



mindvalley academy  
masterclass

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**WORKBOOK**

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7 Shifts In Your Model of Eating To Lose Weight

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*with JJ Virgin*

# 7 Shifts In Your Model of Eating To Lose Weight

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## YOUR OFFICIAL MASTERCLASS WORKBOOK

### 4 Simple Tips To Get The Most Out Of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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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 ..... where calories in must balance calories out. The body is a .....
2. .... 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. ....
  4. ....
  5. ....
  6. ....
  7. ....
4. .... in particular is known to disrupt hormones, especially thyroid.
5. The two types of sugar are:
  1. ...., which raises insulin levels
  2. ...., which doesn't raise blood sugar, but goes straight to the liver.
6. When insulin levels are high, this leads to .....

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## Personal Discovery Process for Food Intolerances

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

## Simple Diet Swaps

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

Corn: .....

Soy: .....

Peanuts: .....

Gluten: .....

Dairy: .....

Eggs: .....

Sugar: .....

## 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)

Ice

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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 ..... or ..... (Remember: no way, no whey!)
2. It is free of additives such as soy, egg, artificial colors, or artificial ....., like Aspartame or Sucralose.

## **A Step-By- Step Solution For Permanent Weight Loss**

12. The Perfect JJ Plate Consists of the Following:

1. High .....
2. Moderate Healthy .....
3. Small amounts of slow low .....
4. Plenty of non-starchy .....

13. A high-protein diet is essential for weight loss because it suppresses .....  
....., a hormone signaling hunger and it takes a long time to .....

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

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

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

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Use this space for any additional notes you have:

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## SUCCESS STORIES

**“I lost 7.5 lbs in 2 days, 10 pounds my first week.”**

“My stamina also noticeably increased. The Virgin Diet has regulated my depression, anxiety, and has also made my energy levels more consistent throughout the day.”

~ Lindsey Neely

**“That is the fastest weight loss of my entire history of dieting.”**

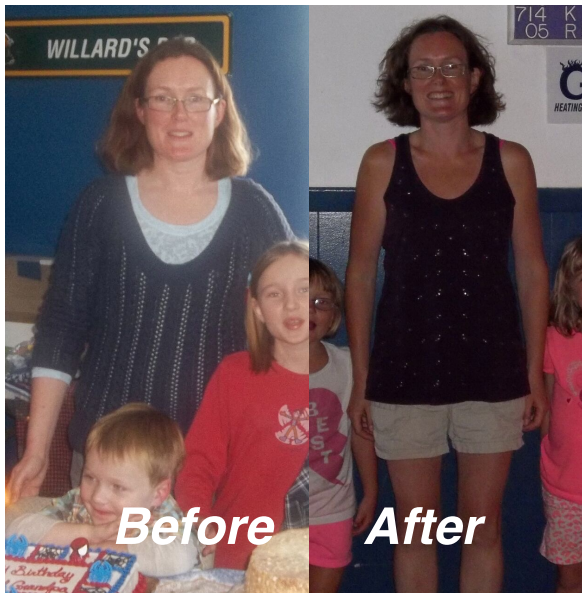
“I have lost 25 pounds in eleven weeks. That is the fastest weight loss of my entire history of dieting. I have started working out in a pool three times a week. (Me – going to a gym!) I have not had the pain in my feet and knees. The stress incontinence that has plagued me for years is gone. My daily blood glucose tests are in the 90’s. My feet and hands have quit swelling. My shoes are too big. I feel better about myself and my future.”

~ Joan H. Riley

**“The ‘healthy’ foods I had been eating at every single meal for decades were killing me from the inside out.”**

“After losing 100 pounds on The Virgin Diet, I discovered that most of the ‘healthy’ foods I had been eating at every single meal for decades were killing me from the inside out.”

~ Bryn Johnson



**“I love feeling wonderful, energetic, and focused!”**

“You can imagine my surprise when I learned that a food I loved, and that I thought was keeping me skinny, was making me bloated, tired and irritable! Who knew? I love feeling wonderful, energetic, and focused! Thank you, JJ! You transformed my life forever!”

~ Lisa Sasevich

**“For the first time since being a mom, I had a flat tummy!”**

“For the longest time, I accepted that my tummy excess was due to having children and gaining 115 pounds combined for my pregnancies. But once I eliminated all of JJ’s problem foods, for the first time since being a mom, I had a flat tummy! All that time I was bloated and didn’t know it!”

~Kirin Christianson

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“This is not a diet, it is my way of life. Since starting this program, **I have lost over 50 lbs. I have had my cholesterol and blood pressure medication cut in half and I’m not even done yet!**

I have been with my doctor for over 12 years, and she has watched me be on this diet and that diet.

She told me that I am different this time, that I have found my niche!”

~ Rochelle Stevens

“I have been yo-yo dieting for 20 years and nothing ever worked. And I can honestly say that for the first time in 30 years of dieting, I have actually reached my goal weigh — that has never happened before.

To date, **I have lost 50 pounds... 8 inches off my waist and 8 inches off my hips.**”

~Lorrie Valinsky

“The one thing that really stuck out for me was knowing how much sugar is in things that you think are healthy. It was a really easy transition. 4 days into it, I looked in the mirror and was like "wow, my face is getting skinnier"... the weight just fell off and I wasn't hungry. **I was full, and I was satisfied at every meal and I was losing weight.**”

~Pia Civiletti

**“Abdominal muscles are showing again!”**

“This diet has helped changed the lives of the people around me as well.

My husband is getting his football body back (his abdominal muscles are showing again!) because I make all of our meals (shakes in the morning, bagged lunch for work, and of course, dinner). We just opened up our own gym. We provide personal training sessions and speed and agility training for athletes. He does the workouts, I do the nutrition.”



~Adrienne Butler



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## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

*What would it be like if I finally lived my life with the body, health and energy levels that I desire?*

*What is something I've learned in the last hour that can radically support my endeavors for health and fitness?*

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***What can I do today to start making everything available for me in terms of health, energy, vitality and weight loss?***



To sign up for *The Virgin Diet Transformation*, JJ Virgin's new course on Mindvalley Academy, please visit [mindvalleyacademy.com/store/virgin-diet/special/index-a](https://mindvalleyacademy.com/store/virgin-diet/special/index-a) for more information.

Near the end of the Masterclass, her new course will be offered at a special price as a thank-you gift for class