

JJ VIRGIN's

SUGAR IMPACT DIET

QUICK START
GUIDE

JJ VIRGIN, CNS, CHFS

Welcome!

I am excited to share this journey with you. If sugar cravings have been ruling your life and nothing has ever worked to help you break free for the long haul, you've come to the right place. Or, perhaps you didn't even know that you were actually eating that much sugar and you got a bit of a wake up call when you took my **Sneaky Sugar Inventory!**

Either way, I am glad you are here. I wrote this **Quick Start Guide** because I know when you are ready to change your life, you want to start now! Getting started right away is critical because we all know what happens when you put it off until tomorrow, right?

The first thing you will want to do is set yourself up for success in **Cycle 1: Taper**. Step one is to Test: take the **Sugar Impact Quiz** included in this **Quick Start Guide** to see how much hidden sugars are hurting your health and take your initial weight and measurements so that you know your starting point. I also HIGHLY recommend taking a before photo. You will thank me for this later, I promise.

I've included a **Staples Shopping List** so you can toss the high Sugar Impact foods and restock with Medium and Low Sugar impact foods for Cycle 1. I've also include a sample **Journal** page – you can download more of these [HERE](#) or make a copy of this one as this is something you will need to do every day of the three cycles. Yes, it is that important, in fact, journaling maybe the biggest single determinant of your success on this program so don't blow it off.

Alrighty, welcome aboard, let's get started!

Blessings,



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The Sugar Impact Diet Blueprint

Test – Taper – Transition – Transformed!

TEST:

- Take the **Sneaky Sugar Inventory** to identify how much sugar you are actually eating
- Take the **Sugar Impact Quiz** to identify the impact sugar is having on you
- Take your starting weight and measurements

TAPER (Cycle 1):

- Trade your High Sugar Impact foods for Medium Sugar Impact foods
- Take your weight and measurements
- Record your food and mood daily in your Journal Pages
- Focus on following the portions of the **Sugar Impact Plate** and eating by the **Sugar Impact Clock**

TRANSITION (Cycle 2):

- Take the **Sugar Impact Quiz** before you start Cycle 2
- Trade your Medium Sugar Impact foods for Low Sugar Impact foods and avoid any Low Sugar Impact foods that are asterisked (ie most fruit)
- Hide or toss the Medium and High Sugar Impact foods
- Record your food and mood journal daily
- Take your weight and measurements weekly
- Check in with **Sugar Impact Quiz** at the two week mark to determine if you should stay in Cycle 2 or shift into Cycle 3

TRANSFORMED! (Cycle 3):

- Swap 3-4 Low Sugar Impact servings for Medium Sugar Impact servings; 1-2 of these servings should be from fruit
- Have one High Sugar Impact serving at the end of the week
- Weigh, measure and retest at the end of the week. Decide whether you can stay in Cycle 3, or you need to return to Cycle 2

Low Sugar Impact for Life

Once a year repeat Cycles 1 and 2 to ensure you're retaining your sugar sensitivity, and to bust any plateaus. You should also do Cycles 1 and 2 again if you "fall off the wagon."

Sugar Impact Quiz

*Rate each category from 1 to 5,
with 1 meaning that for you the area is a nonissue,
and 5 that it's a big problem.*

Low or unstable energy	1	2	3	4	5
Sugar and carb cravings	1	2	3	4	5
Appetite	1	2	3	4	5
Poor mood and focus	1	2	3	4	5
Gas and bloating	1	2	3	4	5
Difficulty losing weight	1	2	3	4	5
Belly fat	1	2	3	4	5

How Did You Do?

These are issues often considered “normal” or just due to aging but in reality they are some of the most common symptoms of sugar intolerance.

The higher your score, the more high sugar impact foods are affecting your health. This is not a quiz that you want score high on! The good news is that the higher your score, the bigger your results on the **Sugar Impact Diet**. A high score is considered 20 or above or 4 or higher in 2 or more symptoms.

