

JJVIRGIN

**3 DAY
METABOLIC
RESET
GUIDE**

**KEY TIPS TO JUMPSTART
YOUR METABOLISM PLUS 3
DAY TRACKER GUIDE**

JJVIRGIN.COM

EAT

2 SPICY GREEN SHAKES PER DAY



SPICY GREEN SHAKE

2 scoops [JJ Virgin All-In-One Protein Shake](#) powder
(any flavor or protein type)

1 cup fresh greens (kale leaves, baby spinach, or chard)

1/2 small avocado

10 oz. unsweetened coconut or almond milk

1 Tbsp chia seeds or freshly ground flaxseed or 1 tsp [Extra Fiber](#)

1 Tbsp coconut butter or coconut oil

1 tsp ground cinnamon

1/4 tsp ground turmeric

dash ground cayenne pepper (optional)

4-5 ice cubes

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

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

Enjoy!

ONE TRIFECTA MEAL (FAT, FIBER & PROTEIN)



6 ounces chicken, fish, grass-fed beef, or lamb



2 cups non-starchy veggies sauteed in 2 Tbsp coconut oil (broccoli, Brussels sprouts, cauliflower, etc)



2 or more cups Leafy Greens Salad with 2 Tbsp Apple Cider Vinaigrette (your choice of kale, spinach, arugula, cabbage, etc)

[Grab some of my delicious healthy recipes here!](#)

Apple Cider Vinaigrette

- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 garlic clove, minced
- 2 teaspoons Dijon mustard
- 1/4 tsp. monk fruit extract
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh tarragon or basil (optional)

Combine all of the ingredients in glass mason jar, then seal the lid and shake until well combined. Adjust seasoning to taste as needed.

For best flavor, allow the dressing to sit for 30 minutes before serving over your favorite greens. This also makes a great marinade for chicken, fish, and veggies!

Store leftovers in the fridge for up to a week, and shake well before serving each time.



Dark Chocolate Coconut Fiber bar if needed for snack

DRINK

STAY HYDRATED

64 ounces minimum; more if you are in a hot climate, exercise heavily, or are heavier.

WATER HYDRATION SCHEDULE

- ◆ When you get up: 16 ounces
- ◆ 30 to 60 minutes before each meal: 16 ounces
- ◆ During a meal: limit to 4 to 8 ounces
- ◆ Start drinking water again 60 minutes after each meal
- ◆ Before bed: 8 ounces



Lemon-AID

Makes 32 ounces

- Zest and juice of 1 lemon or lime
- 32 ounces filtered water
- 1 teaspoon [L-glutamine powder](#)* (optional)
- [JJ's Virgin Sprinkles](#) (use as little as possible)
- 1/2 thinly sliced lemon
- 1-2 tablespoons chia seeds
- Optional: 1/2 teaspoon cayenne pepper

In a pitcher, combine the lemon zest and juice with the water. Add the L-glutamine powder (if using), Sprinkles (if needed) and chia seeds. Stir well, and then gently stir in the lemon slices.

*L-glutamine is an amino acid that helps your body synthesize protein. It also eases sugar cravings and supports gut healing.



Bone Broth (as a snack)

▶ [GET OUR RECIPE HERE](#)

Green Tea Regular or decaf



MOVE

BURST TRAIN

Accumulate 4-8 minutes throughout the day each day

► [CLICK HERE TO LEARN MORE](#)

MY FAVORITE WAYS TO BURST ARE:

- Take the stairs
- Xiser
- Sprint or run
- Bike
- Butterfly stroke in the pool
- Rollerblade like the Olympic speed skaters
- Stairmaster
- Turkish Get Ups
- Jump rope



[LEARN MORE ABOUT THE XISER ► HERE](#)



MOVE MORE

Accumulate 60 minutes total of movement throughout the day (walking, stairs, etc. it all counts)



