

# THE VIRGIN DIET™



**Drop 7 Foods, Lose 7 Pounds, Just 7 Days**

## QUICK START COMPANION GUIDE

JJ Virgin, CNS, CHFS

**Disclaimer:** This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided herein is for educational purposes only.

# THE VIRGIN DIET

## Welcome!

I'm so excited to go on this journey with you! I've helped thousands of people lose weight by uncovering their hidden food intolerances and now it is your turn! This Quick Start Guide is my "Cliff Notes™" version of *The Virgin Diet*. It isn't meant to replace the book, it is here as a quick reference guide and to get you started while you are waiting for your book to arrive because if you are ready to transform your body, healthy and life, I don't want you to have to wait!

This guide gets you started on Cycle 1: Transformation. In this cycle you pull out all of the Hi-Fi (food intolerance) foods 100% for 3 weeks. Remember the 7 foods are:

1. Gluten
2. Dairy
3. Eggs
4. Soy
5. Corn
6. Peanuts
7. Sugar & artificial sweeteners.

When I say 100% I mean 100%, you need to give your immune system at least that much time to cool off. The only exception is sugar - you can use a high quality vegan protein mix with 5 grams of sugar or less. This also holds true for any prepared food, of course try to look for items with no or very low added sugar and make easy lateral shifts like trading your ketchup for salsa whenever possible. Remember also in Cycle 1 you must pull ALL of the Hi-Fi foods out, you don't get to pick. I can pretty much guarantee you that the one you don't want to give up is the one that is causing the most problems.

Remember it is JUST THREE WEEKS! You can do anything for 3 weeks. And by taking action on the Virgin Diet you can be in a totally different place not only with your weight but also your energy, focus, joint pain, skin clarity, bloating and cravings in this short amount of time. So get started now and I look forward to hearing your success story at [www.facebook.com/jjvirginfanclub](http://www.facebook.com/jjvirginfanclub) in just 3 weeks!

Blessings,



P.S. I've created more resources, tools and products to help support your success. Be sure to check out [www.thevirgindiet.com](http://www.thevirgindiet.com) and [www.jjvirgin.com](http://www.jjvirgin.com) to see what is available including:

## The Virgin Diet Challenge

I'll let you in on a little secret - my editor made me cut 100 pages out of the book and that was after I had purposefully edited it down! I have so much more to share to help you reach and better yet, exceed your goals. The Virgin Diet Challenge is my expanded "boot camp" training for the Virgin Diet. It includes expanded audio courses (with transcripts) for each of the cycles where I share more strategies and secrets from my private celebrity and VIP practice. It also includes expert interviews, my Fast Fitness Exercise DVD, my 14 Day Detox program and much more. Check it out at [thevirgindietchallenge.com](http://thevirgindietchallenge.com) if you'd like to get the info my one-on-one clients get!

## The Virgin Diet Coach

24 -7 accountability and support to help you succeed on the Virgin Diet. This is where we have powerful online tracking tools to make sure you are doing everything right and where you can get your top questions answered by me and my Virgin Diet™ coaches. I think of this as your program insurance policy!

## The Virgin Diet Shakes

One of my top success principles is to start the day with a shake! And of course you need to make sure that the base of the shake is a high-quality protein powder that doesn't contain any of the wrong stuff! I recommend my Virgin Diet Shake which is currently in production and will be available in December - we'll let you know as soon as they arrive!

In the meantime, my favorite shake is Thorne Research's VegaLite which comes in yummy chocolate and vanilla flavors. You can get it at [www.jjvirgin.com/store](http://www.jjvirgin.com/store)

## SETTING YOURSELF UP FOR SUCCESS

Let me share with you one of my favorite funny stories. One of my first segments for network TV was to go into the house of a woman who desperately wanted to lose weight. My job was to go into her fridge, and toss out the bad stuff. But what I found was a bit of a shocker. It wasn't gallons of ice cream or high cal soda. She had absolutely nothing in the fridge except a light bulb and a box of baking soda to get rid of any funky smells.

