

Your Original Virgin Diet Recipe:  
Venison-Spinach Salad with Strawberry Poppyseed Vinaigrette
Venison-Spinach Salad with Strawberry Poppyseed Vinaigrette

Angie La Combe
Serves 2

Vinaigrette:
1 cup chopped strawberries
2/3 cup extra virgin olive oil
1/2 cup distilled white vinegar
2 cloves garlic, minced
1 1/2 teaspoons poppy seeds
1 teaspoon salt
Fresh ground black pepper to taste

- Combine all the ingredients into a food processor or blender and puree until smooth.

1 venison steak
Salt and pepper to taste
3-4 cups baby spinach leaves
1 cup sliced strawberries
1/4 cup sliced almonds

- Prepare the grill on medium-high.
- Season the venison with salt and pepper and grill for about 5 minutes per side or until cooked to desired doneness. Let the venison stand for 10 minutes, then slice.
- Toss the spinach with strawberries and place on plates. Sprinkle with the almonds and top with the sliced venison.
- Drizzle the vinaigrette over the salad and serve immediately.
Jennifer Poynter  
Newhall, California  

It was Mother's Day 2013, and I was eating with my family. Everyone was eating chips, guacamole, and high-fat food. I, as usual, was drinking diet soda, feeling bloated, and wondering why my stomach was killing me, especially considering the fact that I was the only one eating "diet food".  

Fast-forward two weeks later, and I bought your book. Within three days, the 33 years of stomach issues were gone. I feel nothing? No gremlins eating away at my insides? I've lost 10 pounds in less than three weeks. This isn't a diet; diets make us feel anxious and hungry. This makes you feel peaceful.  

How has it impacted the lives of your family and the people around you?  
My husband was not "feeling it" when I asked him to do this with me. He is a fast food and soda guy (even though he is all muscle...ugh). These days, he waits for his chopped salad and drinks carbonated water with me. He loves the fresh food, and his blood pressure is going down.  

Your Original Virgin Diet Recipe:  

Spring Salad  
Jennifer Poynter  
Serves 2  

10 asparagus spears, trimmed  
1 cup haricot verts, trimmed  
2 tablespoons lemon juice  
2 teaspoons ginger, grated  
2 teaspoons shallot, minced  
1/4 cup extra virgin olive oil  
Salt and pepper to taste  
1 pinch xylitol  
6 ounce cooked free-range chicken breast, cut into bite-size pieces  
4 cups mixed baby greens  
1/2 cup raspberries  
2 scallions, chopped  

- Bring a large pot of water to the boil. Add the asparagus and haricot verts and blanch for 1-2 minutes, until they are bright green and crisp-tender.  
- Drain and plunge them into a bowl of ice water to stop the cooking process.  
- In a small bowl, mix the lemon juice, ginger and shallot. Slowly whisk in the oil and season with salt, pepper and xylitol.  
- Remove the asparagus and haricot verts from the ice bath, chop into 1 inch pieces and place in a large bowl.  
- Add the chopped chicken and mix well.  
- Gently stir in the baby greens, raspberries and scallions.  
- Drizzle with dressing, tossing gently to coat all the ingredients and serve.
Lisa Ibarra  
Lenexa, Kansas

I have severe allergies, and I have been getting allergy shots for over 30 years. My allergy doctor suggested that I try eliminating wheat, corn, and soy from my diet, and I had lost some weight by just eliminating wheat. I learned about your diet at about the same time, and I decided to eliminate all seven “problem foods” to see if it helped. I started your diet on the twenty-fourth of March, and I am hoping to be able to stop the shots eventually.

I weigh less than I weighed when I got married 16 years ago. I have gone from size 12 pants down to size four.

How has it impacted the lives of your family and the people around you?
I share healthy Virgin Diet-friendly recipes at school (I am an elementary teacher), church, and social potlucks, as well as with relatives. Even though I haven't gotten my husband on board with the diet, he often does eat “Virgin” when we share meals, and he has also lost weight.

Your Original Virgin Diet Recipe:

Quick Lime & Garlic Quinoa Salad  
Lisa Ibarra  
Serves 2

1/4 cup fresh lime juice  
1 clove garlic, minced  
1/2 teaspoon salt  
1 pinch stevia  
1/4 cup extra virgin olive oil  
1 cup cooked quinoa  
1/2 cup parsley, chopped  
1/2 cup celery, chopped  
1/2 cup broccoli, blanched & chopped  
1/4 cup bell peppers, chopped  
1/4 cup sunflower seeds  
1/8 cup carrot, shredded

- Combine the lime juice, garlic, salt and stevia in a large bowl. Slowly whisk in the oil.
- Add the quinoa and the remaining ingredients, while stirring to coat.
- Serve either warm, room temperature or chilled.
Debbie Baney  
Mesa, Arizona

My husband and I started the diet on the twelfth of April with a kick-off party for a group of us who wanted to do this together. I have suffered my entire life with weight, energy, allergies, foggy brain, constipation, and infertility issues.

It is now June, and I am delighted to say that I have lost 19 pounds so far. My energy is increasing, my allergies are decreasing, and the "fog" in my brain has lifted! The group is so supportive and encouraging! I have been on a quest for many years to figure out the answers to my health issues, and I always knew there was a natural way. I have made a lot of dietary changes, but I couldn't seem to find the missing element to bring me success. Now I have it!!! Thank you, JJ!!

How has it impacted the lives of your family and the people around you?  
My husband shocked me by deciding to join me in this new eating lifestyle. He wanted to lose a belt size, and he reached his weight goal quite easily! His real motivation; however, was to get off of prescription medications and to restore his health and vitality to that of his earlier years. He does not want his golden years to be centered around doctor appointments and pills. We were fighting that prospect with the limited knowledge that we had. Now, our hope has been met with the answer-The Virgin Diet!

Your Original Virgin Diet Recipe:

Hearty Lentil Luncheon Salad
Debbie Baney  
Serves 2

1 15 ounce can lentils, rinsed and drained  
3-4 cups romaine-baby spring mix  
1 5 ounce can of tuna or salmon, drained  
1 avocado, diced  
1 stalk celery, chopped  
1/4 cup onion, chopped  
1 teaspoon Italian seasoning  
6 cherry tomatoes, chopped

- Heat the lentils in a saucepan over a medium heat until warmed through.  
- Line each of two bowls with the lettuce.  
- In a bowl, gently mix the tuna or salmon, avocado, celery, onion and seasoning.  
- Lay the lentils onto the lettuce and top with a mound of the tuna mixture.  
- Garnish with the chopped tomatoes and serve.
Erin Putnam
Colville, Washington

I am on day 21 of The Virgin Diet. So far, I haven’t lost much weight or many inches, but I believe my body is detoxing. From June 2010 to April 2012, I underwent several surgeries and surgical procedures, and I haven’t felt well since. I have suffered from joint pain, body aches, migraines, digestive upset, and fatigue. Several months ago, my doctor suggested that I eliminate gluten from my diet, and I began to feel better. A couple friends both suggested that I try The Virgin Diet for a more complete healing, so here I am! (Since I am so early in the program, I don’t have any appropriate pictures.)

How has it impacted the lives of your family and the people around you?
Over the past five months, a good friend of mine has had tremendous success losing weight and increasing her vitality with The Virgin Diet. She strongly recommended the diet, and she encouraged me to start it, in hopes that it would help me heal and feel better. We will see where the adventure takes us!

Your Original Virgin Diet Recipe:

Erin’s Virgin Chicken Salad
Erin Putnam
Serves 2

- 1/2 cup baby spinach
- 1/2 cup kale leaves, torn
- 1/2 cup broccoli florets
- 1/2 cup cauliflower florets
- 1/2 cup carrots, sliced
- 6 ounces cooked free-range chicken breast, cubed
- 10 pre-soaked tree nuts of your choice, chopped
- 1 tablespoon olive oil
- 1-2 tablespoons balsamic vinegar

- Toss the greens, vegetables, chicken, and chopped nuts in a medium bowl.
- Whisk the olive oil and vinegar together and drizzle over salad, tossing to coat all the ingredients and serve.
Joanna James  
St. Louis, Saskatchewan

My name is Joanna James. I'm 29-years-old, and I've been JJ's follower for about three years. What made me decide to do The Virgin Diet was a realization that I wasn't losing the weight, no matter how hard I tried. I had no energy, and "Inflammation" was my middle name. I had muscle pain every time I ate. I was labeled "pre-diabetic". I had been in a car accident a few years before, and I still felt the pain. The last straw was when I noticed that every time I ate popcorn or sugar, I would wake up the following morning with weird symptoms of crackling and sizzling at the base of my skull. I couldn't even move my head those mornings. I took a lot of painkillers, and I was scared. The pain ruled my life. I also had crazy PMS to the point that I was threatening to leave my loving husband for about two weeks out of each month. It was depressing to live like that. I couldn't take care of my children. I was so exhausted, and I couldn't stand up long enough to wash the dishes. I even had to ask my mom to come live with us to help me take care of them. I was missing out on life- all of it.

