



JJ VIRGIN'S

SUGAR IMPACT DIET

VEGAN GUIDE

JJ VIRGIN, CNS, CHFS

INDEX

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Welcome

I'll never forget a particularly frustrated, discouraged client I worked with years ago. She remained convinced her strict dietary regimen included all the right foods. "I probably spend \$200 a week, easily," she said, naming a particularly popular health food store in her trendy West Hollywood neighborhood.

My client was a strict vegetarian, and a quick glance at her journal revealed eggs, soy, dairy, and gluten as primary protein sources. What really caught my eye, though, were the number of high-sugar impact foods that slipped into her diet.

She appeared shocked when I told her many so-called healthy foods on her list could actually stall fat loss. Among those staple foods included honey-sweetened green tea, agave-glazed tofu, and vinaigrette dressing. Oatmeal with raisins and bananas was her breakfast staple, and even when she did a protein shake, she loaded it with apples, bananas, and other higher-sugar impact fruits.

"Right off the bat, I can tell you're easily eating 100 or more grams of added sugar every day," I said.

Understandably, my client felt frustrated and ready to give up. She was already depriving herself of candy, dessert, and a spoonful of sugar in her coffee, yet she couldn't shed that stubborn weight.

One thing I've discovered about people who can't lose weight: They aren't lazy. They're doing their best, but they've followed the wrong map. They sweeten their oatmeal with honey, they eat low-fat yogurt with fruit, they fight hunger with low-calorie snack bars during the day, they live on salads, diet drinks, and "healthy" frozen meals.

As a vegan or vegetarian, you're probably more proactive about your health than most people. That's why I become so frustrated with the wide array of "healthy" foods that actually hold your weight and health hostage.

If you don't believe me, visit any health food store and you'll find a dazzling array of processed, high-sugar impact foods aimed at vegans and vegetarians positioned as somehow healthy. Many contain highly reactive ingredients like soy and come sweetened with agave or other "natural" sweeteners.

These so-called healthy foods create hunger and cravings as they hijack your health. If you struggle with weight loss resistance, cravings, mood and energy swings, health issues like inflammation and insulin resistance, I want to challenge you to really look at what you're eating.

Don't despair. I have a plan that gradually tapers you off high-sugar impact foods, eliminates food intolerances, and helps you finally ditch that stubborn weight and any pesky symptoms you could be struggling with. First, let's look at how those sneaky sugars slip in to your diet in the first place.

Why Vegan and Vegetarian Diets are Often High-Sugar Impact

I want to be clear from the beginning: The Sugar Impact Diet is completely agnostic, whether you're Paleo or vegan. Let's all find some common ground here. I think no matter what camp you belong to, you can agree people eat way too much sugar, especially added sugars. Everyone is anti crap. Agreed?

I've found vegans and vegetarians often struggle to get enough high-quality protein. Like my client, you're often consuming exponentially more sugar than you know, especially if you're also trying to follow a low-fat diet. You're probably opting for high-carb options in the absence of meat, and high-carb is high sugar.

Even so-called healthy foods like wheat flour and whole grain bread convert to sugar in your body. Couple those with "healthy" sugars and fruit prevalent in your diet, and you can begin to understand how your sugar quota tallies up faster than you might initially imagine.

The Sugar Impact Diet is not a no-sugar diet, since nearly every plant food on the planet contains some naturally occurring sugar. What my plan considers involves a food's sugar impact, and how certain foods can spell disastrous consequences for your health.

The solution isn't to yank all the sugar at once. You've probably done that before and you felt horrible. You had no energy, you knew you couldn't sustain that way of eating, and eventually you fell off the wagon.

That isn't going to happen here. I'm going to show you how to gradually taper off sugar so you burn fat, feel better, and restore your health.



How The Sugar Impact Guide for Vegans and Vegetarians Can Help You

You can use The Sugar Impact Guide for Vegans and Vegetarians if you haven't read *The Sugar Impact Diet*, but I strongly urge you to read my book to completely understand the transition from high-sugar impact foods to low-sugar impact foods. Everything will make more sense once you've read the book.

I've divided this guide into five chapters. In Chapter 1, I'll talk about how sneaky sugars could be sabotaging your health.

Because vegans and vegetarians are more susceptible to food intolerances, in Chapter 2, I briefly cover the most common offenders and how to swap them for healthier alternatives.

In Chapter 3, I'll talk about how to optimally design The Sugar Impact Plate for vegans and vegetarians. With the right low-sugar impact formula, you'll balance hormones, steady blood sugar, feel and look better, and finally ditch that stubborn weight.

Chapter 4 addresses nutrient deficiencies I frequently see in vegans and vegetarians, and how to correct them.

In Chapter 5, I discuss lifestyle factors including sleep, stress, and exercise that complement The Sugar Impact Diet.



Altogether, I've designed this guide to provide a hands-on guide for vegans and vegetarians to transition into a low-Sugar Impact diet and become their leanest, healthiest selves.

How Sneaky Sugars Can Sabotage Your Health

As a vegan or vegetarian, you're probably more likely to be health-conscious, so I congratulate you. You already know sugar is bad for you. Hardly anyone is gobbling up straight sugar anymore. In fact, consumption of table sugar is at an all-time low.