She decided the best way to lose weight was to remove EVERYTHING from her house. I agree that if it's not there you can't eat it, but this was taking that to an extreme. The point is no one should live with five wilted carrots and a head of lettuce in your fridge and a package of vintage rice cakes on the counter.

You're a living being and need food. If you don't go to the store and shop smart then you will make very bad choices when you get hungry. Yes, your evil twin will come out when you're starving and make you do irrational things such as steer your car through fast food restaurant drive-through windows. Bad things happen when you do what I call "the dashboard diet."

The point is you must keep the good stuff in the house while keeping the enemy out.

### THE GROCERY STORE

It's a fact of life: You must go to the grocery store or send someone. Ideally, you will go once or twice a week for your fresh foods including veggies and fruit. You can also stock up on all of the foods I'll discuss on the following pages.

**JJ's Rule:** Fresh is best followed by frozen and then canned.

**JJ's TIP:** Try a new vegetable each week.

## OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken & turkey
- Cold water fish & shellfish – wild salmon, halibut, sole, scallops, sardines
- Lean red meats - 2-3 times per week
- Game
- Lamb
- Pea, hemp, rice, potato protein

## OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Cod liver oil
- Avocado
- Freshly ground flaxseed meal
- Olive oil, olives
- Flaxseed oil
- Malaysian palm fruit oil
- Coconut milk or oil

## OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Cucumber
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chicory
- Fennel
- Chives
- Collard greens
- Coriander
- Jalapeno peppers
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Green beans
- Leeks
- Kohlrabi
- Kale
- Onions
- Lettuce
- Mushrooms
- Mustard greens
- Parsley
- Radishes
- Radicchio
- Shallots
- Spinach
- Spaghetti squash
- Summer squash
- Swiss chard
- Turnip greens
- Watercress
- Zucchini

## ALLOWABLE HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potato or yam
- Turnip
- Legumes
- Black beans
- Adzuki beans
- Black beans
- Chick peas (garbanzo)
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Carrots
- Brown rice
- Millet
- Jicama (raw)
- Tomatoes
- Brown Rice or Quinoa pasta
- Brown Rice wraps

## LOW GLYCEMIC INDEX FRUIT CHOICES

### Low GI

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

### Moderate GI

- Cherries
- Pear
- Fresh apricots
- Pomegranates
- Melons
- Orange
- Peaches
- Plum
- Grapefruit
- Apples
- Avocados
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion Fruit
- Persimmons
- Plums

### High GI – KEEP THESE OUT

- Banana
- Pineapple
- Grapes
- Watermelon
- Mango
- Papaya

## YOUR STAPLES SHOPPING LIST

### FOR YOUR FREEZER:

Grass fed beef and lamb  
Organic chicken and turkey sausages  
Organic free range chicken and turkey breasts  
Frozen wild scallops (I love the ones at Trader Joe's)  
Frozen shrimp  
Organic turkey breast  
Frozen berries (blueberries, strawberries and cherries are wonderful)  
Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)  
Fire Roasted Peppers and Onions (Trader Joe's)  
Wild fish - my fav's are sole, salmon, halibut and scallops

**JJ's TIP:** Take those frozen shrimp and throw them in a colander. Run lukewarm water on them and thaw them out in 10 minutes. It's a simple, easy protein choice or an instant party food with some salsa as a dip.

### FOR YOUR FRIDGE

Turkey slices  
Grass fed beef slices  
Roasted whole chicken  
Uncured, nitrate free bacon (Add bits to salads, too)  
Nut butters: almond butter, pecan butter, walnut butter, macadamia butter and cashew butter  
Guacamole (Whole Foods makes an amazing one with salsa in it)  
Fresh salsa  
Dijon Mustard  
Salad greens  
Bagged and fresh veggies for stir-fry's  
Flax seed (grind fresh before use)  
Containers of cut-up, fresh, washed veggies (to really save you time in your meal assembly!)  
Fresh, low-glycemic index fruits such as berries and apples  
All the non-starchy veggies you can store and eat that week!