I believe my symptoms were deadly. I was missing out on having a healthy relationship with my husband, mom, and children. Depression had taken over, and it was do or die. Literally.

When I found JJ Virgin online, she saved my life. The Virgin Diet has transformed my life because before it, I couldn't say I ever felt "good" (that was just a dream). Now, I can say, "I feel awesome," and mean it! I play and run with my kids. My pain is gone. I can work out now, and I even crave it. My health has completely turned around, and I've been inspired by JJ to enroll in nutrition school so I can learn how to help other moms, like myself, find LIFE.

I reversed "pre-diabetes". I have little PMS, and I barely remember where I am in my cycle now, instead of blaming all of my emotions on hormones. I went from 150 pounds to 125 pounds, and I maintained it. I feel attractive, and I'm strong enough to lift my kids (all three of them) and do the dishes. I feel excited about the future!

**How has it impacted the lives of your family and the people around you?**
I believe The Virgin Diet has changed the lives of my family members and the people around me because it's encouraged them to consider their own health. They are realizing that they can be in control of their health, how they look, and how they feel. My husband says I look sexier every time he comes home from work. My mom has begun losing weight, since we eat together. Plus, they'd rather eat at home than go out to a restaurant, because the food just tastes better.

**Your Original Virgin Diet Recipe:**
Warm MexicAsian Salad
Warm MexicAsian Salad
Joanna James
Serves 2

1/2 tablespoon coconut oil
1/2 pound turkey, ground
1 1/2 teaspoons cumin
1 1/2 teaspoons paprika
1 1/2 teaspoons chili powder
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 teaspoon dried oregano
Sea salt and black pepper to taste
1/4 cup coconut aminos
1/4 cup onion, diced
1 garlic clove, minced
1 tablespoon unrefined sesame oil
1 pinch stevia
1 teaspoon ginger, grated
1 teaspoon sesame seeds
Optional: pinch red pepper flakes
4 button mushrooms, sliced
2 stalks celery, thinly sliced
1 carrot, thinly sliced
1/4 onion, thinly sliced
1/2 cup broccoli florets
1/2 cup cauliflower florets
2 cups mixed greens
2 tablespoons raw cashews, chopped

- Melt the coconut oil in a frying pan over a medium-high heat.
- Add the ground turkey and cook until it is browned, breaking it up with a wooden spoon.
- In a small bowl, mix cumin, paprika, chili powder, garlic powder, onion powder, oregano and salt and pepper. Add the spice mixture to the skillet along with 1/2 cup of water, while stirring to combine. Simmer until the water evaporates.
- Meanwhile prepare the Asian sauce: in a small bowl mix the coconut aminos, onion, garlic, sesame oil, stevia, ginger, sesame seeds and red pepper flakes. Set aside.
- Pour 2 tablespoons of water in to a wok or frying pan. When the pan is hot, add the mushrooms, celery, carrot, onion, broccoli and cauliflower, cooking until onions are translucent, which is about five minutes, adding more water as needed to keep the vegetables from drying out.
- When the vegetables are tender add the turkey mixture and stir.
- Pour the Asian sauce over the vegetable-meat mixture and toss well.
- Continue cooking for a couple minutes or until the sauce is heated.
- Serve on a bed of mixed greens and garnish with cashews.
Laini Hartzell  
Centennial, Colorado

I began The Virgin Diet with one main objective - to stop abdominal pain. I had been in the emergency room twice in the previous year for severe, unexplained abdominal pain. After CT scans and ultrasounds didn't show any problems, my doctor suggested that I might have severe acid reflux; however, two months on medication did nothing to change my symptoms. So, I finally took my health into my own hands.

I knew I wanted to do an elimination diet, but I wasn't sure where to start. When my husband saw a review on The Virgin Diet, I immediately ordered the book. I was anxious to begin the program. I am a busy mom of four young kids, and I get hungry a lot. It seemed like my only options for snacks were what my kids were eating. How was I going to do this? *No cheese sticks! No Goldfish! Shakes for two meals?*

The first two days were a little tough; however, after that, I started to feel much better than I had in years. I felt lighter, even though I hadn't lost any weight yet. My stomach wasn't hurting at all. My skin looked better! All of these changes made it much easier to stick with the program.

After Cycle 1, I began adding foods back in to my diet, with much trepidation. I didn't want to go back to feeling poorly, so I was very careful to follow The Virgin Diet instructions. Ultimately, I found that I do okay with all but two of the foods that I reintroduced. I have kept dairy and gluten completely out of my diet for the past three months, and I continue to feel great.

**How has it impacted the lives of your family and the people around you?**
So many people have asked me how I look so great! Even though I've only lost 10 pounds, I look younger! I've been able to recommend the book to others who experiencing stomach pain. In addition, my husband eats the same way I do. He has lost more than 30 pounds and looks amazing! My kids still eat all the foods, even things I have eliminated, but they are eating healthier overall.

**Your Original Virgin Diet Recipe:**
Chicken Fajita Salad
Chicken Fajita Salad
Laini Hartzell
Serves 2

2 tablespoons fajita seasoning
2 tablespoons plus 1 teaspoon olive oil
1/2 cup lime juice
2 boneless, skinless chicken breasts
2 red bell peppers, sliced
1 large onion, sliced
Sea salt and pepper to taste
6 cups mixed greens
1 avocado, chopped
1 tomato, chopped
Optional: organic salsa

- Mix the fajita seasoning, 2 tablespoons oil, and lime juice in a shallow dish, then add the chicken. Marinate in the refrigerator for 4 hours to overnight.
- Heat the grill to medium-high.
- While the grill is preheating, heat the remaining teaspoon of oil in the skillet and add the bell pepper and onion. Cook until the onions are translucent, which is about 4-5 minutes. Season with salt and pepper.
- Remove the chicken from the marinade and discard the remaining marinade.
- Grill the chicken breasts for 5-8 minutes per side or until cooked through, depending on their thickness.
- When the chicken has cooled slightly, chop into bite-size pieces.
- In a large bowl mix the greens, avocado and tomato.
- Add the chicken and the bell pepper-onion mixture. Top with salsa, if desired and serve.
Carole Hofmann  
Berryville, Virginia

I have just started The Virgin Diet, and I am in the 21-day cycle. I have tried many diets, trying to focus on ones that really use good science and natural foods. Lately, it just hadn't seemed to matter what I did; no weight would come off. I am a Natural Horsemanship Trainer, and I need to be fit for what I do. I was noticing that my weight was inhibiting me.

When I heard about the elimination portion of The Virgin Diet, something inside me perked up. I've only just passed the first week, but I've already lost four pounds, and it feels healthy. The simplicity of eliminating these foods makes it easy to eat other foods, rather than saying, "These certain foods are the only foods you can eat." I feel great, and it is encouraging to have my jeans slipping right on, straight out of the wash!

How has it impacted the lives of your family and the people around you?  
My family members are eating some of the foods I am making and enjoying them! My young daughter is getting a great example that she can follow for life.

Your Original Virgin Diet Recipe:

Cucumber Salad  
Carole Hofmann  
Serves 2

1 cup cucumber, chopped  
1 cup tomatoes, chopped  
1 tablespoon apple cider vinegar  
1-2 teaspoon fresh dill, chopped

- Mix all the ingredients in a bowl and refrigerate for 30 minutes. Serve chilled.
Carrin Weeks  
Sacramento, California

I tried The Virgin Diet because I saw my mom doing it. She lost weight in the first week, and she said that it was easy. She didn’t even have cravings. For about two years, I had been counting calories and exercising vigorously (often twice a day). I couldn’t keep off that extra few pounds, and I had constant snack cravings. I also had bloating and gas that often bothered me. All the effort I was putting into my diet and exercise was barely helping me maintain my weight. I didn’t think I could ever be skinny.