Even if you are starting at an optimal place of a score of 2 or less per symptom, and 12 or less overall, you will still see a benefit from the program and you will avoid these things becoming an issue later on.

And of course, what you measure you improve so this quiz will serve as a benchmark to help you chart your progress throughout your Sugar Impact journey.

The Many Names for Sugar

Barley malt	Invert sugar
Beet sugar	Lactose
Brown sugar	Malt syrup
Buttered syrup	Maltodextrin
Cane juice crystals	Maltose
Cane sugar	Maple syrup
Caramel	Molasses
Carob syrup	Muscovado sugar
Castor sugar	Panocha
Confectioner's sugar	Raw sugar
Corn syrup	Refiner's syrup
Corn syrup solids	Rice syrup
Date sugar	Sorbitol
Demerara sugar	Sorghum syrup
Dextran	Sucrose
Dextrose	Sugar
Diastatic malt	Treacle
Diatase	Turbinado sugar
Ethyl maltol	Yellow sugar
Fructose	The Many Names for Artificial Sweeteners
Fruit juice	Acesulfame potassium
Fruit juice concentrate	Alitame
Galactose	Aspartame
Glucose	Aspartame-acesulfame salt
Glucose solids	Cyclamate
Golden sugar	Isomalt
Golden syrup	Neohesperidin dihydrochalcone
Grape sugar	NutraSweet
High-fructose corn syrup	Saccharin
Honey	Splenda
Icing sugar	Sucralose

The Seven Food Groups

- 1. Grains**
- 2. Roots**
- 3. Fruits**
- 4. Low & no-fat Dairy and Diet Foods**
- 5. Sauces, Dressings, and Condiments**
- 6. Sweet drinks**
- 7. Sweeteners and added sugar**

Within each of these seven categories, I've ranked foods according to the Virgin Sugar Impact Scales, so that you'll know just which high-SI foods to trade for low-to medium-SI options.

The Virgin Sugar Impact Scale

Grains, Legumes, Nuts & Seeds

LOW SUGAR IMPACT

Lentils
Black Beans
Black turtle beans
Boston navy beans
Broad beans
Cannellini beans
Chickpeas
Fava beans
French green beans
Great Northern beans
Green beans
Kidney beans
Lima beans
Mung beans
Pinto beans
Wax beans
Quinoa
Hummus
Wild rice
Groats
Long Cooking Oatmeal – rolled or steel cut
Shirataki noodles
Lentil soup
Chili - homemade, no sugar added
Coconut wraps
Coconut flour
Dehydrated unsweetened coconut
Roasted chestnuts
Almond flour
Pumpkin seeds
Sunflower seeds
Flax seeds
Chia seeds
Sesame seeds
Hemp seeds
Pecans
Brazil nuts
Cashews
Hazelnuts
Macadamia nuts
Walnuts
Almonds
Pine Nuts
Pistachios
Poppy seeds
Peas
Unsweetened nut butters

Peanuts – *Ideally, choose tree nuts rather than peanuts for their superior fatty acid profile and lower allergenicity potential

MEDIUM SUGAR IMPACT

Rice pasta
Arrowroot*
Amaranth
Buckwheat
Millet
Rice tortillas
Sprouted whole grain breads
Brown rice
Fermented soy
Ezekial Sprouted Cereal
Quinoa flakes
Quinoa pasta
Chili - store bought, sugar added
Amaranth, rice, millet or buckwheat flour
Garbanzo flour
Quinoa flour
Fava bean flour
Black bean flour
Rice crackers
Rice chips
Bean chips
Lentil chips
Nut chips

*note if a small amount is used in a recipe, i.e. 1 tablespoon for 4 servings, this is safe for Cycle 2