### FOR YOUR PANTRY

Quality shake mixes (Check them out in my store at [www.jjvirgin.com](http://www.jjvirgin.com))  
Fiber product for shakes (unless using Virgin Diet All-in-One Shake Mix which contains fiber)  
Coconut milk – We love So Delicious unsweetened – use Lite if you have to use canned  
Beans; canned black beans and/or bulk  
Organic chicken & vegetable broths  
Organic brown Basmati rice  
Brown rice  
Red Quinoa  
Quinoa or brown rice pasta  
Rice cakes  
Nuts (choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios)  
A little dark chocolate (Note to self – a LITTLE dark chocolate)  
Green teas  
Garbanzo beans

Artichoke hearts  
Diced green chilies  
Ready-made sauces (Including Thai Kitchen Red Curry Sauce . Make sure you read labels to avoid hidden sugars or artificial sweeteners)  
Coconut aminos  
Marinara Sauce  
Coconut oil  
Olive oil (for high temperature cooking)  
Extra virgin olive oil (for raw use)  
Malaysian Palm Fruit Oil  
Vinegars – no added sugars! Try red wine, rice wine, balsamic and champagne

## VEGGIE BIN

Garlic & onions  
Sweet potatoes  
Tomatoes

## SPICES

*Purchase organic, non-irradiated*

Sea salt  
Black pepper corns  
Italian spice blend  
Mexican spice blend  
Herbs de Provence  
Rosemary (for roasting chicken, turkey and lamb)  
Thyme (great in roasted veggies)  
Oregano  
Basil  
Red Chile  
Cumin

## THE DIRTY DOZEN

Organic is always the best - next, buy locally farmed and at the very minimum stateside farmed produce. Other countries do not have the regulations regarding pesticides that we do - so while you may save a few pennies, you may be placing your health at risk. The following is the EWG 2010 Dirty Dozen guide to items that should always be purchased organic to avoid the pesticide residue.

- |                 |                 |              |
|-----------------|-----------------|--------------|
| 1. Celery       | 6. Nectarines   | 11. Potatoes |
| 2. Peaches      | 7. Bell Peppers | 12. Grapes   |
| 3. Strawberries | 8. Spinach      |              |
| 4. Apples       | 9. Kale         |              |
| 5. Blueberries  | 10. Cherries    |              |

# What to Look for in a Shake

Replace a meal a day with a healthy shake to support fat loss, optimal nutrition and ideal body composition.

## Choose a high quality protein base

- Vegan rice, pea or potato protein, or blends of these
- Whey Protein\*

\*If you suspect a dairy allergy after you reintroduce dairy in your diet, do not choose a whey protein product. If in doubt - stick with vegan rice, pea or potato protein blends. Once you are through the program, and if dairy IS NOT an issue for you, then you can also choose a high quality whey protein shake mix.

**Avoid:** Soy, egg or milk protein powders, artificial colors and sweeteners such as aspartame and sucralose.

**Look for:** GMO-free and hormone (rBGH) free. Your protein powder must be low in sugar - stick with a very small amount of natural sweetener or sugar alcohol (ie stevia, xylitol, rice syrup, evaporated cane juice syrup) 4-5 grams per serving max.

Look for shakes made with 5 grams or less of net carbs per serving.

## Creating the Perfect Shake:

1. Select your protein (for the Virgin Diet Challenge, select a vegan protein blend)
2. Add your fiber
3. Add your fruit
4. Add water, ice and blend!

## Basic Shake Recipe

1 scoop Virgin Diet All-In-One Shake (vegan protein that includes your fiber!)