I think I failed at other diets because I would cheat. With The Virgin Diet, I knew if I even had one bite of ice cream, it would set me back three weeks. I had a goal to shoot for, and the strictness made me take it seriously. Now, I am just finishing up the last week of Cycle 2, and I have lost 10 pounds. My stomach feels better, and I am so much more confident. I can tell my husband really appreciates my progress.

I turn 30-years-old in one month, and I have been dreading the day all year. I viewed this as “the end of my youth”, and I thought for sure my body would only go downhill from here. Now, I have hope that if I take care of myself, I can be even more fit in my thirties and beyond. Thank you Mom and JJ for pointing me in the right direction.

How has it impacted the lives of your family and the people around you?  
I have been making breakfast smoothies for my husband, even though he is not doing the diet. He says they give him more energy and make him eat less. Now that he sees my progress, he has started working out and is even talking about eating healthier.

Your Original Virgin Diet Recipe:  
Chicken-Quinoa Salad
Chicken-Quinoa Salad
Carrin Weeks
Serves 4

1/4 cup extra virgin olive oil
2 tablespoons lemon juice
1 tablespoon mint, chopped
1 pinch salt
1 pinch red pepper flakes
1 pound boneless skinless chicken breast, pounded to 1/4 inch thickness
1/2 cup quinoa
1 cup asparagus, trimmed and cut into 1 inch pieces
1 cup kale, stemmed and chopped
1 cup red bell pepper, chopped
1 cup yellow bell pepper, chopped
1 avocado, chopped

- Whisk the oil, lemon juice, mint, salt and red pepper flakes in a small bowl. Let it sit in refrigerator for 2 hours.
- Boil the chicken until no longer pink in the center. Set it aside. When cool enough to handle, shred the chicken with a fork.
- While chicken cooks, bring the quinoa and 1 cup of water to the boil. Cover, reduce the heat and cook for 15 minutes or until done. Transfer to a bowl to cool.
- Bring another pot of water to the boil and blanch the asparagus, for 2 minutes, or until bright green and crisp-tender.
- Combine the chicken, quinoa, asparagus, kale and bell peppers in a large bowl and toss with dressing.
- Chill in the fridge for a few hours. Top with chopped avocado and serve.
Jordana Hale  
Phoenix, Arizona

I saw JJ on the news, and what she said really hit home. She was asking questions such as, “Have you tried to lose weight but can’t? Are you having trouble getting a good night’s sleep? Do you eat a lot of dairy?” and other questions like those. I was answering “YES” to all of them.

You would not consider me overweight, but I recently had a physical, and I was the heaviest I had ever been at 138 pounds. I am 5’5” tall, and I avidly exercise (cardio and core work). I could not lose weight, even when I cut my calories to 1500. Additionally, I was always STARVING, and I craved sweets so much that I would cave in every night; I had zero will power. I really did not want to lose a lot of weight. I just wanted to take off what had slowly crept on (about 10 pounds), feel better in my clothes, and (most importantly) eat healthily!

So, I ordered JJ's book and her protein shake powder, and I began my journey. I used her shopping list and filled my pantry, fridge, and freezer with delicious and healthy foods. I followed her Cycle 1 program pretty thoroughly, and although I am pretty sure I did not lose seven pounds in the first seven days, I did begin to really notice a difference. I kept a food journal, and I cooked a lot. I had a shake with added kale, chia or flax seeds, and berries each morning, and I felt FANTASTIC! The one thing I did not do was step on a scale, and I still have not. I know I have lost weight because I can see it in the mirror and my clothes fit so much better (some are even a little too large). I think the biggest indicator for me was how my undergarments fit me! Weird right? Anyway, I am not quite as stringent as I was that first 21 days, and I have introduced some things back into my diet on a very minimal basis.

What I discovered is that I absolutely LOVE eating this way! I don't make others (or myself) crazy, but I make great choices, and I have learned to be very informed. My cravings completely disappeared, and my life has been improved. Another indicator of my success is that I have had many friends and family members ask me about JJ's program, and many of them are giving it a try!

How has it impacted the lives of your family and the people around you? 
As I said above, many of my friends and family members have inquired about what I have been doing. They have ordered JJ’s book and shakes, and they are giving the program a try. Even my 18-year-old son had been using the shakes and eating in a much more healthful way. My husband has lost about 10 pounds. He has not been as faithful as I have been, but the elimination of dairy and sweets in my house has done him a world of good. He is a 52-year-old fire chief, and at his physical last week, he was given an excellent bill of health.

Your Original Virgin Diet Recipe:
Kale Salad
Kale Salad
Jordana Hale
Serves 4

4 tablespoons fresh lemon juice
3 tablespoons Dijon mustard
1/2 cup extra virgin olive oil
1 1/2 teaspoons sea salt
1/2 teaspoon black pepper, ground
1 6 ounce bag organic kale, chopped
1 15 ounce can organic garbanzo beans, rinsed and drained
1 package steamed and peeled baby beets, chopped
2/3 cup pistachios, shelled
10-12 green olives stuffed with garlic and/or jalapeno, sliced
10-12 artichoke hearts, sliced
5 hearts of palm, thinly sliced
1 avocado, cubed

- Mix the lemon juice and the Dijon mustard in a small bowl. Slowly whisk in the olive oil and season with salt and pepper. Set it aside.
- In a large bowl, combine the kale, garbanzos, beets, pistachios, olives, artichoke hearts and hearts of palm.
- Drizzle with enough dressing to your taste, reserving any extra in the fridge for up to a week.
- Top with the avocado and serve.
Ronda Fuenty  
Bear, Delaware

I have always struggled with controlling my cravings. I had a love/hate relationship with breads, desserts, and chips. My mom's friend had been doing The Virgin Diet and suggested my mom try it. She had purchased the book, but she was not ready to start. I was visiting for a weekend, and I read the book cover to cover. I went home, purchased the book, and started the next day.

I couldn't believe how I felt. Immediately, I had more energy. The cravings disappeared, and my skin is bright. I now have control over what I eat. I have NEVER had that before. I haven't wanted anything that does not nourish my body, since I started. I now crave kale! Thank you for changing my life!

How has it impacted the lives of your family and the people around you?
I am slowly introducing my meals to my family members. They are actually complimenting my cooking. They are now eating more vegetables than ever.

Your Original Virgin Diet Recipe:

Black Bean & Kale Salad  
Ronda Fuenty  
Serves 2

2 6 ounce salmon fillets  
Salt and pepper to taste  
1 tablespoon olive oil  
5 cups kale  
1 cup black beans, rinsed and drained  
1/4 cup onion, chopped  
2 cloves garlic, minced  
1/2 an avocado, sliced

- Preheat the oven to 425°F.  
- Place the salmon in a baking dish and season the fillets with salt and pepper. Roast for 10-12 minutes or until cooked through.  
- Meanwhile heat the oil in a large skillet. Add the onion, kale, and beans. Cook, while stirring occasionally until the kale is wilted, which is just a few minutes.  
- Add the garlic, salt and pepper. Cook for 1 minute. Push to the side.  
- Place the avocado slices in the middle of the pan. Flip when they are lightly toasted. Remove them when they are toasted on both sides.  
- Place the salmon on a plate and top with the kale-bean mixture.  
- Top with the avocado and serve.
Jim and Peggy Clinton  
Durham, North Carolina

We tried other diets in the past with success (temporarily). The weight came back within months. We heard JJ's program on PBS, and the rationale behind the program made perfect sense for us at that time in our lives. We weighed the most we had ever weighed, and we were having unwanted health issues. Once we finished reading the book, we were excited about having a health improvement program, which would also reduce our weight. What we did not expect was how easy it was to follow the program and lose weight, as well as how much we enjoyed the food planning.

How has it impacted the lives of your family and the people around you?
Our success has been supported and recognized by our family members and friends. A few are also on their own journeys to weight loss, and working together has been beneficial to all of us. Our enthusiasm, and obvious weight loss, has resulted in four of them taking on The Virgin Diet, and they have their own success stories to tell.

Your Original Virgin Diet Recipe:

**Quinoa Salad**

Jim and Peggy Clinton  
Serves 2

- 1 cup quinoa
- 2 cups organic, vegetable broth
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon minced garlic
- 1 1/2 teaspoons fresh basil, chopped
- 1 1/2 teaspoons onion or shallot, minced
- 1/2 teaspoon oregano, chopped
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste
- 1 cup cherry tomatoes (red and yellow), halved
- 1 cup black beans, rinsed and drained
- 1/2 cup green onions, diced

- Place the quinoa and broth in a saucepan and bring to the boil. Reduce the heat, cover and cook for 15 minutes or until the liquid is absorbed. Set it aside to cool.
- In a small bowl mix the vinegar, lemon juice, garlic, basil, shallot and oregano. Slowly whisk in the oil and season with salt and pepper to taste.
- In a large bowl mix the tomatoes, beans and green onion.
- Add the cooled quinoa and toss with 1/4 cup of the dressing then serve.
Erin Reade  
Chattanooga, Tennessee

I did not have a lot of weight to lose because I am very active (running and doing yoga, plus chasing after my three-year-old and working full time), but I was feeling sluggish and bloated a lot of the time.