HIGH SUGAR IMPACT

Gluten free flour blend
Mung bean noodles
Honey roasted peanuts
Cornstarch
Potato starch
Glazed nuts
Sweetened nut butters
Instant oatmeal
Instant rice
Baked beans
Puffed rice, puffed millet
Rice cakes
Polenta
Corn
Cornbread
Wheat bread
Pasta
Tortillas
Couscous
Soy cheese
Muffins
White flour
Cakes & Pies
English muffins
Scones
Biscotti
Cream of Wheat
Pop-tarts
Grits
Macaroni and Cheese
Matzoh
Pita
Risotto
Muesli
Quick breads
Sugar cereals
Barley
Farro
Graham crackers
Water crackers
Animal crackers
WASA crackers
Oyster crackers
Popcorn
Corn Tortillas & Corn Chips
Cookies
Crackers
Edamame – This is low sugar, but high in lectins that can cause leptin resistance, choose only organic fermented soy.

The Virgin Sugar Impact Scale

Roots & Vegetables

LOW SUGAR IMPACT

Broccoli
Cauliflower
Peppers
Mushrooms
Lettuces
Zucchini
Bok choy
Asparagus
Cabbage
Radish
Eggplant
Artichoke
Spinach
Kale
Watercress
Mustard greens
Chard
Cucumber
Brussels sprouts
Celery
Radicchio
Okra
Sprouts
Escarole
Onions
Leeks
Snow peas
Sugar snap peas
Spaghetti squash
Kale chips
Maca
Carrots
Pumpkin
Acorn squash
Butternut squash
Kabocha squash
Jicama
Water chestnuts
Ginger Root
Turnips

MEDIUM SUGAR IMPACT

Yams
Sweet potatoes
Beets
Parsnips
Rutabaga

HIGH SUGAR IMPACT

Potato chips
Root veggie chips
White potatoes
Carrot juice
Beet juice
French fries
Sweet potato fries
Mashed potatoes

The Virgin Sugar Impact Scale

Fruits

LOW SUGAR IMPACT

Blueberries
Strawberries
Raspberries
Cranberries
Guava
Grapefruit
Cantaloupe
Nectarines
Peaches
Starfruit
Persimmon
Oranges
Acai berries (no sugar added)
Olives*
Tomatoes*
Gazpacho*
Limes*
Lemons*
Avocado*

* 0-1 grams fructose –safe for Cycle 2

MEDIUM SUGAR IMPACT

Papaya
Bananas
Honeydew
Kiwi
Plums
Apricots
Tangerines
Tomato juice
Tomato paste
Tomato sauce
Cherries
Pomegranate
Fresh Figs
Apples
Pears
Dates
Grapes
Mango
Watermelon
Pineapple
Sundried tomatoes
V8 Juice

HIGH SUGAR IMPACT

All dried fruit
Fruit leather
Fruit juices
Jams
Preserves and conserves
Nectar
Sorbet
Fruit juice concentrates
Canned fruit cocktail
Fruit juice Popsicles

The Virgin Sugar Impact Scale

Low Fat and No Fat Dairy & Diet Foods

LOW SUGAR IMPACT

No sugar added coconut, cashew or almond milk
Organic plain full fat Greek style yogurt
Plain cultured coconut yogurt (no sugar)
Full fat plain cottage cheese
Organic creamer
Plain dairy or coconut kefir
Flax milk - unsweetened
Full fat cheeses (avoid blue cheese due to gluten)
Monkfruit sweetened coconut ice cream
Full fat cream cheese
Ricotta cheese
Mozzarella
Protein Powder (following my parameters)
No sugar added coconut creamer
No sugar added cultured coconut milk
Nut cheese

MEDIUM SUGAR IMPACT

Full fat grass fed milk
Full fat organic milk
Unsweetened rice milk
Organic low fat or nonfat plain Greek-style yogurt
Plain coconut yogurt, sweetened
Sweetened coconut milk creamer
Half & half
Low fat cream cheese spread
Cream cheese spread
Whipped cream cheese
Neufchatel cheese
Soy cheese
Part skim mozzarella
Low fat cheese
Part skim ricotta

