

7 Shifts In Your Model of Eating To Lose Weight

Masterclass
with JJ Virgin

Workbook Answers

The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

Food Intolerances and Weight Gain

1. The body is not a**Bank Account**..... where calories in must balance calories out.
The body is a**Chemistry Lab**.....
2.**Food Intolerances**..... is likely the cause of weight gain, breakouts, fatigue or foggy-mindedness.

The 7 Foods That Are Holding You Back

3. The 7 Most Problematic Foods are the following:
 1. Corn
 2. Peanuts
 3. Soy
 4. Eggs
 5. Dairy
 6. Sugar
 7. Gluten
4.**Soy**..... in particular is known to disrupt hormones, especially thyroid.
5. The two types of sugar are:
 1.**Sucrose**....., which raises insulin levels
 2.**Fructose**....., which doesn't raise blood sugar, but goes straight to the liver.
6. When insulin levels are high, this leads to**Fat storage**.....

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Personal Discovery Process for Food Intolerances

7. In Cycle 1 of the diet, you will remove all**7**..... foods for**21**..... days.
8. Including any of these in small amounts will trigger an**immune response**.....
9. During this cycle, if you are craving a specific food, it is likely a sign of**a food intolerance**.....
10. In Cycle 2, you will add foods back in ..**1**... at a time, and track your ...**symptoms**.....

Simple Diet Swaps

Use this space to write down a food swap/substitute that JJ mentioned you would be interested in trying:

Corn:**brown rice tortillas, sweet potatoes, quinoa**.....

Soy:**liquid aminos (instead of soy sauce)**.....

Peanuts: ...**Almond, Cashews, macadamia, brazil nuts**....

Gluten: ...**spaghetti squash, gluten free pasta, sweet potatoes**....

Dairy: ...**Almond milk, coconut milk, cashew milk**.....

Eggs: ...**protein powder**.....

Sugar: ... **Xylitol, Stevia, Erythritol**.....

The #1 Way to Start Your Day in a Fat-Burning Way

The JJ Virgin Morning Shake

1/2 avocado

3/4 cup non-dairy milk (coconut milk, almond milk, or cashew milk—unsweetened)

2 scoops pea or beef based protein powder

1/2 cup frozen fruit (organic berries recommended)

2 cups dark leafy greens (organic spinach or kale)

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Ice

Optional add-ins:

1 T nut butter (almond butter, or cashew butter)

1 T chia, hemp, or freshly ground flax meal

1 scoop extra fiber

11. When making the JJ Virgin Shake, some things to keep in mind when looking for a protein powder are:

1. A high quality protein source either from**vegetables**..... or**beef**..... (Remember: no way, no whey!)
2. It is free of additives such as soy, egg, artificial colors, or artificial ...**sweeteners**....., like Aspartame or Sucralose.

A Step-By- Step Solution For Permanent Weight Loss

12. The Perfect JJ Plate Consists of the Following:

1. High**protein**.....
2. Moderate Healthy**fats**.....
3. Small amounts of slow low**carbs**.....
4. Plenty of non-starchy**vegetables**.....

13. A high-protein diet is essential for weight loss because it suppresses

.....**ghrelin**....., a hormone signaling hunger and it takes a long time to
.....**digest**.....

14. Snacking is not good for weight loss because it consistently raises ...**blood sugar**.....
levels, which prevents you from using fat for fuel.

15. The JJ Virgin Diet Clock tells you the following:

1. Eat with ...**1**..... hour(s) of waking up
2. Eat every**4-6**..... hour(s)
3. Stop eating**3**..... hour(s) before bed