Eliminating gluten and dairy was what made the biggest differences for me. Ultimately, I was able to add back small amounts of dairy (Greek yogurt), but I can tell a huge difference when gluten sneaks back into my diet. I love coconut milk and yogurt, almonds, and avocados now! (And kale is my new best friend.)

How has it impacted the lives of your family and the people around you?  
My sister did the diet to lose weight for her wedding. She lost 10 pounds, and she looked amazing! My husband did not go on the diet, but he has enjoyed the salads and especially the kale.

Your Original Virgin Diet Recipe:

Tuscan Kale Salad  
Erin Reade  
Serves 2-4

2 teaspoons Dijon mustard  
1/4 cup champagne vinegar  
3/4 cup extra virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 bunch Tuscan kale, stems removed, leaves chopped into 2 inch ribbons  
1/2 cup almonds, sliced  
1/2 cup dried unsweetened cranberries  
1/4 cup carrots, shredded  
1 cup cooked chicken, shredded

- In a small bowl mix the mustard and vinegar. Slowly whisk in the oil and season with salt and pepper.  
- Mix the kale, almonds, cranberries, and carrots together in a large bowl and toss thoroughly with the dressing.  
- Let it stand for 30 minutes to 1 hour in the refrigerator. The longer the dressing sits, the more tender the kale becomes.  
- When ready to serve, add the chicken and toss it to coat it in the dressing.
Barrie Mooney
Attleboro, Massachusetts

I have four kids, so I definitely snacked a lot, but I always exercised; yet I still couldn’t shake that last little pooch (over my bikini line and under my belly button). Turning 40-years-old this year has motivated me to go to the doctor and to make all those appointments that I’d put off. I am a healthy person, but what alarmed me was the surprise of my high cholesterol. I have a big family history, and I thought that I’d always watched it. In the background of all of this, I also am plagued with eczema on my eyelids and scalp (terrible stuff).

I decided to take control of my cholesterol to avoid going on medication (that I am not sure wouldn’t cause more problems) and to see if the diet would clear up my skin. I am happy to say that I am not on a statin, and my cholesterol is in check. My flare-ups for eczema seem to be unrelated to my diet, but at least I know this now. It was always a question in my mind before, and now I am armed with some great information.

My body has totally melted away from the back fat, arm-hang, belly bulge, and discomfort of tight pants all the time, and I am realizing how good I feel. I am exercising less and eating a lot. I don’t feel restricted at all. Other people noticed and asked what I was doing. The response is often, “But you eat so much!”

I really like the program. I think it is so smart to eat this way, and I feel so good that it motivates me to try to adapt recipes to fit with my life now. Thank you very much. I like this change, and I feel ready to head into 40-years-old!

How has it impacted the lives of your family and the people around you?
We are all eating more vegetables, and as the family shopper, I am looking closer at the “hidden” ingredients that my family members eat, and I am avoiding them at the grocery store. I am full of energy, and I am a positive person, which I think benefits all the people that I interact with daily!

Your Original Virgin Diet Recipe:
Quinoa Chicken Salad
Quinoa-Chicken Salad
Barrie Mooney
Serves 4

1 cup quinoa
4 tablespoons olive oil
1-2 cloves garlic, minced
Juice of half lemon
Salt and pepper to taste
2 (8-12 ounce) boneless chicken breasts
4 cups kale, stems removed and leaves roughly chopped
2 plum tomatoes, seeded and chopped
1 small cucumber, seeded and chopped
1/4 cup parsley, chopped

- Bring the quinoa and 2 cups water to the boil, reduce the heat, cover and simmer for 15 minutes or until liquid is absorbed. Set it aside.
- Meanwhile prepare the dressing: mix the oil, garlic, lemon juice, salt and pepper in a bowl and set it aside.
- Bring 2 cups of water to the boil in a large skillet with high sides. Add the chicken, reduce the heat and simmer until the chicken is cooked through and no longer pink. Remove the chicken from the skillet, and when cool enough to handle, chop into bite-size pieces.
- In a large bowl combine the quinoa, chicken, kale, tomatoes, cucumber and parsley.
- Drizzle with the dressing and toss to coat the ingredients then serve.
Virginia Wright  
Brunswick, Maine

While home sick from my job as a primary special education teacher, I saw JJ on The Rachel Ray Show. I was so impressed with what she said and how she represented the healthy, vivacious person I was hoping to be. I immediately ordered her book and CD, and I went online to find out the details.

To quote an old familiar saying, "I was sick and tired of being sick and tired." I was going to a counselor because I was feeling overwhelmed at work, and I felt that I just couldn't manage my life anymore. I felt it was hopeless for me to move my life in a better direction. I'd tried all the usual diets, but each one was a little less successful. After turning 60-years-old, what had been easy in my thirties, was so much harder.

I just couldn’t seem to get organized or stay focused, and I ran out of steam by three or four in the afternoon. I had considered myself a healthy eater before, but the truth was that I ate good food, but a lot of rich food as well. I loved bread, shortbread, ice cream, and cheese (to name a few). I had a suspicion that wheat was bothering me, so after seeing JJ on TV, along with a week of stomach problems, I was ready to give it a try.

I was surprised when I got the program that I had to eliminate so much more than wheat, but I wanted what JJ had, so I decided to follow her plan for as long as I could. I didn’t know how I would remember it all, so I made a little phrase, “gd pecs” to help me remember the foods I was excluding: gluten, dairy, peanuts, eggs, corn, and sugar.

The first week was hard, like JJ said, and I really was missing the cheese and something sweet. After that, I just focused in on what I could eat. I love to cook, so I was excited to try some new things.

The greatest gift for me, after succeeding with JJ’s plan, was that I began to believe in possibility again. I finally had accomplished something that I’d given up on, and it wasn’t that hard! I had lost 15 pounds, had to take in all of my clothes, and hadn’t even found time yet to include any exercise. When I went for a check-up, the intern in my clinic was totally shocked that I could be anywhere near retirement age! That was the best medicine I could have received. Now, I feel like I can tackle other dreams as well, and I have the energy to do it! Thank you, JJ!!!

How has it impacted the lives of your family and the people around you?

The only family I have that lives close to me is my dog, Chessie. I know she’s been thrilled, because I’m taking her on longer walks again, and I just have more joy in the moment, which she readily picks up on.

I know at least one of my friends is changing her way of eating, and I’m eager to see my family members in a couple of weeks to see if they’re not inspired as well. It's like taking off a pair of glasses and seeing the world in a whole new and clearer way!

Your Original Virgin Diet Recipe:
Salmon, Bean and Avocado Salad
Salmon, Bean and Avocado Salad
Virginia Wright
Serves 2

1 15 ounce can salmon, drained
1 15 ounce can black or garbanzo beans, rinsed and drained
1 red, yellow or green bell pepper, diced
1/2 cup chopped red or Vidalia onion
1/2 cup cooked brown rice
1/2 bunch fresh cilantro or dill, chopped
1/4 cup olives, sliced
Juice of 1/2 lime
2 teaspoons cumin
1 avocado, chopped
2 cups mixed greens

- Mix the salmon, beans, bell pepper, onion, rice, cilantro (or dill) and olives in a large bowl.
- In a small bowl, mix lime juice and cumin.
- Drizzle the dressing over the salad, and toss the ingredients together to coat.
- Top with the avocado and serve over mixed greens.
Kimberley Garove  
Fort Mill, South Carolina

I had been looking to start a diet after the New Year, and I was beginning to feel a bit overwhelmed with all of the diet options out there. I actually had been prayed and asked God for direction about our eating, because we knew that we needed a change. A few days later, my husband found this book. He was in the bookstore in the airport and saw The Virgin Diet. He picked it up and couldn’t put it down, and he read 30 pages while standing there. He read the whole book on the flight and wanted to start the diet right away. I read the book in one day and was equally excited!!! We decided to wait until after the Christmas holiday to start the diet.