HIGH SUGAR IMPACT

Pineapple cottage cheese
Strawberry cream cheese
Sweetened coffee creamers
Hot cocoa
Sweetened whipped cream
Non-fat cheeses
Blue cheese
Nonfat cream cheese
Reduced fat peanut butter
Granola bars
Protein bars
Dried fruit snacks
Reduced fat macaroni and cheese
Low fat Oreos
Low fat and fat free cookies
Low/Reduced fat crackers
Fat free pudding
Fat free muffins
Pretzels
Reduced fat Pringles
Low fat graham crackers
Snack packs
Fat free Twizzlers
Reduced fat crackers
Nestle's Quik
Carnation Instant Breakfast
Low fat or Fat free Ice cream
Low fat or Fat free ice cream bars
Fat free sugar free Jello
94% fat free microwave popcorn
Low fat or Lite Frozen Dinners
Lite Cool Whip
Ensure
Flavored coconut yogurt
Flavored almond milk yogurt
Breakfast bars
Fat free baked chips
Snackwells low fat and fat free cookies and treats
Fruit added cream cheese
Nonfat cream cheese
94% fat free microwave kettle corn
Whey protein

The Virgin Sugar Impact Scale

Dressings

LOW SUGAR IMPACT

Mustard
Salsa
Tabasco
Vinegar
Coconut aminos
Hot sauce
Nutritional Yeast
Olive oil
Macadamia nut oil
Red Malaysian palm fruit oil
Sesame oil
Walnut oil
Avocado oil
Tapenade
Olives
Pesto
Sour dill pickles
Checca Sauce
Wheat free tamari*
Bragg's Liquid Aminos*

*if not intolerant to soy

MEDIUM SUGAR IMPACT

Fish sauce
Italian dressing
Green curry sauce
Red curry sauce
Caesar dressing
Marinara sauce (no sugar added)
Pickle relish
Sweet pickle relish
Sweet pickles
Bread & butter pickles
Tomato sauce

HIGH SUGAR IMPACT

BBQ sauce
Balsamic vinegar
Balsamic vinaigrette
Marinara sauce (sugar added)
Teriyaki sauce
Worcestershire sauce
Steak sauce
Hoisin Sauce
Sweet chili Sauce
Brown sauce
French dressing
Raspberry vinaigrette
Asian dressing
Honey mustard
Honey mustard dressing
Ketchup
Tartar sauce
Blue cheese dressing
Ranch dressing
Thousand Island
Catalina Dressing
Cocktail sauce
Hot and Sour sauce
Peanut sauce

The Virgin Sugar Impact Scale

Drinks

LOW SUGAR IMPACT

Green tea (no sugar added)
Unsweetened fruit essence teas
Teecino
Hint water
Water
Sparkling mineral water
Organic coffee and decaf coffee
All teas
Green drinks* (greens only no fruit, carrot or beet added)

*Do not drink on their own – add fiber (and preferably protein)

MEDIUM SUGAR IMPACT

Dry red wine
Dry white wine
Gluten-free beer
Tequila
Vodka
Gin
Tomato juice
V8 (not with fruit juice)
Kombucha tea (no sugar added)

HIGH SUGAR IMPACT

Beer
Wines – sweet, dessert
Champagne
Port
Mixed drinks
Rum
Brandy
Soda
Diet soda
"Enhanced" waters (that have sweeteners)
Fruit juices
Carrot juice
Sweet tea
Commercial "smoothies"
Fuze
Gatorade
Sobe
Vitamin Water
Rockstar
PowerAde
Coconut water
Kool-Aid
Crystal Light
Capri Sun
Nestle's Quik
Carnation Instant Breakfast
Slim Fast

The Virgin Sugar Impact Scale

Sweeteners and Added Sugars

LOW SUGAR IMPACT

Monkfruit
Stevia
Xylitol
85% dark chocolate*
100% dark Chocolate
Raw Cacao (powder and nibs)
Erythritol
Chicory
Inulin

