



JJ VIRGIN

WITH 2  
ALL-NEW  
RECIPES

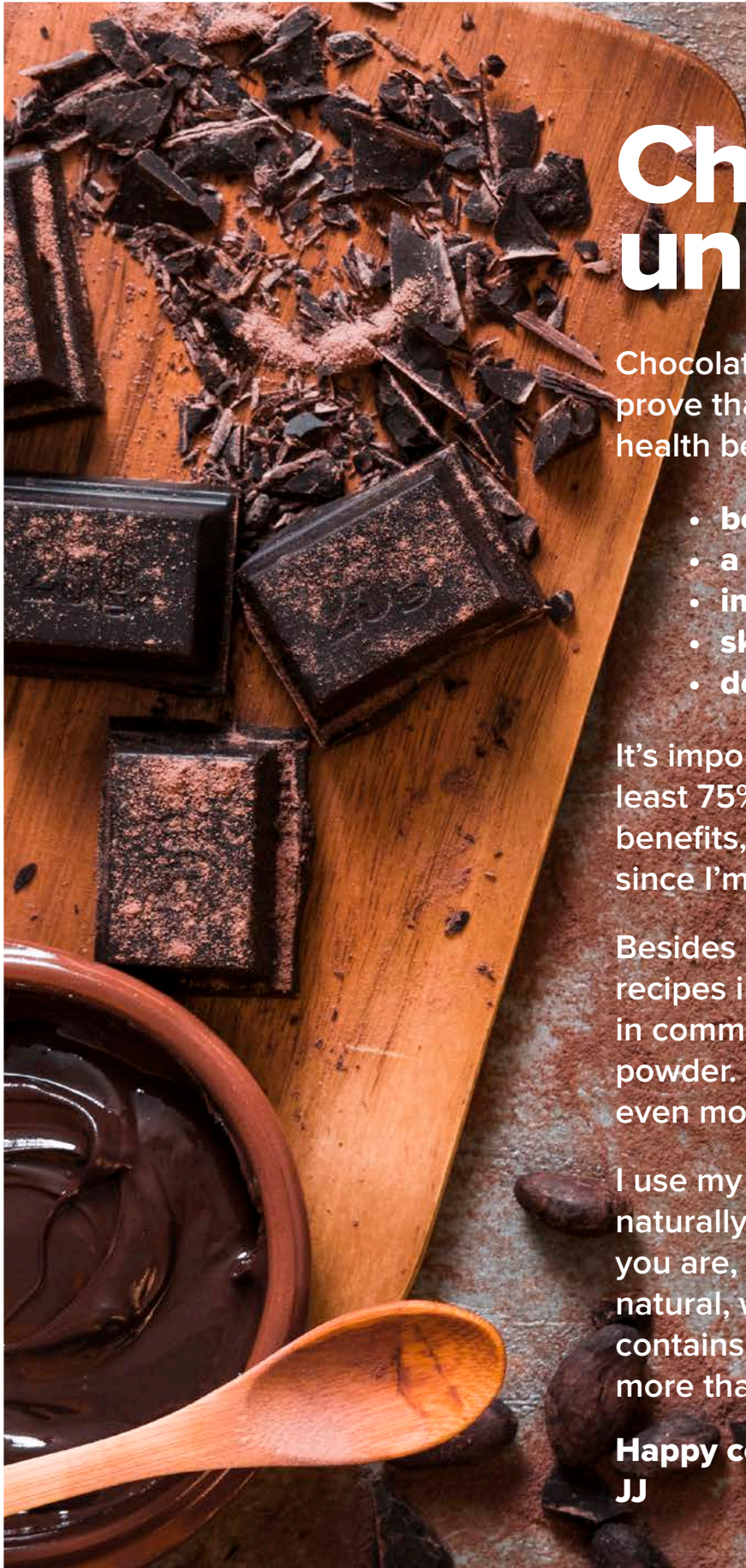
# Chocoholic RECIPE GUIDE

**A Baker's Dozen of  
Our Fudgiest (Healthiest)  
Recipes Yet**

JJVIRGIN.COM





A wooden cutting board is covered with chocolate shavings and several squares of dark chocolate. In the bottom left corner, a small bowl contains melted chocolate, with a wooden spoon resting inside it. The background is a rustic, textured surface.