This book seemed to answer so many questions that I had been asking, especially concerning dairy for my little girl and myself. It was the diet that I felt I could I agree with, and it had lots of knowledge and research to back it up.

I have learned how to shop for organic and healthy foods at great prices. Also, I have learned how to budget my grocery bill better to make sure that organic grass-fed beef is included in our menu. The book gave me healthy substitutions for things we had been eating (i.e. brown rice noodles versus wheat pasta). It has opened doors to include not only healthy eating, but also healthy home products and personal products (like better hair products, soaps, etc.).

Reading this book was like opening a door to a room of health that I had no idea really existed. As I have continued into this room, it has opened other doors to becoming even healthier.

One of my favorite things is that my nose is no longer stopped up all of the time because of the dairy that I had been eating. I have substituted all forms of dairy, and I don’t miss them at all. If I do have an occasional piece of pizza, the next day my nose is stopped up again! It makes me realize, again, why I don’t eat dairy. My daughter has gotten sick a lot less due to eliminating dairy, as well. This was definitely the biggest change for us and has impacted us the most.

How has it impacted the lives of your family and the people around you?
It is amazing how many people I have told about this diet. I actually had a woman come up to me in Earth Fare and tell me how great I looked, and she asked me how I ate. I told her about The Virgin Diet. She bought the book and is reading it now.

Yesterday, I was at the YMCA and a lady saw me carrying my shake (I add a lot of greens to it), and she asked me about it. I gave the website to her so that she could order The Virgin Diet shake. I have met numerous people who are standing like deer in headlights in front of the gluten-free section or the nuts section. I have been able to direct them and encourage them toward the healthy options that I have learned from the diet.

I gave the book to my parents. One of my friends is also interested in starting the diet, and I am buying the book for her now.

Your Original Virgin Diet Recipe:  
Southwest Chicken with Quinoa Salad
Southwest Chicken and Quinoa Salad
Kimberley Garove
Serves 4

Chicken:
2 tablespoons olive oil, divided
2 cloves garlic, minced
1 tablespoon cilantro, chopped
1 teaspoon cumin
1 teaspoon sea salt
1/2 teaspoon fresh cracked pepper
4 boneless, skinless chicken breasts

Salad:
2 cups chicken broth
1 cup quinoa
2 tablespoons of olive oil
1 cup mushrooms, sliced
1/2 can black beans, rinsed and drained
1 red bell pepper, diced
1/2 cup carrots, diced
1 small red onion, diced
1/4 cup cilantro, chopped
3 tablespoons extra virgin olive oil
1/4 cup lemon juice
2 tablespoons cumin
1 tablespoon turmeric
Salt and fresh cracked pepper to taste

- Prepare the chicken: in a small bowl combine 1 tablespoon oil, the garlic, cilantro, cumin, salt and pepper.
- Rub the herb mixture over both sides of the chicken, put into a plastic bag and marinade overnight.
- The next day, heat the remaining tablespoon of oil in a skillet and cook the chicken until cooked through. When the chicken is cooked, remove it from the heat and slice.
- For the salad: bring the chicken broth to the boil, add the quinoa, cover, reduce the heat and cook for 15-20 minutes, or until liquid is absorbed. Remove from the heat and let it stand for 5 minutes.
- Meanwhile, heat the oil in a skillet over a medium heat. Add the mushrooms and sauté until browned, which is about 8-10 minutes.
- Place the quinoa in a large bowl and add the mushrooms, black beans, bell pepper, carrots, onions and cilantro.
- Stir to combine the ingredients together.
- Place the oil, lemon juice, cumin and turmeric in a small jar, cover and shake to combine.
- Pour the dressing over salad and toss to coat it.
- Top with the chicken slices and serve.
Lauren Alanskas  
Alpharetta, Georgia

Two years ago, at the height of 252 pounds with incredibly sore feet, chronic fatigue, constant coughing, and the continual need to buy clothes in bigger and bigger sizes, I went on a low fat vegan diet. It took me over a year to lose 52 pounds with regular walking and 20-mile bike rides. Even on this ridiculously strict diet, with exercise, I would regularly gain a pound or two on the scale, only having to work hard to take the weight off again!

After being constantly hungry and hitting a plateau, during which time no more weight would come off, I couldn’t stand the diet anymore, and I went back to eating the way I use to. Cream in my coffee and tasty pastries became my new addictions. It took less than five months to gain 20 pounds back!!

One day, I watched JJ’s PBS television special. I purchased her book, and I started on her plan, eliminating the seven foods and eating the recommended way. I am in week 12, and I have lost 24 pounds! (And this is with less exercise than I use to do!) I have great energy, and the coughing has stopped. (Doctors had told me I had “hyperactive airways”.)

What is absolutely amazing is that I am not hungry all the time, and I no longer go to the fridge and cupboards constantly looking for "something" to eat! I no longer have any food cravings! Food is what I eat, not what I live for. This is the first time in my life that it has been this way. I think the key to the success is JJ’s saying, “Moderation is not your friend”, along with not eating any of the seven foods that many of our bodies do not tolerate.

After 12 weeks, I have not even had the desire to “challenge” the foods that my body doesn’t tolerate, although I suspect the prime offenders are dairy, wheat, and gluten. As a result of the easy weight loss, I have cleaned and organized my closets, and I am donating all of the oversized clothes to friends and charity. I am so inspired to continue losing weight and feeling healthier that I have enrolled in Dr. Hyman’s Ultra Simple Diet Challenge for the next level of improved health, which I found out about by participating in the Seven Days Seven Docs program that JJ hosted a short time ago.

How has it impacted the lives of your family and the people around you?
I am a caterer (of all things food-related!), and my staff is amazed at the self-control that I have exhibited around food. No longer am I sampling everything the chef makes, eating leftovers, or having a pastry with my coffee and cream. (Or, was that cream with my coffee?)

My clients have noticed my weight loss, and we get into easy discussions about The Virgin Diet. I even got excited about doing healthy food service for a pre-school!! Before this diet and change in lifestyle, I would not have even considered doing that type of food service. My sister is proud that I have started eating so well and losing weight.

Your Original Virgin Diet Recipe:
Cobb Salad Redux
Cobb Salad Redux
Lauren Alanskas
Serves 2

2 cups baby kale
2 cups baby spinach
2 roasted baby beets, cubed
1 red bell pepper, sliced
1 tomato, sliced
1/2 cup broccoli, blanched
1/2 cup chilled, cooked butternut squash
1/2 cup cooked yellow wax beans
2 cups cooked chicken, cubed
1/2 an avocado, sliced
1/4 cup pomegranate seeds
1 tablespoon dill, chopped
1 tablespoon cilantro, chopped

- Place lettuce on a platter.
- Top with the vegetables. Top the vegetables with the chicken and avocado.
- Sprinkle the pomegranate seeds and herbs over the salad and then serve.
Desserts
Barbara Dutterer
Columbia, Maryland

My husband and I have taught dance (line and couples) in Columbia, Maryland for over 25 years. I thought I was making healthy food choices, and besides dancing, I was walking or going to the gym daily. However, I couldn’t figure out why my waist was thickening, and my jeans were popping at the seams. In addition, my sixty-fifth birthday was on the horizon.

One Wednesday night in April (our regular night to dance at our honky-tonk), I noticed a 55-year-old girlfriend who looked like a teenager in her jeans. I asked her if she had lost weight, and she told me all about The Virgin Diet plan. That weekend, on our way to a dance workshop in the Catskills, I ordered protein and JJ's book. I started The Virgin Diet plan on the twenty-second of April, and something magical happened. I never felt deprived. I have more energy than I have had in years, and the weight just seemed to melt off.

The two weekends after I started the plan, I had scheduled to go away with girlfriends. I wondered how I would manage that challenge. I packed all my ingredients for the shake, and I found I was very capable of making healthy decisions when we went out to dinner. The warm bread and butter (once my downfall) didn't even tempt me!! When my girlfriends had a drink or dessert, I had a cup of tea. They thought some alien had invaded my body. Thank you, JJ Virgin, for my new lease on life!!!

How has it impacted the lives of your family and the people around you?
My husband, Mo, initially watched me make a shake every morning. He had eggs and scrapple or bacon and toast. Then, one day, he asked for a small glass of my shake. From then on, I started to make double portions, and he was on board. He loves my healthy salad with spinach, mushrooms, avocado, peppers, onion, walnuts, and my homemade yummy dressing (olive oil, red wine vinegar, and Dijon mustard). He has learned to read labels, and he loves the healthy dinners I prepare.