*Stay off in Cycle 2 unless made with low SI sweetener

MEDIUM SUGAR IMPACT

Glucose (non GMO)
Rice syrup
Cane syrup (non GMO)
Raw brown sugar (nonprocessed)
70% or higher dark chocolate
Coconut sugar
Local organic raw honey
Blackstrap molasses
Sorbitol
Mannitol
Coconut palm sugar

HIGH SUGAR IMPACT

Agave
Honey (processed)
Maple syrup
Molasses
Fruit juice concentrate
Processed brown sugar
Aspartame
Neotame
Cyclamates
Splenda
Sucralose
Acesulfame-K
Saccharin
Milk chocolate
<70% dark chocolate
Maltodextrin
Crystalline fructose
HFCS (High Fructose Corn Syrup)
Corn syrup
Caramel sauce
Chocolate syrup
Candy
Marshmallows
Licorice

Your Basic Sugar Impact Shake

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

What to look for in a shake:

Protein Sources:

Look for a blend of vegan proteins. Preferred sources are pea, chia, cranberry, chlorella, and/or rice.

The new kid on the block is beef protein (look for de-fatted with no antibiotics or hormones added).

Avoid soy, egg, or milk (including whey) protein powders.

Go high protein

Each serving should contain 20–25 grams of protein.

Go natural

Look for GMO-free and hormone-free (no recombinant bovine growth hormone, or rGBH).

Avoid artificial colors and sweeteners as well as other nasty additives.

The Basic Sugar Impact Shake

Makes 1 serving

2 scoops JJ Virgin's All-In-One Shake

1 serving JJ Virgin's Extra Fiber

1 tablespoon chia seeds

½ small avocado or 1 tablespoon nut butter

8-10 ounces unsweetened coconut, cashew or almond milk

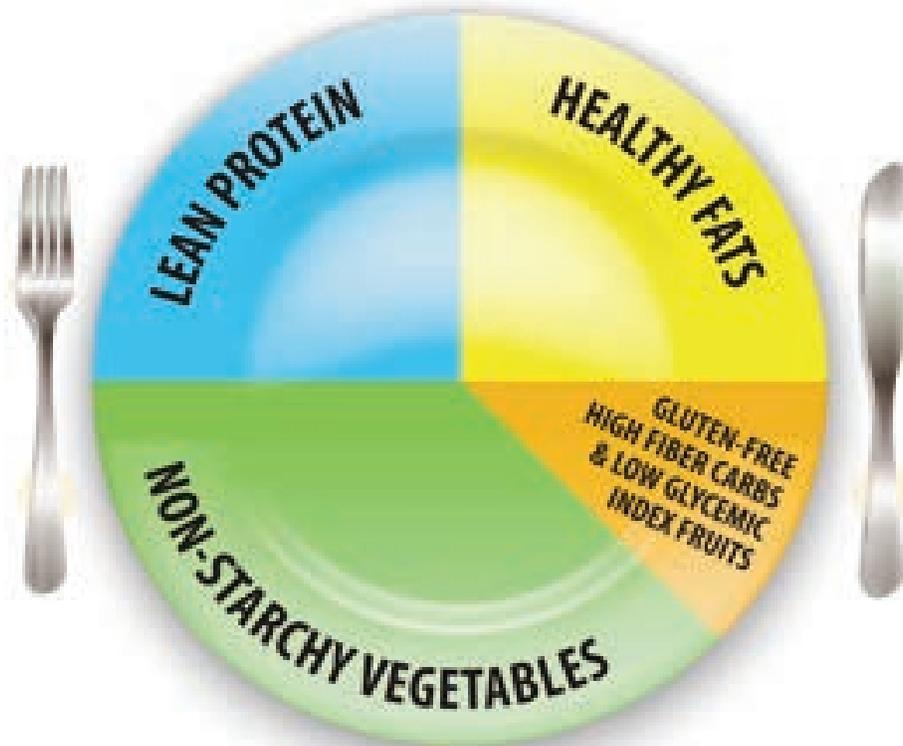
4-5 ice cubes

Combine the shake mix, Extra Fiber, chia seeds, coconut milk, nut butter and ice cubes in a blender. Mix on high until smooth. Thin with additional cold water if desired.