CALM



▶ Meditation Exercise

DESTRESS

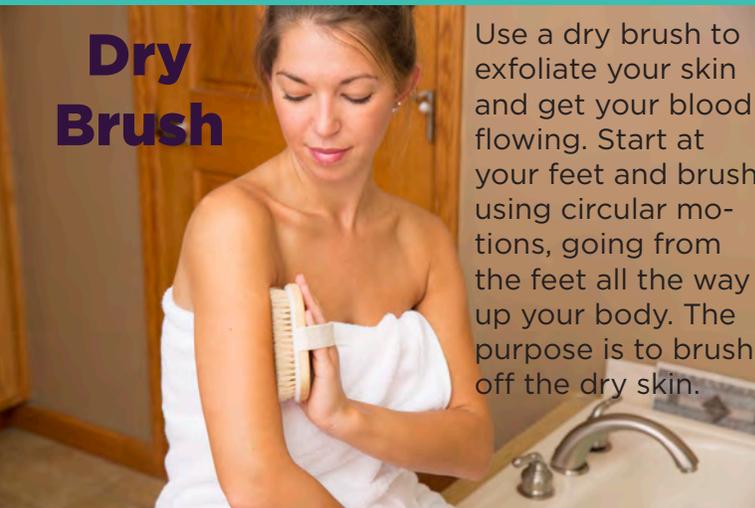
5-20 minutes a day

Deep Breathing

Tapping • Meditation

Yoga Flow Exercise

Hot bath with Epsom salts and dry brush



Dry Brush

Use a dry brush to exfoliate your skin and get your blood flowing. Start at your feet and brush using circular motions, going from the feet all the way up your body. The purpose is to brush off the dry skin.



▶ Yoga Flow Exercise



▶ Tapping

SLEEP

Get 7-9 hours



▶ Check out my secret weapon for a great night's sleep [HERE](#).

SUPPLEMENT METABOLIC TRIFECTA

If you're looking for a set of supplements that will have a big impact on your weight loss results, try the Metabolic Trifecta. They're hand-picked and formulated to set you up for success. You can trust the superior-quality, natural ingredients – third-party tested for efficacy and backed by solid research – to help you meet your weight loss goals without stimulants or side effects.



METABOLIC CHARGE

The safe way to rev up your metabolism.

Metabolic Charge is the safe, natural way to press the accelerator on your metabolism so you burn fat and absorb less glucose, without the unpleasant side effects of other weight loss formulas.* No caffeine jitters, no blood pressure spikes – just real results from a product you can trust. Metabolic Charge increases your body's metabolic rate safely and naturally with a specially formulated blend of botanicals and nutrients to help you burn fat without experiencing any of those adrenaline-induced issues.



METABOLIC RESET

The numbers on the scale keep going up, even though you go hungry!

JJ Virgin's Metabolic Reset can safely balance your fat-regulating and stress hormones.* This endocrine-balancing formula uses nutrients and botanicals to safely hit the reset button on the hormones that cause your body to store fat and experience cravings.* This natural supplement may be the stepping stone you need to escape a cycle of midnight fridge raids and morning-after regret.*



METABOLIC DIGESTIVE BALANCE

Say goodbye to gas and bloating!

Adding Metabolic Digestive Balance can equal less gas, bloating, and heartburn, plus more accessible nutrition and help with weight loss.* The JJ Virgin team worked hard to source non-GMO, superior-quality digestive enzymes for Metabolic Digestive Balance. We're also firm believers in multitasking, so our product not only helps you break down protein, it's also a Phase 2 Carb Controller. That means it can slow down or even prevent the absorption of carbohydrates from your food.

* 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.

YOUR DAY

Adjust per your wake time • Ensure an overnight fast of 12-14 hours
Eat breakfast within 1-2 hours of waking up

6 am – Wake up

- Weigh & Measure
- Hot green tea with lemon & and a little cayenne
- 1 glass of water
- 2 **Metabolic Reset**, 1 **Metabolic Charge**
- Gratitude journal - list 3 things you are grateful for
- 2-4 Bursts



8 am – Morning Shake [\(Check out my delicious shake recipes here!\)](#)

Morning

2-4 glasses water, green tea or Lemon-AID

12-1 pm – Lunch Shake

2 **Metabolic Reset**, 1 **Metabolic Charge**



Afternoon

2-4 glasses water, green tea or Lemon-AID throughout afternoon

2-4 Bursts

Snack (only if really needed) [Dark Chocolate Coconut Fiber Bar](#) or cup of bone broth

5-6 pm – Dinner [\(grab some of my delicious healthy recipes here!\)](#)

2 **Metabolic Digestive Balance**

Evening

Take a walk

1-2 glasses of water

Evening journal - celebrate your wins!

Dry brush, and hot bath with Epsoms salts



RECOMMENDED PRODUCTS

SLEEP CANDY

Sometimes you need a little extra helping falling or staying asleep. Most over-the-counter stuff creates an awful morning-after “hangover,” and my friend Dr. Sara Gottfried says pharmaceutical sleep aids do more harm than help. **Sleep Candy** contains a synergistic blend of science-based nutrients that calm your mind and gently help you drift into slumber.