We have a place in Murrells Inlet, South Carolina (just south of Myrtle Beach). I had good friends, who are very overweight, over for a healthy dinner a week ago. They loved the sautéed sweet potatoes (the recipe from your book, except I didn't mash them), my kick-ass salad, steaks on the grill, and coconut pudding (recipe below). While I have lost 15 pounds, Mo has lost 24 pounds! He, like I, feels like a new person!!!

Your Original Virgin Diet Recipe:
Coconut Tapioca Pudding
Coconut Tapioca Pudding
Barbara Dutterer
Serves 4

1/3 cup tapioca pearls
2 cups almond milk, divided
1 cup coconut milk
1 teaspoon vanilla extract
Liquid stevia to taste (optional)
1 teaspoon tapioca starch mixed with 1 teaspoon water
1/4 teaspoon sea salt
Coconut chips, toasted for garnish

- In large glass bowl, mix the tapioca pearls and 1 cup of almond milk. Stir, cover and chill overnight in refrigerator (or for at least 4 hours).
- When it has soaked for at least 4 hours, pour the tapioca mixture and additional cup almond milk into a saucepan over a medium heat.
- Bring to the boil and add the coconut milk, vanilla, and stevia, if using. Cook for another 12-15 minutes, while stirring constantly.
- Lower the heat and add the tapioca starch mixture and salt, while stirring and cooking for an additional 5 minutes.
- Cool in a glass bowl for at least an hour before serving.
- Serve slightly warm or chilled.
- Garnish with toasted coconut chips.
Linda Waldron
Franksville, Wisconsin

I feel better eating healthier. I still have a journey to travel, looking for ultimate health. I was able to avoid high cholesterol medication, and I am looking forward to getting rid of my high blood pressure medication.

How has it impacted the lives of your family and the people around you?
My husband has more control of his blood sugar, and we would like to see if we can improve that some more.

Your Original Virgin Diet Recipe:

Chocolate Cookies
Linda A. Waldron
Makes 2 dozen

2 bananas, peeled
4 scoops Virgin Diet Chocolate All-in-One shake
1 apple, cored and diced
1/3 cup raw walnuts, chopped
1/3 cup coconut milk
1 tablespoon flax, hemp or chia seeds (or a mix)
1 teaspoon cinnamon
1/2 teaspoon baking soda

- Preheat the oven to 350°F.
- In a medium bowl, smash the bananas using a fork.
- Add the shake mix, apple, walnuts, coconut milk, seeds, cinnamon and baking soda, while stirring to fully combine.
- Cover 2 baking sheets with parchment paper and drop heaped tablespoons of batter 1-2 inches apart onto it.
- Bake in the oven for 20-25 minutes or until browned and cooked through.
- Allow to them to cool on a rack then serve them with a hot beverage.
Susan Manning
Seattle, Washington

Before my sister gave me *The Virgin Diet* book for Christmas, I had spent my entire adult life dieting on and off, and slowly working my way up to an uncomfortable overweight status. I was self-conscious and discouraged, taunted by a closet full of clothes that no longer fit. Even worse, I began to suffer from arthritis in my knees and a slipped disc, and I was often unable to get even the little bit of exercise I had previously attempted. This was a true snowballing situation, and the book arrived at a perfect time, as I felt that I was on the brink of obesity, and I was ready to give up.

I've lost 21 pounds, which has greatly impacted my mobility, and it has also enabled me to wear those taunting clothes. (Hey, a whole new wardrobe...for free...sort of.) I walk several miles a day, and if I am careful, will be able to put off getting new knees indefinitely. I am also less self-conscious, and even department store dressing rooms with 360-degree mirrors are not so terrifying.

I will continue to avoid dairy (my sinus problems are much improved) and gluten, as well as corn, soy, peanuts, and sugar as much as possible for the rest of my life, as I think I have benefited greatly from doing this. I hope to lose another 15-20 pounds and then maintain that weight. (I'm 5'8", so I think that would be about right for me.)

**How has it impacted the lives of your family and the people around you?**

My adult kids seem to notice the weight loss, and I hope it inspires them a bit as they get older. I don't preach to them about this diet, but if they ask, I tell them what it entails and how it has helped me.

My husband has lost 60 pounds on a diabetic diet, and I think it has helped him to have me stay disciplined on my diet. They overlap in many ways, so we don't have conflicts.

People react strangely when you lose weight. Often, I think, it arouses insecurities about their own weight problems. I don't get in their faces when I sense this. I try to take the attitude that if I can do it, anyone can, and I point out the positives. Then, I hope they think about it. When someone seems genuinely impressed and happy for me, I enjoy the high.

**Your Original Virgin Diet Recipe:**

Apple Cherry Crumble
**Apple Cherry Crumble**

By Susan Manning

Serves 4

4 large braeburn or fuji apples, cut into 1 inch cubes  
1 1/2 cups frozen, unsweetened cherries  
1 teaspoon lemon juice  
2 scoops vanilla protein shake mix  
2 scoops chia protein shake mix  
1 cup cashews or almonds, chopped  
1 teaspoon cinnamon  
1/4 cup coconut oil, melted

- Preheat the oven to 350°F.
- Place the apples, cherries, lemon juice and bourbon, if using, in an oven-proof casserole dish and stir well.
- In a small bowl, mix the protein shake mix, nuts and cinnamon.
- Add the coconut oil and cut with forks until the mixture is crumbly.
- Pour the topping over the apple-cherry mixture, covering it completely.
- Bake uncovered in an oven for 35-40 minutes then serve.
- If crust begins to brown too early, cover loosely with foil and continue baking.
Leah Newsome  
Colerain, North Carolina

I cannot begin to tell you all the positive changes that have happened to my body, mind, and soul since beginning The Virgin Diet. As a retired public school music teacher, I am 58-years-old, and I lead a busy life helping my husband care for seven horses and giving riding lessons. Despite my fairly active lifestyle, I had put on some weight, and I was feeling fatigued and sluggish. My energy level had reached the point that whenever I sat down for more than five minutes at a time, I would fall asleep. Then, on March 24, 2013, I saw JJ’s presentation on PBS. What she said made sense to me. I ordered her book that very day. In fact, I started trying The Virgin Diet before I even got the book.

The first three days were tough, but the pounds fell off, and I lost eight pounds that first week. I lost a total of 21 pounds in 10 weeks, and I did it without doing any extra physical activity whatsoever. I went from a pants size of eight to a four (and even a two in some cases).

I am happy with my weight loss, but what totally blows me away is how much my health and energy level have improved. For the last 20 years, I have suffered with fibromyalgia, osteoarthritis, irritable bowel syndrome, hemorrhoids, and a sleep disorder. I will never forget the first time I tried The Virgin Diet Shake for breakfast. It went down so easily, and I could feel my body saying, "Yes, this is good to me and for me."

A week or two into the diet, I began to notice that my IBS improved drastically. I used to burp all the time, and I had diarrhea every day, but not now. The hemorrhoids are no longer an issue. My joint pain and back pain are greatly diminished, and I sleep better. Each day I wake up with more energy. My body is on a healing journey thanks to JJ. I may never leave Cycle 1!

I now carry a magnifying glass in my purse to read the ingredients on food labels. I discovered that the vitamins I was taking had sugar in them. The Virgin Diet is the best book on nutrition that I have ever read. In it, JJ not only tells you what foods to avoid, but why, and when you finish reading why, you don't want to eat them anymore. Thank you JJ, for giving me the tools to improve my life.

How has it impacted the lives of your family and the people around you? Just last week, my husband told me I was looking and acting so much younger that I needed to get my hair colored to complete my transformation. Upon going to the beauty shop for the first time since living "The Virgin Life", my beautician informed me that my hair feels thicker. (I have always had fine, thin hair.)

I have had friends come up to me in the grocery store, tell me how great I look, and ask me what I am doing differently. Of course, I am happy to share the news about The Virgin Diet with them, and they start taking notes.

I have attended several receptions lately, and I can watch people eat cheese, cake, peanuts, and junk food without craving them. One friend asked me, "How can you stand there and not be tempted?" I just smiled and thought about how free I feel, now that I am no longer a slave to food. It is amazing and empowering.

A few weeks ago, I had to go to the health clinic for some antibiotics due to a tick bite. When I shared the news of my weight loss with the health professionals there, they started asking about the diet. The compliments are boosting my self-esteem. I truly believe that my best is yet to be!