Sugar Impact Cycle 1 & 3 variation - add 1 serving low or medium SI fruit**



The Sugar Impact Plate



When you eat according to the **Sugar Impact Plate**, with balanced meals of clean, lean protein, healthy fats, colorful non-starchy veggies, and some slow carbs, you're not going to be chased by cravings all day, and you'll eat less overall. Plus, what you do eat will be food that heals and honors your body, and burns fat fast.

PROTEIN

One of the fastest ways to calm your sugar cravings is by eating protein. Every meal should include 1 serving of clean, lean protein (4–6 ounces of fish, chicken, turkey, or grass-fed beef for women, 6–8 ounces for men).

HEALTHY FAT

Fat doesn't make you fat; sugar makes you fat. Ideally, you should have 2–3 servings of healthy fats at every meal. Men and athletic women can go up to 4.

NON-STARCHY VEGETABLES

The more non-starchy veggies you eat, the better. I want you to get 2 or more servings at every meal (using 1/2 cup cooked or 1 cup raw as a serving size).

LOW IMPACT CARBS

Aim to get 1–2 servings of high-fiber starchy carbs per meal or snack (using 1/2 cup cooked as a serving). Larger or more athletic men can have 3 servings per meal.

Eat By The Clock



1

Eat a substantial breakfast within 1 hour of waking up

2

**Stop eating three hours before bed
(NO, this does not mean going to bed later!)**

3

**Eat every 4-6 hours, which means you will be eating
three balanced meals a day, plus 1 snack
ONLY IF NECESSARY!**

Low Sugar Impact Smart Snacks

- Aseptic-packed wild salmon
- Celery with almond butter
- Hard-boiled eggs (if not intolerant)
- Hummus with veggies
- Kale chips
- Low-roasted or dehydrated nuts and seeds



- Nitrate-free, no-sugar-added jerky
- Raw veggies with black bean dip
- Shaker carry cup with protein powder (just add water!)
- JJ Virgin's Fiber or All-In-One Protein Bar

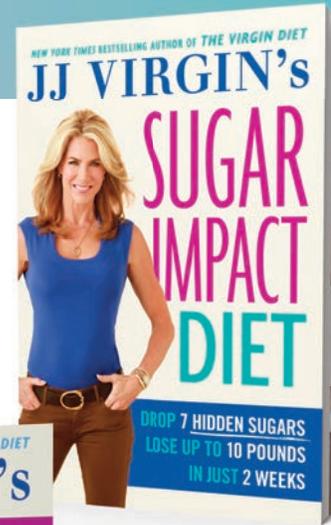
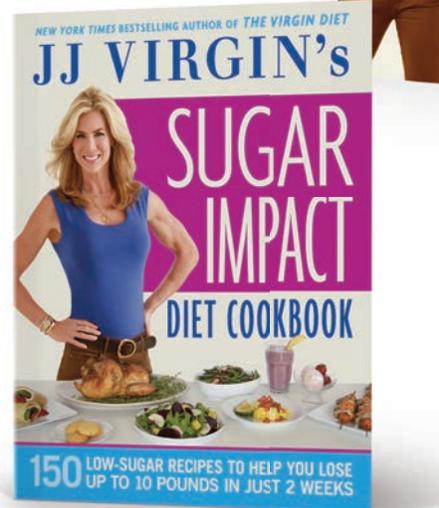
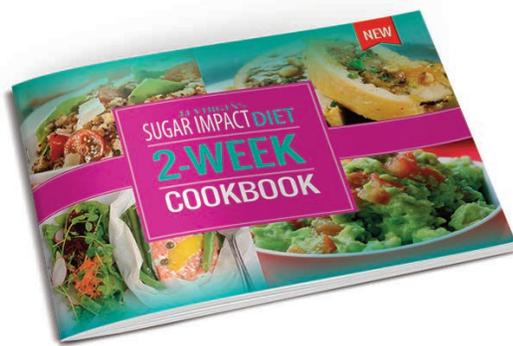