1 serving frozen fruit (we recommend organic berries)

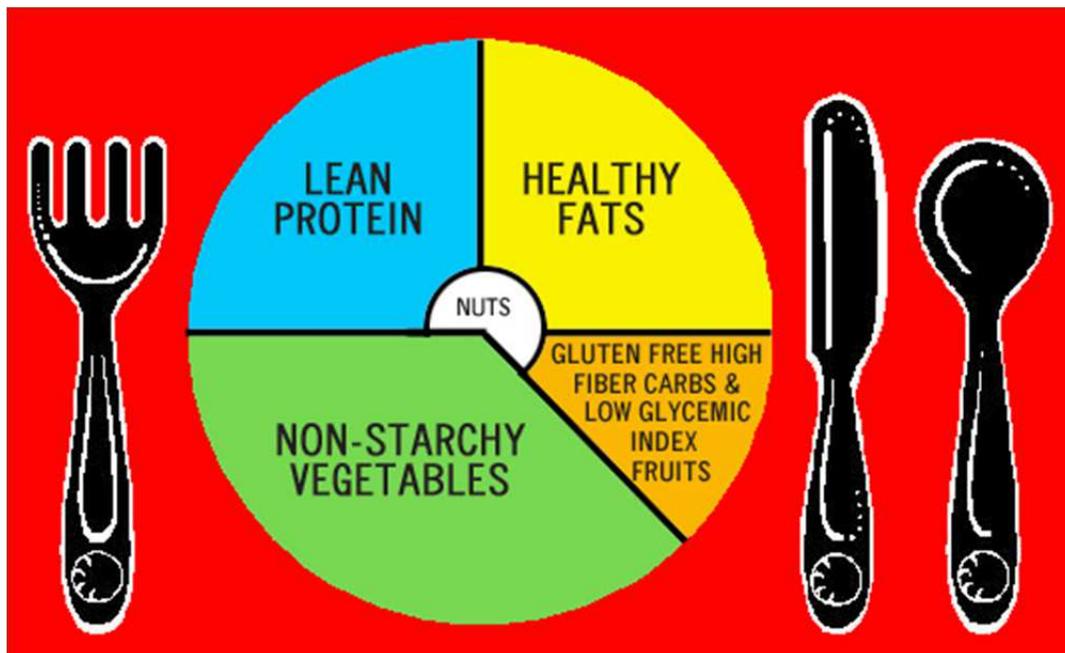
Liquid (water, unsweetened coconut water, or coconut milk\*)

### Add-ins:

1 tablespoon of nut butter  
Handful of fresh or frozen kale  
1 tablespoon chia, hemp, or freshly ground flaxseed meal  
1 scoop greens powder

*\*note we recommend So Delicious Unsweetened Coconut Milk. If you use the canned coconut milk, choose the light version and dilute 1/4 cup coconut milk with 3/4 cup water.*

# The Plate



*This is the ideal balance that you are striving for on your plate at each meal*

## Rules of Meal Timing

- Eat a substantial breakfast within 1 hour of waking up.
- Stop eating three hours before bed.  
*(NO, this does not mean going to bed later!)*
- Eat every 4-6 hours, which means you will be eating three balanced meals a day plus 1 snack ONLY IF NECESSARY.

## Each meal should include:

### 1 serving of clean, lean protein (fish, chicken, turkey, beef {grass fed only})

- Serving Size; women should eat 4-6 ounces at each meal; larger or more athletic women 6-8 ounces
- Men should eat 8 ounces; and larger or very athletic men up to 10 ounces
- Lean towards the higher range if you are very athletic or are recovering from surgery or healing from a wound

### 1-2 servings of healthy fats

- Serving size: 1 tablespoon olive oil, ¼ small avocado, 4 ounces cold water fish, 10 nuts, 1 tablespoon nut butter, 5 olives)
- Be sure to count fat from protein, so if having grass fed beef or fish count as a fat serving

### 2+ servings of non-starchy vegetables

- Serving size: 1/2 cup cooked or 1 cup raw  
More is better – Eat at least **5** servings a day, you can always increase the portion size of your non-starchy vegetables

### 1 serving of high fiber starchy carbs

- Serving Size: 1/2 cup cooked beans or rice, ½ small sweet potato, 1 piece of fruit

### *Minimize your time in the kitchen. Keep it easy and use leftovers.*

- Make quick, one plate meals – make bowls, soups, wraps, salads
- Last night's chicken will be a great source for today's lunch
- Make substitutions; Replace a good fat with another good fat from the "optimal choices" list
- Leftover veggies? Toss them in a soup or bowl
- You can always add a salad to any meal