Your Original Virgin Diet Recipe:  
Rice Berry Pudding
Rice Berry Pudding
By Leah Newsome
Serves 3-4

1/2 cup brown rice
1 1/3 cups water
1 cup fresh blueberries
1/2 cup unsweetened coconut milk
3 tablespoons pecans, chopped
2 tablespoons flax seeds, finely ground
1 teaspoon cinnamon
1/4 teaspoon sea salt
1/8 teaspoon ginger, ground
1/8 teaspoon nutmeg

- Bring the rice and water to the boil, reduce the heat, cover and cook for approximately 30 minutes, or until they are done.
- Stir in the remaining ingredients and simmer until heated though and slightly thickened.
- Serve immediately.
Gayla Renslow
Greensboro, North Carolina

Let me start off with saying: I wasn't looking to begin a new diet. I was actually in the bookstore looking for a book on cholesterol for my husband. However, when I saw your book and read on the cover that it was an elimination-type diet, I knew I had to read more.

I have struggled with digestive problems for at least 10 years now. I have been to numerous doctors, trying to determine what it was that was keeping me gassy and cramping all day. I usually had a flat tummy in the morning, but by 4:00 p.m., I was a whole size rounder in my belly. All my friends know my "woes" because they have been with me (at one time or another) when I have had "another stomachache". I hate taking medicine and would begin a new probiotic, only to stop taking it a few weeks in, when the symptoms had not really gone away. I was always constipated and just saw that as who I was. I was always trying new things to see if it made a difference. I have tried being vegetarian, vegan, sugar-free, and gluten-free, all at different times. My family members always rolled their eyes every time I introduced a new "healthy" way that I was eating or subjecting them to. The thought of giving up all of these foods at the same time scared me to death! But your book made it look so easy, and just broke it down so simply, that I had to try it.

Honestly, I am not even finished with the diet yet, and already my life has been changed forever. I will be reintroducing eggs next week and dairy the week after that. I am really expecting dairy to be the culprit, so I am saving it until last. When I finished Cycle 1, I didn't want to reintroduce anything! I have never felt so great. Apart from losing eight pounds in the first two weeks, I haven't had stomachaches, nor gas!

I have struggled with feeling sluggish, and that has been cured with the addition of "NORMAL" bowel movements. Did you hear that? Normal bowel movements!! I have been converted to a shake drinker in the morning. I had a hard time giving up my daily Greek yogurt, granola, and strawberries, but I have grown to look forward to my morning pick-me-up. I have always loved to cook, but I have found a new love in taking fresh food and creating a mouthwatering meal with no added cheese, milk, or sugar to mask the ingredients. I have already found that sugar is a real trigger for my digestive issues. I always felt that I should be able to use food to heal, but I just didn't have the tools to figure out how.

How has it impacted the lives of your family and the people around you?
During this time of elimination, my husband saw the changes in my attitude and saw how the diet changed the way I felt. He asked me if I would help him eat better, too! This is huge, because it always overwhelmed him to watch what he ate. I started fixing a shake for him in the mornings, and when I fix my lunch and dinner, I will usually fix double for the both of us. So far, he has lost 13 pounds in four weeks from eating better and exercising. We have five children, so (for now) I am not fixing the same things for them because of the time it takes to prepare from scratch. I am making subtle changes though, and I'm teaching them what I have learned. I am hoping that it sticks for them and that they never have to worry about their weight as they grow older. One of my coworkers asked me the other day if I had lost weight…I will never grow weary of being asked that question!

Your Original Virgin Diet Recipe:
No Guilt Frozen Berry Treat
No Guilt Frozen Berry Treat
Gayla Renslow
Serves 1

1/2 cup organic frozen blueberries, or berries of choice
2 teaspoons unsweetened, shredded coconut
1 tablespoon walnuts, chopped
2 teaspoons mini chocolate chips ("Enjoy Life" chocolate chips are dairy, nut, egg and soy free)

- Layer the ingredients in the order above in a mug or parfait glass. Enjoy!
Snacks
Georgia LaMantia  
Palo Cedro, California

I was having a lot of bloating and puffiness. I eliminated wheat and dairy a long time ago. I eliminated all of
the other prime culprits, and it turned out to be soy that was the culprit. I also eliminated nightshade
vegetables, and I feel like I'm back to my old self.

How has it impacted the lives of your family and the people around you?
My daughter and husband did the same to get rid of the brain fog, and all is well. They both lost weight and
feel a LOT better.

Your Original Virgin Diet Recipe:

Sweet Potato Non Fries
By Georgia LaMantia  
Serves 2-4

One large sweet potato
1 tablespoon olive oil
Sea salt and pepper to taste

- Preheat the broiler.
- Wash the potatoes and slice them into wedges or matchsticks, whichever you prefer, just be sure they are
  all the same size.
- Place them on a lightly oiled baking sheet and broil them for 5-10 minutes, depending on the cut.
- Turn the potatoes over and broil for an additional 5-10 more minutes until they are cooked to the desired
  consistency.
- Serve hot.
Annie Stevens  
Colorado Springs, Colorado

For years, I have been trying every diet under the sun, moon, and stars to get my weight and health under control. I'm a 13-year breast cancer survivor, so (for me) my health came first, but I felt like I was sliding down a slippery slope. No matter what I did, I just kept getting heavier, and my health began to decline.

When I was diagnosed with an ovarian cyst in 2010, my "health alarm" went off loud and clear. Thank God the cyst was non-cancerous and was successfully removed. I had been on PEERtrainer for a year prior, looking around at others’ stories and just being flat out lazy about it, until this cyst appeared.

I began, again, looking at different diets and getting more and more frustrated as the needle wouldn't budge on the scale. I even blamed my poor husband for my own weight gain, because we became our own worst enemies when it came to caving in to our lust for food. This had to stop, and I needed something to move that blasted needle in the opposite direction to get me motivated.

I purchased JJ's book and did a holy purge of all the unclean foods that crossed the borders of our home. My (then) 12-year-old thought that I'd gone off the deep end when she heard me proclaim, "You seven demon foods be gone!" as I cleared our kitchen in one fell swoop. At first, I was "gung ho", and I did really well. I saw the needle on the scale moving south, and I began a new journey, using JJ's shakes as my go-to meal. Then, I got sick with some sort of stomach bug from traveling out of the country. Now, my "Mom Voice" said to do the bland diet to help clear up my issue, but my JJ voice said, "Do the shakes!" So, I thought to myself, "Why not? How much worse could I get?" Well, lo and behold, I was great after just one full day of shakes, a great probiotic, and lots of water. What a Godsend these shakes were.

During this time, I got real creative with what went in to my daily shakes. I felt energetic, and I recovered quickly from my stomach issues. My real test now is that my husband is deployed to the Persian Gulf until September, so my whole mindset is to prove to myself that I can (and will) stay on track, disproving that he was to blame.

So far, I have maintained my weight at 154 pounds, but I want to move that needle even more. So, the story continues, as I add some burst training into the mix. For the last year, I have been struggling at 30 minutes of cardio, five times a week. Now, I do burst training in a variety of exercises four times a week. I love it, and the results are amazing!

How has it impacted the lives of your family and the people around you?  
Well, seeing is believing. My (now) 13-year-old has made some huge changes in her diet, since she has seen what good, clean, and healthy eating has done for me. My husband is trying his best, but being where he is makes it nearly impossible to maintain any kind of healthy eating. When he comes home, he is going to follow what I have been doing because he is seeing a huge difference in me when we video chat.

Your Original Virgin Diet Recipe:  
Scrumptious Chai Frosty
Scrumptious Chai Frosty
Annie Stevens
Serves 1

10 raspberries - fresh or frozen
1 kiwi, peeled and sliced
1/2 cup fresh spinach
1/2 cup fresh kale
1 scoop of Virgin Diet All-in-One Chai shake mix
1 teaspoon chia seeds or ground flax seeds
3 drops of pure liquid stevia
1/2 teaspoon vanilla extract
1 cup ice cubes

- Add the raspberries, kiwi, spinach and kale to the blender and process until smooth.
- Add the remaining ingredients and blend until thick and frosty.
- Serve in a tall glass.
Christina Workman  
Douglas, Nebraska

I started The Virgin Diet on the sixth of January. My starting weight was 245 pounds. So far, I have lost 48 pounds. I was started on a high cholesterol medication a few months before I started the diet. Lab work was done then, and again in March, and when I received my lab results, I was floored. My cholesterol had gone from 230 plus, down to 122. Every other lab was perfect, and the nurse had written on the lab sheet, “Beautiful labs.”