Where to Get Recipes

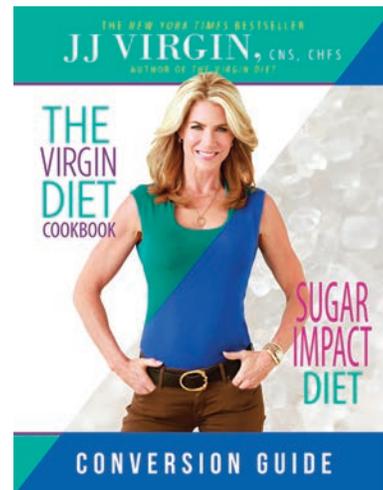
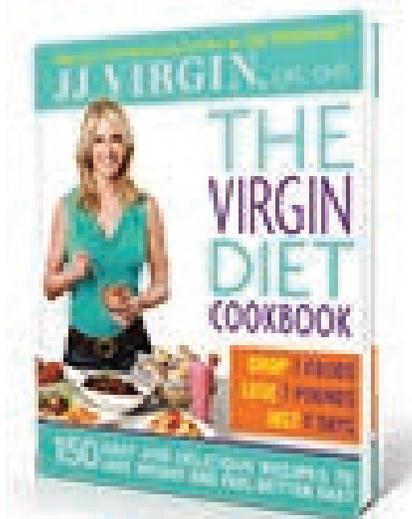
The Sugar Impact Diet

The Sugar Impact Diet Cookbook

The Sugar Impact Diet
2-Week Cookbook



The Virgin Diet Cookbook



Conversion Guide of recipes from
The Virgin Diet Cookbook
for use on The Sugar Impact Diet

Sugar Impact Diet Staples Shopping List

These are the things I like to keep on hand to be able to make **Sugar Impact Diet** meals in minutes. You may have some others you would like to add as well. Print these out to use as your grocery shopping guide, so you stay on the straight and narrow.

SHAKES

- Vanilla protein powder
- Chocolate protein powder
- Chai protein powder
- Fiber Blend

OILS & VINEGARS

- Extra-virgin olive oil
- Coconut oil
- Red palm fruit oil
- Macadamia nut oil
- Asian sesame oil
- Red wine vinegar
- Rice wine vinegar (no sugar added)

SPICES

- Sea salt
- Freshly ground black pepper
- Cumin
- Chili powder
- Cinnamon
- Nutmeg
- Curry powder
- Oregano
- Basil
- Cayenne pepper
- Crushed red pepper flakes
- Chipotle pepper
- Onion powder
- Garlic powder
- Turmeric
- Paprika
- Rosemary
- Mexican seasoning blend

GRAINS / NUTS/SEEDS

- Wild rice
 - Chia seeds
 - Flax seeds
 - Dry quinoa
 - Almond flour
 - Coconut Flour
 - Shirataki noodles
 - Dry sprouted lentils
 - Almonds, walnuts, cashews, etc
 - Long-cooking or steel cut oats
 - Groats
 - Coconut Wraps
 - Kale Chips
-
-
-

CYCLES 1 & 3

- Quinoa flakes
- Quinoa pasta (corn-free)
- Brown Rice
- Brown Rice Wraps
- Rice pasta
- Amaranth, Buckwheat, Millet
- Rice Crackers/Chips (not cakes)
- Bean Chips
- Arrowroot (small amounts allowable Cycle 2)