ALL-IN-ONE SHAKES

My All-In-One shakes have all the protein, fiber, vitamins, and minerals you need for a complete meal. JJ offers you 2 types of All-In-One Shake mix. **Paleo-Inspired Shakes** are suited to the grain-free Paleo diet or those who prefer animal protein. 21g of protein per serving, conscientiously sourced from cows who are never given any antibiotics, hormones, or GMO feed. **Plant-Based Shakes** are ideal for vegetarians (and folks who wish they were, but draw the line at eating fresh veggies). Every serving contains 9 whole-food fruits and vegetables and 22g of protein from low-allergenicity pea, chia, and chlorella.

EXTRA FIBER

Your secret weapon for fast, lasting fat loss. Fiber may not have a sexy reputation, but it’s a daily requirement if you want to feel and look your best. There are plenty of fiber superstars in the food world, including leafy green veggies, sweet potatoes, citrus fruits, beans, and flaxseed. But if you’re not loading up on foods like broccoli or Brussels sprouts, you probably suffer from snack attacks not long after mealtime. You don’t have to feel hungry – Extra Fiber to the rescue!

DARK CHOCOLATE COCONUT FIBER BARS

Satisfy your sweet tooth with a decadent treat that tastes like a candy bar. If you like Mounds® candy bars, you’re going to LOVE these. Tender, sweet coconut (full of amazing health benefits), rich dark chocolate, with 11g of heart-healthy fiber and only 1 gram of sugar! That’s over 40% of your recommended daily fiber intake in just one yummy treat!

L-GLUTAMINE

L-glutamine is an amino acid, one of the building blocks of protein. Your body produces it so you can digest food, fight disease, and regulate your blood sugar properly. However, it’s still known in the science world as “conditionally essential.” That means you might still need to supplement whenever your body is facing a challenge. That’s because your body’s response to emotional or physical stress is to release the hormone cortisol. Cortisol depletes your body’s natural supply of L-glutamine, making it harder to lose weight and stay healthy.

JJ VIRGIN's SPRINKLES

A blend of natural, beneficial sweeteners that give you all the sweetness you crave and ZERO grams of sugar. A dash of Virgin Sprinkles sweetens your favorite food or drink without any harmful effects on your blood sugar.

XISER

My favorite way to burst! No time is no excuse. The Xiser makes getting your burst training in throughout the day super simple. Small, portable and extremely durable, I recommend these to anyone who has ever used the excuse, “I just don’t have time or room for workout equipment”.



DAY 1 - TRACKING GUIDE

Date: _____ Day of Week: _____

MEALS

BREAKFAST: TIME _____

LUNCH: TIME _____

DINNER: TIME _____

SNACKS: TIME _____

TIME _____

WATER:  8oz:

GI/BMs: _____

SYMPTOMS: (record any symptoms you are noticing and to what degree)

WEIGHT: _____ MEASUREMENT: _____ BODY FAT: _____

STEPS: _____ BURSTS: # _____ TYPE: _____

NOTES: _____

DAY 2 - TRACKING GUIDE

Date: _____ Day of Week: _____

MEALS

BREAKFAST: TIME _____

LUNCH: TIME _____

DINNER: TIME _____

SNACKS: TIME _____

TIME _____

WATER:  8oz:

GI/BMs: _____

SYMPTOMS: (record any symptoms you are noticing and to what degree)

WEIGHT: _____ MEASUREMENT: _____ BODY FAT: _____

STEPS: _____ BURSTS: # _____ TYPE: _____

NOTES: _____

DAY 3 - TRACKING GUIDE

Date: _____ Day of Week: _____

MEALS

BREAKFAST: TIME _____

LUNCH: TIME _____

DINNER: TIME _____

SNACKS: TIME _____

TIME _____

WATER:  8oz:

GI/BMs: _____

SYMPTOMS: (record any symptoms you are noticing and to what degree)

WEIGHT: _____ MEASUREMENT: _____ BODY FAT: _____

STEPS: _____ BURSTS: # _____ TYPE: _____

NOTES: _____

RESOURCES

[Tapping with Rick Ortner](#)

[Ziva Meditation](#)

[Yoga Flow Exercise with JJ](#)

[JJ Virgin Supplements](#)

[JJ Virgin Shakes](#)

[JJ Virgin Bars](#)

[Xiser](#)

[NutriBullet](#)

JJ's favorite for making the best shakes!

[Butcher Box](#)

100% grass-fed beef, organic/pastured chicken & heritage breed pork delivered directly to your door (and get FREE bacon with your order!)

[Vital Choice Wild Seafood & Organics](#)

JJ's choice for the freshest seafood (and organic chocolate!)

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