I exercise daily, but only for about 20 minutes of tread climbing. If I need to, I will increase that amount, but right now that’s all I have needed. My energy is through the roof! My initial goal was to lose weight so that I could get on my horse easier (and to increase my self-esteem and better my health). I work as an RN, so I know the benefits to be gained, but I didn’t think it would be this amazing! Now, I truly feel that I can be a good role model for my patients. (P.S. I have also gotten three other nurses started on the diet, and they are loving their results!)

How has it impacted the lives of your family and the people around you?
People have asked me how I have had the persistence to continue the diet for five months. I tell them that it has been easy because the results are so dramatic, and because my health has never been better. My husband enjoys the same foods that I have been eating, and he loves it. My family has been so supportive of me. When we have get-togethers they call and ask what they can make, so that I can enjoy the outing with them! People that I haven’t seen for a while are shocked when they see me, and they ask me how I’ve been losing the weight. I tell everyone, who will listen, about The Virgin Diet!

Your Original Virgin Diet Recipe:

Garlic Rice Noodles  
Christina Workman

4 ounces brown rice noodles  
1 tablespoon ghee  
1 teaspoon garlic powder  
Sea salt to taste

- Cook the noodles in a broth or water according to the package.
- Drain them and toss them with ghee, garlic powder and sea salt.
- Serve immediately.
Silet W.
Atlantic Beach, Florida

Hi JJ! Wow, I have such an incredible story for you. I suffered from sleep apnea, extreme fatigue, snoring, and high cholesterol (280 >163, tri 363>66, ldl 159>96, hdl 48<54), but the problem that led me to you was the chronic diarrhea from December 2012 to Friday, May 17, 2013 (just five days into Cycle 1!!!!). My doctors had run EVERY test, including a colonoscopy, biopsies - everything. I had also seen every expert in the health field. I actually had your book for several weeks, but I had to completely commit. The one that was going to be my deal breaker was the Diet Coke. I've had one on me for the past 30 years (two to three liters per day).

Today is my twenty-ninth day! I'm feeling much better. I can actually leave my house now and enjoy cardio dance fitness. I am convinced that I will avoid all seven hi-Fi foods forever. I feel too good. Why would I want to poison myself again? It has been a journey, the most precious one of all, and I'm not stopping here.

How has it impacted the lives of your family and the people around you?
My husband is so on board. He is happy to see that I'm feeling better. He likes the foods we are eating, and we both love referring to your book to gain better understanding and knowledge. Your book has been the best (comprehensive) tool. (Just...thank you, thank you, and thank you!)

My 22-year-old son, who lives two hours away, is also interested in the program. The problem is that he hates fruits and veggies, but we will get there. He has seen a total turn around with me, and I think he wants to feel better, too. I wish I would have known about this 22 years ago. My son's health would be better today.

Last May, we went on a family vacation, and I just wanted to lie around. This May, I was in the ocean paddle boarding, running, and working out at the gym. It was a different vacation at the same location. My husband and son actually enjoyed having me engage in the activities.

Your Original Virgin Diet Recipe:

Black Bean Hummus
Silet W.

1/2 cup cooked black beans, rinsed and drained
1/2 cup cooked brown rice
1/2 an avocado
1/4 red onion, chopped
2 cloves garlic, chopped
Juice from one lemon
2 tablespoons olive oil
1 pinch paprika
1 pinch cumin
1 tablespoon chopped cilantro

- Place all the ingredients in food processor and blend to the desired consistency, adding more oil if needed.
- Serve with celery sticks.
Lacie Thorn
Kelseyville, California

I will be 50 this year. My weight gain of 30 pounds started slowly and steadily after I quit smoking three years ago (July 5). I felt like it was more than “needing to put something in my mouth”. I actually felt hungry all of the time! I was especially unhappy with my big belly. I had read previously about you and your recommendation for dropping the seven foods. When I saw the pre-buy offer on The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days, I was very excited, and I ordered it immediately.

I liked the way you explained the science behind it, simply, and it made sense. I was happy that I didn't have to stop these foods for the rest of my life! I did as you suggested, and I lost the seven pounds in seven days! Wow! I still have more that I will lose. It has actually really opened my eyes to great foods that I had not tried before, and they are my favorites now!

I can tell, now, that my body does not seem to be fond of dairy. I now enjoy almond, hemp, or coconut yogurt and milk. I have discovered brown rice bread and pasta. I throw more vegetables in everything! I even made cashew cream and homemade chocolate pudding (made creamy by avocados!). I am so crazy for coconut!

Because of your inspiration, I have made many more small changes, like drinking more water, getting more sleep, and starting my day with protein. I have a new business that is centered on "gratitude", and I want my body and “me” to be a reflection of being my best self that God created. I will continue to enjoy incorporating new small steps into my routine until I reach my goals! Thanks, JJ. I look forward to meeting you!

How has it impacted the lives of your family and the people around you?
After I bought your book, I was excited. I shared your concept, information, and “the seven foods to stop for 21 days” (and then slowly reintroduce, one at a time). I also shared that you said, “You'll know. Your body will tell you, by bloating or feeling sluggish, if it no longer easily digests the food.” My Mom then bought your book, and she followed it more faithfully than I for a month, and she lost 12 pounds. In the process, she also shared the diet with my health guru sister, Jordan, and told her how I got her started. Jordan excitedly said that she would like a book, too, and got one of her own. She actually discovered that, after being a vegetarian for 20 plus years, she needed to put a little meat back in to her diet. She now feels good, eating a little bit of grass-fed beef and free range chicken (and occasionally, fish).

We love to share everything delicious and healthy that we've "discovered" with each other (that does not contain one of the seven hi-FI foods, and there are so many!) My favorite original recipe is for my healthy, yummy cookies.

Your Original Virgin Diet Recipe:
Lacie’s Healthy Cookies
Lacie’s Healthy Cookies
Lacie Thorn

2 bananas, mashed
1 apple, peeled and finely diced
3/4 cup almond butter
1/2 teaspoon baking soda
1/2 cup dark choc chips
1/3 cup coconut flour
1/3 cup walnuts, chopped
1/3 cup coconut milk
1/3 cup unsweetened coconut, finely shredded
1 tablespoon cinnamon
1 tablespoon chia seeds

- Preheat the oven to 350°F.
- Mix all the ingredients in a large bowl until they are fully combined.
- Spoon heaped tablespoons of batter 2 inches apart on 2 cookie sheets lined with parchment paper.
- Bake in the oven for 25 minutes.
- Remove from oven and let them stand for 5 minutes before serving.
Linda Trubey
Hendersonville, North Carolina

Following The Virgin Diet, I have lost 12 pounds in seven days. I am so excited, because my allergies have completely disappeared! I no longer suffer from sinus pain, headaches, and a stuffy nose. I feel so much lighter from removing the top allergen foods from my menu. My brain fog has lifted, and the colors around me seem so much brighter and in focus. I have much more energy, and I actually look forward to exercising.

Thank you, JJ, for sharing your expertise with so many people. It is such an empowering experience to take control of my own health. Each of us needs to take RESPONSE ABILITY for our own lives. We need to stop before we eat, and ask, "Is this food going to HELP me or HARM me?"

I am writing a book about restoring H.O.P.E. to those suffering from depression, Honor Oneself for Personal Empowerment, and I believe that choosing to eat the right foods is a very good way to honor oneself. By taking great care of ourselves, we can better care for others. Make this world a better place just one bite at a time.

How has it impacted the lives of your family and the people around you?
My daughter has noticed my changes and has replaced dairy products with vegan substitutes. The arthritis pain in her wrist went away, and she lost over 50 pounds in just a few months, making her look and feel 10 years younger. Now, when she eats dairy, her arthritis pain returns.

I am sharing this program with others, and they are grateful. Thank you for allowing me this opportunity. May God bless your efforts as you continue to share your knowledge.

Your Original Virgin Diet Recipe:

Not So Cheese Sauce
Linda Trubey

1 cup raw cashews, rinsed
1 cup distilled water
1/2 cup pimentos or red bell peppers, diced
1/4 cup nutritional yeast flakes
1/4 cup sesame seeds or tahini
1/4 cup lemon juice
1 teaspoon sea salt
1 teaspoon onion powder
1/2 teaspoon garlic powder

- Place all the ingredients in a blender and blend until smooth.
- Pour into a small saucepan and heat to thicken the mixture for 20 minutes or until it reaches the desired consistency.
- Note: you can use this recipe as a cheese substitute in dishes, as well as a dip for crackers and raw vegetables like cauliflower and broccoli.
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