JARRED & CANNED

- Organic tahini paste (optional for snack)
- Jarred roasted red peppers (optional for snack)
- Cashew or almond butter
- Dijon mustard
- Coconut aminos
- (15-oz) cans organic no salt cannellini beans (or dried)
- (15-oz) cans organic no salt black beans (or dried)
- (15-oz) cans organic no salt pinto beans (or dried)
- (15-oz) cans organic no salt added garbanzo beans (or dried)
- Lentils – I like TruRoots sprouted
- (14.5 oz) cans organic diced tomatoes
- Organic low sodium chicken broth
- Organic low sodium vegetable broth
- Tobasco or Hot Sauce

- ___ Kalamata olives
- ___ (7-ounce) jars marinated artichoke hearts
- ___ Bragg's liquid aminos (if not soy sensitive)
- ___ Wheat free tamari (if not soy sensitive)
- ___ Salsa

CYCLES 1 & 3

- ___ Tomato sauce, marinara – no sugar added
- ___ Tomato juice

MISC

- ___ Espresso powder
- ___ Organic coffee
- ___ Green tea
- ___ Sparkling water
- ___ Erythritol
- ___ Xylitol
- ___ Pure stevia
- ___ Monkfruit
- ___ Chicory
- ___ Inulin
- ___ JJ's Virgin Sprinkles
- ___ 100% dark chocolate
- ___ Raw cacao nibs
- ___ Vanilla extract

CYCLES 1 & 3

- ___ 85% dark chocolate

FRUITS & VEGGIES

- ___ Avocado
- ___ Lemons
- ___ Limes
- ___ Lettuces (spinach, arugula, romaine, baby, kale)
- ___ Cabbages
- ___ Onions
- ___ Garlic
- ___ Peppers
- ___ Broccoli
- ___ Asparagus
- ___ Spaghetti squash
- ___ Cauliflower
- ___ Zucchini

- ___ Winter squashes
- ___ Brussels sprouts
- ___ Mushrooms
- ___ Celery
- ___ Tomatoes
- ___ Ginger
- ___ Fresh cilantro

CYCLES 1 & 3

- ___ Berries – organic frozen for shakes
- ___ Grapefruit
- ___ Yams, sweet potatoes
- ___ Beets

MILKS/DAIRY

- ___ Unsweetened coconut, cashew, almond milk
- ___ Goat cheese*
- ___ Coconut kefir
- ___ Plain whole Greek style yogurt*
- ___ Raw cheeses*
- ___ Kerrigold butter
- ___ Grass fed ghee

PROTEINS

- ___ Grass-fed beef
- ___ Pastured pork
- ___ Pastured eggs*
- ___ Wild seafood – salmon, halibut, shrimp, scallops, sole, sardines
- ___ Free-range chicken - I like Pitman farms and Rosie's
- ___ Bison
- ___ Wild game
- ___ Uncured nitrate-free bacon
- ___ Turkey breast slices

* if not sensitive

Daily Journal

Cycle _____ Day _____ Date _____

Breakfast: TIME _____

Lunch: TIME _____

Dinner: TIME _____

Snack: TIME _____ _____



Water: per 8oz:

Other Drinks:

_____ _____ _____



Circle any symptoms you are noticing and to what degree, 1 being a non-issue, and 5 being a serious issue

Cravings: 1 2 3 4 5 _____

Hunger: 1 2 3 4 5 _____

Energy: 1 2 3 4 5 _____

Mood: 1 2 3 4 5 _____

GI Issues: 1 2 3 4 5 _____

_____ 1 2 3 4 5 _____

NOTES: _____

Weight & Measurements

Starting Day: _____

Starting Weight _____ lbs

Date: _____

Starting Body Comp _____ %

Starting Waist Measurement _____ inches

Starting Hip Measurement _____ inches

Day: _____

Weight _____ lbs

Date: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

Day: _____

Weight _____ lbs

Date: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

Day: _____

Weight _____ lbs

Date: _____

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches