

JJ VIRGIN

Live lean. Love life

JJ's Red Carpet Secrets:

Lose Up to 5 Pounds in 2 Days &
Be the **STAR** at Your Next Event!

This Program should be followed for 2-3 days prior to your big event.
This is NOT a substitute for following JJ's Live Lean Principles!
To get started on you healthy lifestyle program that can change
the way you look, feel and live in 21 days - go to
www.21daytransformationwithali.com

DAILY MEAL PLAN

For 2 Meals a Day

Shake with 20-30 grams of rice, pea, hemp or whey protein using xylitol/stevia as sweetener, (we recommend 2 scoops of Advanced Health Shake or OL Prescribed Nutrition), 1 Tbsp freshly ground flaxseed meal, 1 ThinStick (optional, for appetite control).
Plus 1 cup melon.

For 1 Meal a Day*

2 or more cups organic mixed greens, cabbage and watercress combo with 1 cup of diced radishes, cucumber, celery and red onion, dressing of 1 tbsp olive oil & 1 tbsp apple cider vinegar.

6-8 ounces chicken, turkey or fish (scallops, sole, halibut or salmon) seasoned with rosemary, garlic, dill and/or parsley. (You can use any fresh herbs or non irradiated dried herbs you want for seasoning)

1 cup steamed asparagus or Brussels sprouts.

** See our exciting recipes by Cordon Bleu trained Chef Lauren to make these meals delicious!*

EACH DAY

- ★ 2 Servings of Vitamin C drink between meals: 8-16 ounces of water with 1 Emergen-C packet added.
- ★ Water: Additional 32-48 ounces of water to get your 64 ounces of water in between meals.
- ★ NO carbonated beverages and that includes sparkling mineral water.
- ★ If needed for hunger in afternoon: 1 Tbsp freshly ground flaxseed meal fiber, 1 ThinStick in 8 ounces of water.
- ★ Sauna: 20-30 minutes if available.
- ★ Cardio Bursts: 3 minute warm-up, alternate 1 minute bursts (go all out), 2 minutes recovery (go easy) for 4-8 minutes of total bursts, 3 minute cool down. You can do this using a bike, stairmaster, treadmill, elliptical, X-iser, stairs, hills, walk/jog/sprint, jump rope or any combination of these full body movements.
- ★ Green tea: Sip 4 large cups (hot or iced, no sugar) throughout the morning.
- ★ Dry Brush before bath.
- ★ Bathe -soak 10-20 minutes in Oatmeal (such as Aveeno) and Epsoms salt bath
- ★ Get Your Beauty Sleep! Be sure to get your 7-9 hours of quality sleep each night during the program.
- ★ Indulge in a Massage & Seaweed Wrap



WHAT COULD BE EASIER?

Order my Red Carpet Secrets Kit!

My Red Carpet Secrets Kit comes complete with Protein Shake Mix for 4 shakes, Flax Seeds, 6 ThinSticks to help you with appetite control, 4 Emergen-C Packets, a dry brush and luxurious custom blended bath salts for 2 baths!

www.jjsredcarpetsecrets.com

★ SHOPPING LIST ★

Melon
Organic mixed greens
Watercress
Lemongrass
Pacific Vegetable stock (msg free)
Cilantro
Savoy & Napa Cabbage
Green onions
Turmeric
Paprika
Radishes
Fresh rosemary
Coariander
Garlic
Cucumber
Celery
Red onion
Extra Virgin Olive Oil
Apple Cider Vinegar
Chicken, turkey 6 oz portions
Fish - scallops, sole, halibut or salmon-must be wild - 6 oz. portions
Asparagus
Lemon & Lime
Brussels sprouts
Hazelnuts
Stone Ground or Dijon mustard
Green Tea

Lemongrass Poached Halibut Cilantro Slaw Asparagus with Citrus

By Chef Lauren Smith

Lemongrass Poached Halibut



- 2, 6 oz. portions wild halibut filets (may substitute other wild caught fish)
- 1 cup veggie stock (Chef Lauren suggests Pacific brand - no msg!)
- 1 stalk lemongrass, washed and finely sliced

Place the fish in a medium saucepan and pour in the veggie stock. Bring the liquid to a simmer and cook the fish about 8 minutes per side or until cooked through. Serves 2.

Cilantro Slaw

- 2 tablespoons fresh cilantro, chopped
- 1 cup Savoy cabbage, finely sliced
- 1 cup red or Napa cabbage finely sliced
- 1 tablespoon extra virgin olive oil
- 2 teaspoons apple cider vinegar
- ¼ teaspoon turmeric
- 2 green onions, sliced

In a medium bowl, mix the cabbages, cilantro, olive oil, apple cider vinegar, turmeric, and green onions until well combined. Serves 2.



Asparagus with Citrus

- 1 bunch asparagus, de-stemmed
- 1 teaspoon lime zest
- 1 teaspoon lemon juice
- ½ teaspoon paprika
- ¼ cup filtered water

In a medium pan, bring the ¼ cup of water to a simmer. Add in the asparagus and cook (uncovered) about 7 minutes or until bright green and al dente. When most of the water has evaporated, add in the lime zest, lemon juice, and paprika. Serves 2.

Tip: Never cover greens, especially when cooking with citrus! If you can never figure out why your broccoli and asparagus turn out army green, cook them uncovered.

Roasted Herb Chicken Breast Hazelnut Cress Salad Easy Steamed Garlic Brussels Sprouts

By Chef Lauren Smith

Roasted Herb Chicken Breast

2, 6 oz. organic free-range chicken breasts butterflied and pounded ¼" thick (your butcher will butterfly them for you)
¼ teaspoon fresh rosemary chopped
¼ teaspoon coriander
1 teaspoon garlic minced



Preheat your oven to 400 degrees. In a small bowl, blend the coriander, rosemary and a teaspoon of the garlic. Season both sides of your chicken with the herb blend you just made. Set on a baking sheet and bake at 400 degrees 5-6 minutes on both sides, so about 10 minutes total. Serves 2



Hazelnut Cress Salad

2 ½ cups watercress, cleaned
1 tablespoon hazelnuts, chopped and toasted
2 tablespoons minced red onion
4 radishes cleaned, thinly sliced
¼ cup finely sliced cucumber
1 tablespoon extra virgin olive oil
1 tablespoon apple cider vinegar

In a large bowl, combine the cress, hazelnuts, cucumber, and radish. In a small bowl to make the dressing, combine the minced red onions, olive oil, apple cider vinegar, and mustard. Lightly toss the salad with this dressing before serving. Serves 2.

Easy Steamed Garlic Brussels Sprouts

¼ teaspoon stone-ground or Dijon mustard
1 teaspoon garlic minced
2 cups Brussels sprouts, cleaned and sliced in half
¼ cup filtered water

In a medium pan, bring the ¼ cup water to a simmer. Add in the Brussels sprouts and a teaspoon of the garlic and cook on medium heat for about 7 minutes or until crisp and soft on the outside. Strain the Brussels sprouts and serve. Serves 2.