## HERE IT IS – THE ACTUAL MEAL ASSEMBLY

Simply choose which of the following you want to assemble, follow the guidelines and you have a quick tasty balanced meal



### The Bowl

1. Choose brown rice, quinoa or legumes as base
2. Add stir-fried, steamed, roasted or sautéed veggies
3. Add your protein
4. Top with your sauce/seasoning

#### My favorite:

1. Quinoa
2. Roasted Brussels sprouts, asparagus & red peppers
3. Grilled salmon w/ lemon and sea salt



### The “Stoup”

1. Chicken or veggie broth – low sodium and organic
2. Add lentils, legumes, brown rice or quinoa
3. Add non starchy veggies – load it up!
4. Add chopped protein
5. Serve with a side salad with EVOO and lemon juice

#### My favorite:

1. Chicken broth
2. Lentils
3. Sautéed & chopped onions, garlic, red and yellow peppers, zucchini
4. Diced roasted chicken breast
5. Serve with mixed field greens and herb salad



## The Wrap

1. Start with rice wrap or romaine, butter leaf lettuce leaves
2. Add protein
3. Chopped non starchy veggies and leafy greens
4. Add healthy fat – chopped nuts, avocado

### My favorite:

1. Rice wrap w/
2. Turkey slices
3. Arugula, basil and Heirloom tomato
4. Sliced avocado



## The Plate

1. Protein
2. Starch – sweet potato, etc
3. Veggies
4. Healthy fat (fish, olive oil, avocado, nuts)

### My favorite:

1. Grass fed beef filet
2. ½ sweet potato
3. Asparagus, lightly sautéed with olive oil, garlic and sea salt



## The Salad

1. Start with dark green leafies
2. Add chopped/julienned non starchy veggies
3. Throw in a little high fiber carb – legumes, berries, apple
4. Add protein
5. Dress and season

**The dressing** – lemon or lime juice and extra virgin olive oil, herbs if desired...think

garlic, oregano, basil, dill, mint

### My favorite:

1. Romaine & Spinach blend
2. Chopped cucumbers, red onions, red peppers, carrots, asparagus (steamed al dente and chilled)
3. Garbanzo beans
4. Diced chicken
5. Lemon, olive oil and basil to dress



## The Shake

1 scoop The Virgin Diet All-in-One Shake mix or Thorne VegaLite protein powder or 2 scoops MediClear SGS\*

½ scoop Thorne Medibulk\* (not necessary if using The Virgin Diet All-in-One shake mix – the fiber is in there already for you!)

1 T Chia or freshly ground flaxseed meal

1 cup frozen organic berries (your choice)

1 cup coconut milk

Add ice and blend to desired thickness

### Add-ins:

1 tbsp nut butter

handful of Kale

1 T chia, hemp or freshly ground flaxseed meal

1 scoop greens powder

*Note we recommend So Delicious Unsweetened Coconut Milk. If you use the canned coconut milk choose the light version and dilute 1/4 cup coconut milk to 3/4 cup water.*

\* Products may be purchased at [www.jjvirgin.com/store](http://www.jjvirgin.com/store)

### I Like My Shake Thinner!

1 scoop protein

1 serving fiber (not necessary with All-in-One shake )

1/2 cup frozen fruit

10 ounces liquid

### I Like My Shake Thicker!

1 scoop protein

1 serving fiber

1 serving chia, hemp or freshly ground flaxseeds

1 cup frozen fruit

8 ounces liquid

Ice cube



## Snacks

Apple and tree nut butter

Celery and hummus

Turkey avocado roll up

Cup of lentil soup

½ of a shake serving

\* Products may be purchased at [www.jjvirgin.com/store](http://www.jjvirgin.com/store)

# Why Can't I Eat Eggs, Gluten, Dairy, Corn, Soy, Sugar, Artificial Sugars or Peanuts?

The removal of offending foods from the diet can deliver a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.

## EGGS

### What They Do

Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods. They also have been linked with eczema and psoriasis.