# Chocoholics, unite!

Chocolate is so good for you – studies prove that cacao can have numerous health benefits, including:

- **better brain function**
- **a healthier heart**
- **improved cholesterol levels**
- **skin/UV protection**
- **decreased insulin resistance**

It's important that your chocolate be at least 75% cacao to reap those health benefits, and of course I prefer dairy-free since I'm dairy intolerant.

Besides all the chocolatey goodness, the recipes in this guide have something else in common: a nutrient boost from protein powder. It makes these healthy recipes even more nutritious options.

I use my own brand of protein powder, naturally. 😊 But if it's not available where you are, you can substitute any all-natural, whey-free, soy-free formula that contains at least 20g of protein and no more than 3g of sugar per serving.

**Happy cooking,  
JJ**



Get a shake  
with the  
power of  
bone broth...

21g **CLEAN PROTEIN**  
1g **SUGAR** • 7g **FIBER**

*Chocolate & Vanilla*

**SHOP NOW**



- 05 GREEN IS THE NEW CHOCOLATE SHAKE (NEW!)**
- 06 NO-BAKE CHOCOLATE  
OATMEAL PROTEIN COOKIES (NEW!)**
- 07 AVOCADO FUDGE BROWNIES**
- 08 NEAPOLITAN PROTEIN POPS**
- 09 DOUBLE CHOCOLATE PROTEIN MUG CAKE**
- 10 10-MINUTE COCO-RASPBERRY  
PROTEIN TRUFFLES**
- 11 GLUTEN-FREE COLLAGEN OATMEAL  
CHOCOLATE CHIP COOKIES**
- 13 ALMOND-CACAO SMOOTHIE BALLS  
(THE PERFECT BREAKFAST SHORTCUT)**
- 14 5-INGREDIENT PALEO CHOCOLATE  
ALMOND BUTTER CUPS**
- 15 CHOCOLATE-COVERED CHERRY  
DOUBLE PROTEIN SHAKE**
- 16 CREAMY CHOCOLATE PROTEIN PUDDING**
- 17 CHOCOHOLIC PROTEIN COOKIE BITES**
- 18 TRIPLE CHOCOLATE BLUEBERRY  
OVERNIGHT OATS**





## GREEN IS THE NEW CHOCOLATE SHAKE


**PREP TIME: 5 mins**  
**MAKES: 1 Serving**

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **10 oz.** unsweetened almond or coconut milk (from a carton, not full-fat from a can)
- **1** small frozen green banana
- **1 cup** baby spinach or baby kale
- **½** small avocado, peeled and pitted
- **1 Tbsp** [JJ Virgin Extra Fiber](#) or freshly ground flaxseed
- **3** ice cubes

Blend ingredients until smooth. Your shake can be thickened using ice cubes or thinned by adding cold water.

Get your day going right with this powerhouse of a shake, with antioxidant-rich green leafies and green bananas, full of resistant starch.





These quick and easy no-bake cookies are dairy-free and gluten-free, plus they're full of chewy, nourishing oats, healthy omega-3's, and clean protein.

## NO-BAKE CHOCOLATE OATMEAL PROTEIN COOKIES

**PREP TIME: 10 mins**  
**CHILL TIME: 1-1/2 hours**  
**MAKES: 12-15 cookies**

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **½ cup** unsweetened almond milk (from a carton)
- **¼ cup** coconut oil
- **½ cup** unsweetened almond butter
- **¼ tsp** pure vanilla extract
- **2 cups** gluten-free rolled oats
- **¼ tsp** sea salt (if using unsalted nut butter)
- Dash of [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice, to taste (optional)

In a small saucepan over low heat, gently whisk the almond milk and shake powder. Then add the coconut oil, almond butter, vanilla extract and stir continuously until thoroughly mixed.

Remove from heat and stir in gluten-free oats, salt and a dash of Sprinkles or other sweetener.

Chill in the refrigerator until firm enough to handle, about 30 minutes. Meanwhile, line a large plate with parchment paper.

