

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	<b>The Many Names for Artificial Sweeteners</b>
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**

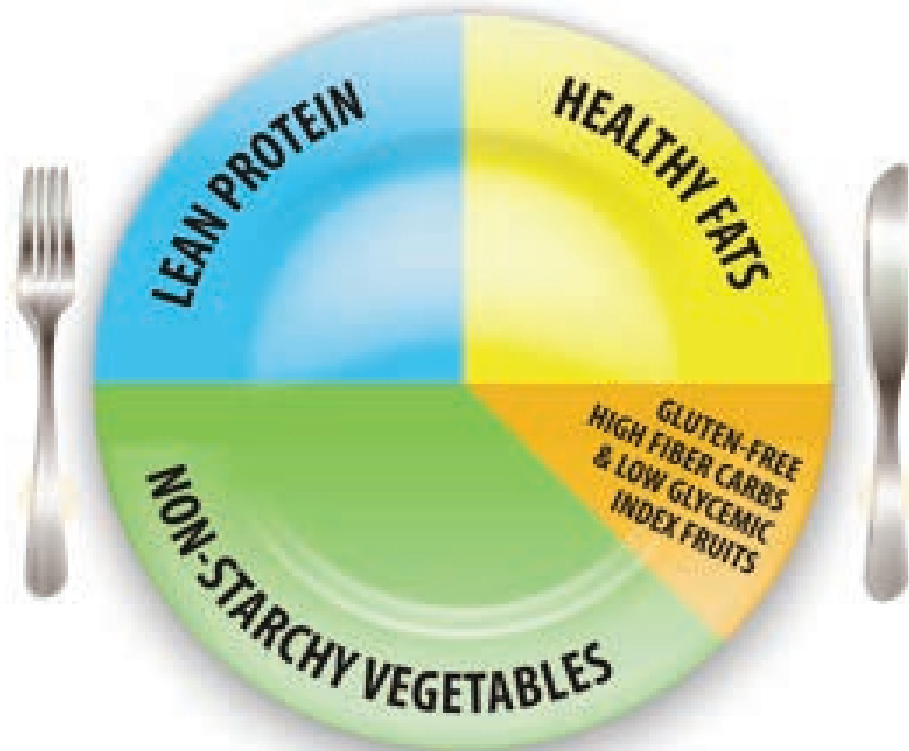
**4-5 ice cubes**

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

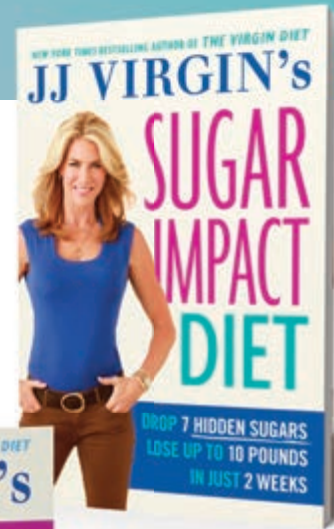


# Where to Get Recipes

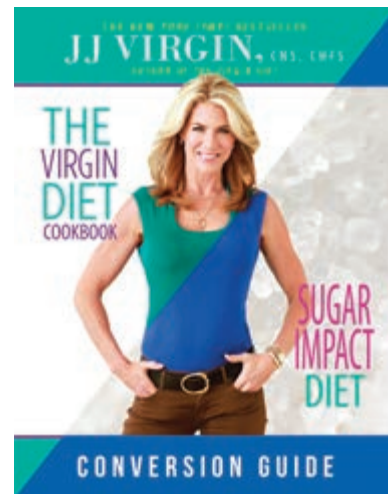
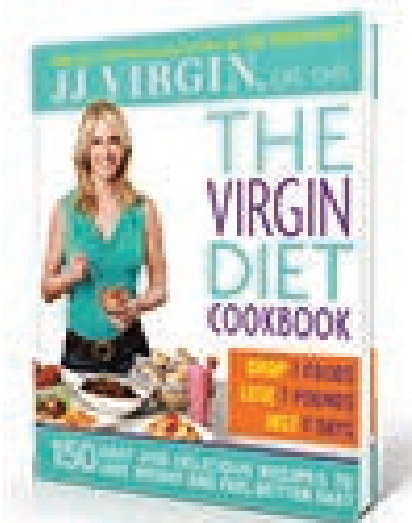
The Sugar Impact Diet

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

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## 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)

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## 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

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## 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
- 
- 
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## 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

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**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

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**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

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### **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

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### **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

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\* if not sensitive

# Daily Journal

Cycle \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**Breakfast:** TIME \_\_\_\_\_

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**Lunch:** TIME \_\_\_\_\_

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**Dinner:** TIME \_\_\_\_\_

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**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:** \_\_\_\_\_

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# *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