### WHERE THEY HIDE

Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

- Always read ingredient lists on food labels. You'd be surprised how many foods contain egg.
- Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.
- Liquid egg replacers, such as "Egg Beaters," are made of egg whites, and, therefore, should not be used as alternatives to egg.

- Baked goods
- Malted drinks
- Boiled dressing
- Meat loaf
- Breads
- Pancakes
- Custards
- Salad dressings

- Macaroons
- Bavarian cream
- Mayonnaise
- Breaded foods
- Noodles
- Creamy fillings
- Quiche
- Flan

- Batter mixes
- Marshmallows
- Bouillon
- Meringues
- Cake flours
- Puddings
- Egg drop soup
- Sauces

- French toast
- Soufflé
- Waffles
- Sausages
- Frosting
- Ice cream
- Fritters
- Tartar sauce
- Hollandaise sauce

### Eggs may be listed on food labels as...

- Egg protein Ovalbumin
- Egg white Ovomuroid
- Egg yolk Ovomucin
- Albumin Vitellin
- Globulin Ovovitellin
- Livetin Powdered egg

## GLUTEN

### WHAT IT DOES

Gluten-containing grains – wheat, barley, rye and some oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It, too, is EVERYWHERE, so read your labels carefully.

### WHERE IT HIDES

- Bread and bread rolls
- Yorkshire pudding
- Stuffings
- Pancakes
- Crispbreads
- Durham
- Pizza
- Some breakfast cereals
- Malted drinks
- Sausages – often contain rusk (and the machines used to make them are often cleaned out with bread)
- Luncheon meat - may contain fillers
- Blue cheeses (may be made with bread)
- Gravy powders and stock cubes such as OXO cubes
- Shredded suet in packs (flour is normally used to keep the strands separate)
- Seitan (doesn't contain gluten, it IS gluten!)
- Hydrolyzed Vegetable Protein (HVP)
- Baked beans (there may be gluten in the tomato sauce)
- Imitation crab meat
- Sauces - often thickened with flour
- Alcoholic drinks - such as beer, ale, lager
- Soups - may be roux based (made with flour)
- Rye bread
- Pretzels
- Muffins
- Waffles
- Bulgar wheat
- Crumble toppings
- Semolina
- All Bran
- Muesli
- Pumpnickel
- Cakes
- Pastry or pie crust
- Biscuits or cookies
- Pasta - macaroni, spaghetti
- Couscous
- Scones
- Anything in breadcrumbs
- Matzo flour/meal
- Meat and fish pastes
- Farina
- Pates
- Brown rice syrup
- Cheap brands of chocolate
- Soy sauce
- Licorice

- Mustard - dry mustard powder contains gluten
- Instant coffee - may be bulked out with flour
- Potato crisps/chips - some are OK, read the ingredients!
- Curry powder and other spices (can be bulked out with flour)
- White pepper
- Malt vinegar
- Chutneys and pickles
- Salad dressings

## SOY

### WHAT IT DOES

Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.

### WHERE IT HIDES

- Soy sauce
- Veggie burgers
- Miso
- Prepared foods
- Teriyaki sauce
- Asian foods
- Soy protein powders
- Tofu
- Tempeh
- Energy bars and shakes

## PEANUTS

### WHAT THEY DO

Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile.

### WHERE THEY HIDE

- Peanut butter
- Snacks
- Cookies
- Candy
- Peanut oil
- Food toppings

## DAIRY

### WHAT IT DOES

Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (or GI distress issues)!

### WHERE IT HIDES

- Cow, goat and sheep milk yogurts and cheeses
- Desserts
- Whey protein powder
- Anything that says milk proteins, solids, casein, or whey on it
- Butter and many margarines
- Shakes and hot chocolate mixes and drinks
- Many “non-dairy” products (coffee creamer, whipped topping)
- Many baked goods (bread, crackers, desserts)
- Many baking mixes (pancake mix)
- Mashed potatoes (often prepared with butter and/or milk)
- Many salad dressings (ranch, blue cheese, creamy, Caesar)
- Creamy, cheese, or butter sauces (often on vegetables or meats)
- Cream soups and chowders
- Cottage cheese,
- Creamy soups and sauces
- Chocolate (except some dark chocolate products)
- Macaroni and cheese
- Canned foods (soups, spaghetti, ravioli)

### Dairy may be listed on labels as...

- Milk, milk solids, non-fat milk solids
- Yogurt, kefir
- Whey
- Cream, sour cream, half & half, whipped cream
- Lactose, lactalbumin
- Cheese, cream cheese, cottage cheese
- Butter or artificial butter flavor
- Buttermilk or buttermilk solids
- Casein, caseinate, sodium caseinate (check lab results for + casein)

### WHY NO WHEY?

We love high quality whey, BUT it can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.

## CORN

### **WHAT IT DOES:**

Symptoms of corn allergies are similar to other food sensitivity reactions including rashes & hives, migraines, joint pain, mood disorders, temporary depression, insomnia, eczema, fatigue, joint pain, hyperactivity in children, night sweats, dark circles around the eyes, repeated ear infections and urinary tract infections and a constant battle with sinus problems.

Read more: [Signs and Symptoms of a Corn Allergy | eHow.com](http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7)  
[http://www.ehow.com/list\\_6393206\\_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7](http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7)

And finally, remember that corn is one of the most genetically modified crops around. The genetic modification may create its own set of health risks. For more on this subject see Jeffrey Smith's, Seeds of Deception. Another great site for the potential risks is [http://www.saynotogmos.org/scientists\\_speak.htm#risks\\_of\\_gm\\_food](http://www.saynotogmos.org/scientists_speak.htm#risks_of_gm_food)

### **WHERE IT HIDES:**

- Corn syrup
- Corn oil
- Corn meal
- Cornstarch
- Vegetable oil
- Maize
- Popcorn
- Grits
- Hominy
- Corn sugars (dextrose, Dyno, Cerelose, Puretose, Sweetose, glucose)
- Margarine
- Corn chips (Tortilla chips, Fritos)
- Corn fritters
- Breakfast cereals (such as corn flakes)
- Corn tortillas

Also many processed foods may include sources of corn from various products, such as cornstarch, corn syrup and corn oil. Here is a more expansive list:

<http://allergies.about.com/od/foodallergies/a/cornallergy.ht>

## Synonyms for Food Ingredients

Casein, caseinate	Milk
Cereal binder	Usually wheat
Cereal filler	Usually wheat
Cereal protein	Usually wheat
Cereal starch	Usually wheat or corn
Edible starch	Usually wheat or corn
Flour	Usually wheat flour
Hydrolyzed protein	Usually yeast
Hydrolyzed vegetable protein	Usually yeast
Lactalbumin	Milk
Lactose	Milk sugar
Leavening	Yeast
Lecithin	Usually egg or soya
Modified starch	Usually wheat or corn
Ovalbumin	Egg
Starch	Usually wheat or corn
Vegetable protein	Usually soya

## The Many Names for Sugar

- Barley Malt
- Beet sugar
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Cane juice crystals
- Caramel
- Carob syrup
- Castor sugar
- Corn sweeteners
- Corn Syrup
- Confectioner's sugar
- Date sugar
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic malt
- Diatase
- D-mannose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Sucrose
- Syrup
- Table sugar
- Treacle
- Turbinado sugar

## **Other Names for Artificial Sweeteners**

NutraSweet

Splenda

Acesulfame potassium

Aspartame

Cyclamate

Isomalt

Saccharin

Sucralose

Alitame

Neohesperidine dihydrochalcone

Aspartame-acesulfame salt

# THE VIRGIN DIET

## Daily Journal

Date: \_\_\_\_\_ Day of the Week: \_\_\_\_\_

**Water** 8oz:

### MEALS

**Breakfast:** TIME \_\_\_\_\_

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**Lunch:** TIME \_\_\_\_\_

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**Dinner:** TIME \_\_\_\_\_

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**Snacks:** TIME \_\_\_\_\_ TIME \_\_\_\_\_

**GI/BMs:** \_\_\_\_\_

**Symptoms** (record any symptoms you are noticing and to what degree): \_\_\_\_\_

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