Next, form the cookies using clean hands by measuring about 2 tablespoons of cookie dough into your palm, gently forming into a ball, and pressing down onto the parchment paper.

Place cookies in the refrigerator and chill for at least an hour before serving.

You're not dreaming!  
These fudgy and decadent  
brownies are actually  
good for you, so you can  
indulge guilt-free while  
you get clean protein  
and healthy fats.



## AVOCADO FUDGE BROWNIES

**PREP TIME: 10 mins**  
**COOK TIME: 40 mins**  
**MAKES: 16 2-inch brownies**

- **5 oz.** stevia-sweetened dark chocolate chips (like Lily's), melted
- **2 Tbsp** organic coconut oil, melted
- **¾ cup** gluten-free oat flour
- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **1 tsp** baking powder
- **½ tsp** sea salt
- **2 Tbsp** freshly ground flaxseed
- **6 Tbsp** water
- **1/2 cup** organic almond milk
- **1** small organic avocado, peeled, pitted & mashed
- **1 tsp** pure vanilla extract
- **Dash** of [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice, to taste
- **Optional:** crushed walnuts and melted chocolate drizzled on top

Preheat oven to 350°F.

Generously oil an 8"x4" glass pan with coconut or avocado oil.

In a small saucepan, melt the chocolate and coconut oil over low heat, gently stirring.

While chocolate and oil warm, in a medium mixing bowl, combine the oat flour, protein powder, baking powder, and sea salt.

In a separate mixing bowl, stir together ground flaxseed and water until well-combined. (This combination acts as an egg replacement.) Add the almond milk, melted chocolate, mashed avocado, vanilla extract, and sweetener, if using; mix again thoroughly.


Make a well in the center of the dry ingredients and pour in the wet ingredients. Beat together the ingredients in a mixing bowl using an electric mixer for about 2 minutes.

Transfer batter to greased loaf pan and smooth into an even layer. Bake at 350°F for 40 minutes, or until a wooden skewer inserted in the center comes out mostly clean.

Cool in the pan completely before cutting into 16 2-inch brownies. (You can put the pan in the refrigerator to speed that process up...)

Store leftover brownies in airtight container in refrigerator for up to 5 days. Brownies also freeze beautifully for up to 6 weeks!





Creamy and delicious, these dairy-free protein pops are a healthy mix of Neapolitan ice cream in popsicle form. They're packed with nutritious protein, fiber, and omega-3's.

## NEAPOLITAN PROTEIN POPS

**PREP TIME: 15mins**  
**CHILL TIME: 4 hours**  
**MAKES: 6 pops**

### CHOCOLATE LAYER

- **1/3 cup** unsweetened vanilla coconut or vanilla almond milk
- **1/3 cup** plain unsweetened nut yogurt
- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake](#) (your choice of protein type)
- **2 tsp** raw cacao powder
- **Dash** sea salt
- **Dash** [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice (optional)

### STRAWBERRY LAYER

- **1/3 cup** unsweetened vanilla coconut or vanilla almond milk
- **1/3 cup** plain unsweetened nut yogurt
- **1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake](#) (your choice of protein type)
- **1/4 cup** frozen organic strawberries

### VANILLA LAYER

- **1/3 cup** unsweetened vanilla coconut or vanilla almond milk
- **1/3 cup** plain unsweetened nut yogurt
- **1 scoop** [JJ Virgin Vanilla All-In-One Protein Shake](#) (your choice of protein type)
- **1 tsp** pure vanilla extract
- **Dash** [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice (optional)

Place all the ingredients for the chocolate layer in the blender until well mixed.

Pour chocolate mixture evenly into 6 popsicle molds and freeze for 1 hour.

Rinse your blender.

While the first layer partially freezes, blend the ingredients for the vanilla layer and store in a covered jar in the refrigerator; repeat for the strawberry layer. (If you go in that order, you don't have to rinse your blender between layers!)

When the chocolate layer has had an hour in the freezer, pour in the strawberry mixture, and add the popsicle sticks; return to freezer for 1 hour.

Last but not least, pour in the vanilla mixture and freeze until firm. Enjoy!





## DOUBLE CHOCOLATE PROTEIN MUG CAKE

**PREP TIME: 10 mins**  
**COOK TIME: 30 mins**  
**MAKES: 1 serving**

This gluten-free, dairy-free recipe takes the moist and fluffy cake out of the sheet pan and into a single-serving mug. It's loaded with protein, antioxidants, and omega-3s, so you can indulge guilt-free!

- **2 Tbsp** almond flour
- **1 Tbsp** coconut flour
- **1 Tbsp** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **1 Tbsp** raw organic cacao powder
- **½ tsp** baking powder
- **½ tsp** [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice (optional)
- **¼ tsp** sea salt
- **6 Tbsp** unsweetened almond, coconut, or oat milk from a carton
- **2 Tbsp** melted coconut oil or avocado oil, plus more for the cup
- **2 Tbsp** ground flaxseed mixed with 2 Tbsp water
- **½ tsp** real vanilla extract
- **1 oz.** 75% cacao dark chocolate, cut into small chunks, plus more shaved to top the baked cake
- **¼ cup** fresh blueberries


Combine the dry ingredients in a medium mixing bowl.

Whisk in the nut milk, ground flaxseed and water mixture, coconut or avocado oil, and vanilla extract until fluffy. (Use immersion blender for fluffier texture.)

Stir in the dark chocolate chunks.

Lightly grease a 10 to 12 oz mug with additional oil and scoop in the batter.

Bake at 375°F for 25-30 minutes; cool 10 minutes, then top with fresh berries and more shaved dark chocolate to serve!



These no-bake goodies are full of protein and healthy omega 3s and come together in just ten little minutes!

## 10-MINUTE COCO-RASPBERRY PROTEIN TRUFFLES

**PREP TIME: 10 mins**

**COOK TIME: 1 hour**

**MAKES: 24 truffles (6 servings)**

- **2 scoops** [JJ Virgin Vanilla Plant-Based All-In-One Protein Shake](#) powder
- **¼ cup** ground flaxseed
- **½ cup** gluten-free organic rolled oats (not quick-cook oats or instant oatmeal)
- **¾ cup** unsweetened almond, cashew, or sunflower seed butter
- **3 Tbsp** coconut oil, melted
- **2 tsp** real vanilla extract
- **Dash** of [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice (optional)
- **Dash** of sea salt
- **¼ cup** freeze-dried raspberries (reserve for the center)
- **½ cup** organic unsweetened finely shredded coconut flakes (reserve for rolling)

In a food processor, pulse the oatmeal until it's the size of small crumbs.


Combine all other ingredients except for raspberries and coconut flakes in the food processor, and pulse until well combined.

Roll the mixture into 1-inch balls, then flatten slightly and place a freeze-dried raspberry in the center before reforming into a ball surrounding the berry. Roll the finished truffles in finely shredded coconut flakes.

Place in fridge to chill for an hour before serving.

Store leftovers in the fridge for up to one week in an airtight container, or freeze for up to one month.





Have some cookies!  
With the collagen protein,  
healthy fats, and filling  
fiber in this scrumptious  
gluten-free recipe, you can  
indulge and feel good  
about it.

## GLUTEN-FREE COLLAGEN OATMEAL CHOCOLATE CHIP COOKIES

**PREP TIME: 10 mins**  
**COOK TIME: 30 mins**  
**MAKES: 1 serving**

- **2 scoops** [JJ Virgin Complete Beauty Collagen Powder](#)
- **½ cups** all-natural no-sugar-added unsalted nut or seed butter
- **2 Tbsp** ground flaxseed
- **6 Tbsp** water
- **1 Tbsp** coconut oil
- **2 tsp** pure vanilla extract
- **½ tsp** baking powder
- **½ tsp** sea salt
- **1 tsp** [JJ Virgin Sprinkles](#), or other low-sugar impact sweetener of your choice (optional)
- **3 Tbsp** coconut flour
- **½ cup** organic gluten-free rolled oats (not quick-cook oats or instant oatmeal)
- **1 cup** stevia-sweetened dark chocolate chips (like Lily's)
- **½ cup** chopped nuts or dried unsweetened coconut flakes (optional)

Preheat oven to 350°F.

In a medium mixing bowl, whisk together JJ Virgin Complete Beauty Collagen, JJ Virgin Sprinkles, baking powder, sea salt, coconut flour, and rolled oats.

In a separate mixing bowl, stir together ground flaxseed and water until well-combined; add nut or seed butter, coconut oil, and vanilla extract and mix again thoroughly.

Add dry ingredients to wet ingredients and stir until evenly combined. Mix in chocolate chips and nuts or coconut, if using.

Using a teaspoon, drop dough onto an ungreased, parchment-lined baking sheet about 2 inches apart. Place baking sheet in hot oven for 12-15 minutes.

Remove from oven and let stand for 5 minutes before transferring from baking sheet to cooling rack.

Leftover cookies (if there are any!) can be stored in a covered container at room temperature for up to 3 days or tightly wrapped and frozen for up to one month.

# Beautiful Skin is Just the Beginning

**12.5 COLLAGEN PEPTIDES PER SERVING**

Strengthening your gorgeous skin and hair are just the beginning. Complete Beauty Collagen also supports you in places you can't see – but you'll feel the difference! Joints hurting when you go up the stairs? Collagen is the support system for all your connective tissue.\* And your intestines also need collagen to stay smooth and connected.\*

**SHOP NOW**



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





## ALMOND-CACAO SMOOTHIE BALLS

(THE PERFECT BREAKFAST SHORTCUT)

**PREP TIME: 5 mins**  
**COOK TIME: 1 hour**  
**MAKES: 6 balls**  
**(enough for 6 smoothies)**

- **6 Tbsp** unsweetened, unsalted almond butter
- **3 Tbsp** raw cacao powder
- **3 Tbsp** chia seeds
- **3 Tbsp** cacao nibs
- **2 Tbsp** unsweetened coconut or nut milk (from a carton, not a can)
- **1 Tbsp** real vanilla extract

In a medium mixing bowl, stir together the ingredients until thoroughly mixed. If mixture is still dry and powdery, add an additional 1-2 teaspoons coconut milk.


Shape mixture into 6 balls, each about 2 tablespoons. Place on parchment-lined plate and freeze until firm, at least 1 hour.

Transfer to airtight bag or container and freeze up to 6 weeks.

These delicious chocolate almond smoothie bombs are a breeze to stir together and make it even easier to blend together a healthy, tasty morning shake.

To use, put 1 smoothie ball, 1 cup frozen organic berries, and 2 scoops of JJ Virgin All-In-One Protein Shake powder in a blender with 10 ounces of unsweetened coconut or nut milk and blend until smooth.

Your smoothie can be thinned with cold filtered water or thickened with ice cubes. So quick and easy!



These delicious Paleo and keto-friendly almond butter cups have added protein and less than 1 gram of sugar each, plus healthy fats from superfood almonds and coconut oil.

## 5-INGREDIENT PALEO CHOCOLATE ALMOND BUTTER CUPS

**PREP TIME: 20 mins**  
**CHILL TIME: 30 mins**  
**MAKES: 12 cups (6 servings)**

- **½ cup** unsalted, unsweetened almond butter
- **1 scoop** [JJ Virgin Vanilla Paleo-Inspired All-In-One Protein Shake](#) powder
- **¼ tsp** sea salt
- **1 cup** stevia-sweetened dark chocolate chips (like Lily's)

Line 12 openings of a mini muffin pan with cupcake liners and set aside; clear some space in the freezer for the pan.

**To make the filling:** In a small bowl, stir together the almond butter, protein powder, and salt until well incorporated.

Cover the bowl and place in the freezer for 15-20 minutes, until the filling is firm enough to handle and mold easily.

While the filling chills, place the chocolate chips and coconut oil in a medium glass bowl.

Half-fill a small saucepan with water and bring to a simmer over medium-high heat; place the glass bowl of chocolate and oil on top of the pan of water and stir

until the chocolate chips are melted, and the mixture is smooth.

Drop 1 teaspoon of melted chocolate into each mini-muffin cup and tap the pan to smooth the chocolate into an even layer.

Remove the almond butter filling from the freezer, and scoop 2 heaping teaspoons into your hands and mold into a ball, then flatten slightly.

Gently lay the almond butter disc on top of the melted chocolate in one of the mini muffin cups; repeat for all the cups.

Spoon another teaspoon of melted chocolate on top of each almond butter round and gently spread until even; repeat for all 12 cups.

Place muffin pan into freezer, and freeze for 20-30 minutes, until set. Remove from freezer and place cups in an airtight container.

Peel off cupcake liners before enjoying. Cups can be stored in the refrigerator or freezer, whatever you prefer. (If stored in the freezer, you can allow to thaw 10-20 minutes before eating for a softer texture.)





## CHOCOLATE-COVERED CHERRY DOUBLE PROTEIN SHAKE

**PREP TIME: 5 mins**


**MAKES: 1 serving**

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) (your choice of protein type)
- **1** [Dark Chocolate-Covered Cherry All-In-One Protein Bar](#)
- **10 oz.** unsweetened coconut or almond milk
- **1 cup** frozen organic cherries

Blend all ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding more nut milk or cold water.

Double the fat-burning protein, filling fiber, and scrumptious taste with this yummy smoothie. You won't believe the secret ingredient...



Get your dairy-free chocolate pudding fix with this quick and easy no-cook recipe! With added protein, fiber, and healthy fats, it's a completely guilt-free dessert.

## CREAMY CHOCOLATE PROTEIN PUDDING

**PREP TIME: 5 mins**  
**CHILL TIME: 30 mins**  
**MAKES: 2 servings**

- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake](#) (your choice protein type)
- **1 Tbsp** raw cacao powder
- **1 cup** cold unsweetened full-fat canned coconut milk (sometimes called “unsweetened coconut cream” when sold in cartons)
- **1 tsp** real vanilla extract
- pinch sea salt
- **2 Tbsp** melted coconut butter
- **¼ cup** fresh organic berries or crushed almonds to serve

Whisk together the protein powder, cacao powder, sea salt, vanilla, and cold nut milk in a medium mixing bowl until no lumps, 1-2 minutes.

Once fully mixed, add the melted coconut butter and whisk well again until thoroughly mixed and slightly thickened.

Refrigerate until chilled and thickened to desired consistency, at least an hour.

Top with berries or crushed almonds and serve! (Leftovers can be covered and refrigerated for up to 3 days.)





## CHOCOHOLIC PROTEIN COOKIE BITES

**PREP TIME: 10 mins**  
**MAKES: 20 bites**

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake](#) (your choice of protein type)
- **½ cup** chopped almonds or pecans
- **½ cup** organic cacao nibs
- **½ cup** gluten-free organic rolled oats (not quick-cook oats or instant oatmeal)
- **2 Tbsp** unsweetened unsalted almond butter
- **1 Tbsp** coconut oil
- **½ tsp** [JJ Virgin Sprinkles](#) or other low-sugar impact sweetener of your choice (optional)
- **¼ tsp** sea salt
- organic cacao powder for rolling

Satisfy your chocolate cravings with these scrumptious cookie bites. With plenty of superfoods and protein for energy, they're gluten-free, dairy-free, and guilt-free!

Pulse the oatmeal in a food processor until the size of small crumbs.

Add the remaining ingredients, and pulse until well-combined and mixture holds its shape when pressed together. (Be careful not to over-process.)

Roll the mixture into 1-½ inch balls. If desired, roll the finished bites in organic cacao powder.

Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.



## TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS

**PREP TIME:** 5 mins  
**CHILL TIME:** 6 hours  
**MAKES:** 1 serving

- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake](#) powder (your choice of protein type)
- **⅔ cup** unsweetened almond or coconut milk
- **⅓ cup** unsweetened, full-fat coconut milk yogurt
- **1 tsp** raw cacao powder
- **½ cup** gluten-free rolled oats (not quick cook)
- **1 cup** fresh blueberries (not frozen)
- **1 Tbsp** chia seeds
- **1 Tbsp** organic cacao nibs
- **½ tsp** pure vanilla extract
- Pinch of sea salt

In a medium-sized mixing bowl, whisk together the shake powder, almond or coconut milk, yogurt, and cacao powder until thoroughly mixed and smooth.

Stir in the remaining ingredients until well-combined. Spoon into a one-pint jar with a tight-fitting lid.

Close and refrigerate for at least 6 hours, preferably overnight, before eating.

This quick, gluten-free overnight oats recipe has plenty of energizing protein and filling fiber, plus the scrumptious flavor of chocolate and blueberries.



**\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

RECIPES ORIGINALLY PUBLISHED IN *THE VIRGIN DIET COOKBOOK*, GRAND CENTRAL LIFE & STYLE, 2014 AND *JJ VIRGIN'S SUGAR IMPACT DIET COOKBOOK*, GRAND CENTRAL LIFE & STYLE, 2015

COPYRIGHT © 2018 JJ VIRGIN & ASSOCIATES, INC. ALL RIGHTS RESERVED.

# JJ VIRGIN

THE CONTENTS OF THE CHOCOHOLIC RECIPES GUIDE ARE FOR YOUR PERSONAL USE ONLY AND ARE SUBJECT TO THE TERMS AND CONDITIONS AT [WWW.JJVIRGIN.COM](http://WWW.JJVIRGIN.COM). THE RECIPES HAVE NOT BEEN REVIEWED OR APPROVED BY ANY GOVERNMENT, HEALTHCARE ORGANIZATIONS, OR PHYSICIAN. RECIPES MUST BE PREPARED ACCORDING TO PROVIDED INSTRUCTIONS. CONSULT YOUR PRIMARY HEALTHCARE PROVIDER WITH ANY RELATED QUESTIONS CONCERNING YOUR PERSONAL NUTRITION AND FITNESS NEEDS AND THE SUITABILITY OF ANY RECIPES IN LIGHT OF YOUR PERSONAL PHYSICAL CONDITION AND CIRCUMSTANCES.

JJ VIRGIN AND JJVA ASSUME NO RESPONSIBILITY FOR ERRORS OR OMISSIONS THAT MAY APPEAR IN THIS PUBLICATION. WHILE ALL ATTEMPTS HAVE BEEN MADE TO VERIFY INFORMATION PROVIDED IN THIS PUBLICATION, NEITHER THE AUTHORS NOR THE PUBLISHER ASSUME ANY RESPONSIBILITY FOR ERRORS, INACCURACIES, OR OMISSIONS.

NEITHER JJ VIRGIN NOR JJVA RENDER MEDICAL ADVICE. THIS EBOOK OFFERS HEALTH, FITNESS, AND NUTRITIONAL INFORMATION AND IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. YOU SHOULD NOT RELY ON THIS INFORMATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTHCARE PROFESSIONAL. DO NOT DISREGARD, AVOID, OR DELAY OBTAINING MEDICAL OR HEALTH-RELATED ADVICE FROM YOUR HEALTH CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THIS BOOK. THE USE OF ANY INFORMATION IS SOLELY AT YOUR OWN RISK.

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 HEALTHCARE PROFESSIONAL, AND YOU SHOULD SEEK THE ADVICE OF YOUR HEALTHCARE PROFESSIONAL BEFORE UNDERTAKING ANY DIETARY OR LIFESTYLE CHANGES.

I COULDN'T MAKE IT WITHOUT SUPPORTIVE RELATIONSHIPS - NEITHER CAN YOU! THAT'S WHY MY TEAM AND I CHOOSE AFFILIATE PARTNERS TO OFFER YOU PRODUCTS WE BELIEVE IN. I MAY HAVE RECEIVED FREE PRODUCTS IN ORDER TO DETERMINE WHETHER THEY ARE A QUALITY FIT FOR OUR COMMUNITY. IF YOU HAPPEN TO PURCHASE SOMETHING I RECOMMEND IN THIS GUIDE, IT'S ALSO LIKELY I'LL RECEIVE SOME KIND OF COMPENSATION. HOWEVER, I ONLY BRING YOU PARTNERS WHOSE CONTENT AND CORE VALUES WILL SERVE YOU WITH THE SAME COMMITMENT TO EXCELLENCE MY TEAM AND I STRIVE FOR EVERY DAY. PLEASE BE IN TOUCH WITH ANY CONCERNS.

