

# STELLAR *Life*

Hosted By *Orion*

## The Virgin Diet

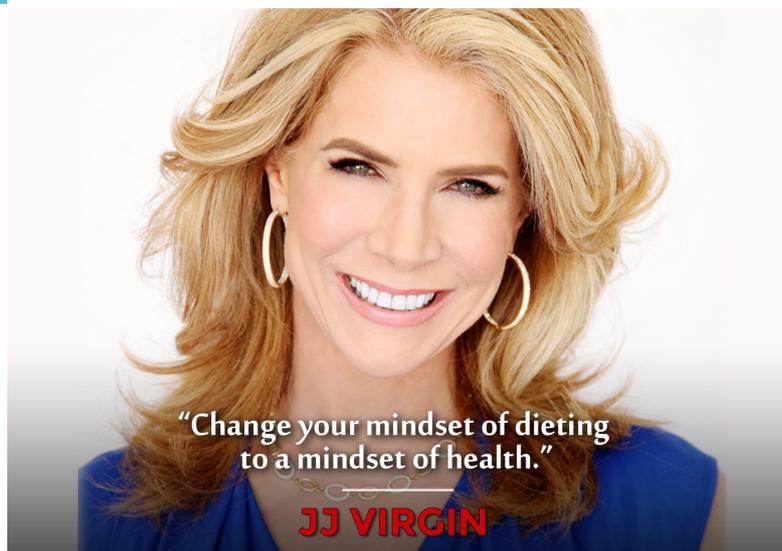
10 Point Checklist

**JJ Virgin**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Change your mindset of dieting to a mindset of health."

**JJ VIRGIN**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Don't fuss too much about calories. It's not how many calories you consume, it's where they come from. There's a difference between 1000 calories from sugar and 1000 calories from fat or protein.
- Don't skip breakfast. It's the most important meal of the day. Instead, try eating a light dinner early in the evening.
- Test your body's food sensitivities and find out which foods cause adverse reactions like inflammation or bloating.
- Reduce your intake of gluten, dairy, eggs and peanuts if you're looking for a faster (and healthier) way to lose weight. Refraining from these foods will also help you avoid "leaky gut".
- Cut back on sugar and artificial sweeteners. Replace them with natural alternatives such as Stevia or monk fruit.
- Swap some of your old comfort food for healthier versions of the same thing instead of completely taking them out of your diet. A doughy, cheesy pizza can be replaced with portobello mushrooms topped with marinara sauce and nut cheese for example.
- Add probiotic and fermented foods into your diet to help keep your gut healthy by introducing good bacteria in your digestive system.
- Forget about juice cleansing. It actually makes you feel worse because of the high amount of sugar and lack of protein. Detox the smart way by eating right, taking supplements, exercising, and drinking lots of water and green juice.
- Don't go cold turkey. Cutting out all the unhealthy habits you've been used to all your life is a huge shift. Start one step at a time until you develop a pattern so that you don't experience bad withdrawals or worse, relapse.
- Grab a copy of JJ Virgin's books, [The Virgin Diet](#) and [The Sugar Impact Diet](#) to jumpstart your way into healthy, superconscious eating.