What become complicated are the landmines of so-called healthy foods that come loaded with sugar in many disguises. My friend Jonathan Bailor compiled [57 names for sugar](#).

Those sneaky sugars hide in places you'd never suspect—whole foods, diet foods, packaged fruit, drinks, dressings . . . even sugar substitutes. I've listed 10 often-overlooked places in this [blog](#). Surprised? So was I. Even the most health-conscious among us struggle to know everywhere they hide or how to avoid them. It can feel incredibly daunting.

I've found a way to make it easy. Once I give you the tools to drop these seven high Sugar Impact foods, you can cut out all of the hidden sugars that have been sneaking tons of sugar into your diet, causing you to gain weight, crave sugar, and feel terrible.

Let's briefly take a look at some of those sneaky sources vegans and vegetarians often fall prey to.

“Healthy” Sweeteners

Honey

Vegetarians love honey. (So do the vegans who will eat it, even though it comes from bees.) The truth is, it doesn't matter if it comes from bees or sugarcane: it still breaks down in your body as sugar. Most honey is heavily processed, stripping it of valuable nutrients. In [this blog](#), I've explained why most honey isn't the healthy sweetener many people consider it to be.

My one exception is locally grown organic raw honey, which offers some homeopathic benefits for allergies. If you have immune responses to bits of mold and dust, organic honey can strengthen your immune system and help you handle those things better. But you only need about a half-teaspoon a day to do the job.

Agave

Agave earns the worst sugar-offender award. Somehow, it got classified as a healthy sweetener. Talk about brilliant marketing! Believe it or not, agave is actually worse for you than high-fructose corn syrup (HFCS), which deservedly has a bad rap.

Agave certainly sounds healthy, and the word literally means “noble.” What could be so bad?

Well, most agave “nectar” or agave “syrup” is simply fructose syrup. In fact, agave can be up to 97% fructose. Worse, heavy processing destroys most of agave's nutrient value. True, agave has a low glycemic index, but what it does is far worse than raise insulin levels: it can raise your triglyceride levels, trigger inflammation, and otherwise damage your liver.

I [reprimanded agave in this blog](#). Read it and you'll understand why agave should be on your just-say-no sweetener list.

Healthy Sugar Alternatives

You like to sweeten your tea or organic coffee, and you want to do that in a healthy way. You're savvy enough to know artificial sweeteners aren't the free pass many people once considered them to be. If you're used to dumping a packet of the pink stuff into your soy latte, stop immediately. (And dump the soy latte too.)

You can find a variety of healthy natural sweeteners at your local store. Some are better than others. Because it has a lower glycemic index and some nutrients, coconut sugar is frequently positioned as a smart alternative to sugar. As I explained [in this blog](#), the truth is actually more complicated, and coconut sugar is not a free-for-all sweetener.

Fortunately, an array of natural sweeteners exist today that don't create blood sugar problems and can even bestow some health benefits. You can read about my favorites [here](#). My **Virgin Sprinkles** combine several beneficial natural sweeteners with no funky aftertaste like some sweeteners.

Fruit

It may not shock you that fruit is full of sugar, but I bet you didn't think it was one of the foods that could be contributing to your sugar addiction, slavery to cravings, and inability to drop that unwanted weight.

"But fruit is natural and full of nutrients!" people often tell me, shocked.

Well, some of it really is. But spreads, juices, and sorbets all slapped with a "made with real fruit" label are anything but. They're loaded with added sugar and sabotaging your weight and health. Here's another blow: fruits we're told to eat every day—like apples—can actually be some of the worst offenders for sneaking more sugar into your diet than you ever imagined, especially because you're probably giving yourself a pass to eat up.

Don't despair, though—you don't have to give them up entirely. I'll help you take back your fruit. What I want you to do is ditch the juice, jam, and dried fruit for berries, grapefruit, and other low SI fruit. As a bonus, you'll retrain your taste buds to once again truly appreciate the exquisite sweetness of whole fruit.

Too much sugar is never a good thing, even from foods we consider healthy. The increased sugar load you punish yourself with when you eat a three-banana smoothie doesn't behave any differently in your system than it would if you ate a candy bar. And if too much sugar is bad, too much fructose is worse.

Just as not all sugars are created equal, not all fruits have equal amounts and kinds of sugar. Most foods that contain fructose have about an equal amount of glucose. But many fruits have more fructose than glucose, and some have even more than others. Plums have less than half as much, but apples and pears have significantly more fructose than glucose—in fact, twice as much.

That's one reason their juices are worse for you than full-sugar sodas—they have more sugar in them than the equivalent amount of drinks made with high-fructose corn syrup. They're pure liquid fructose bombs!

One more thing I need to mention is dried fruit, which is concentrated sugar. There's a reason they call dates "nature's candy," which is also what happens when you pour raisins into your trail mix. I want you to eat lower-glycemic fruits like berries, but skip the dried higher-sugar stuff.

Refer to *The Sugar Impact Diet* for low, medium, and high Sugar Impact fruits. Remember in Cycle 2, you will eliminate most fruits including berries.

Transitioning off High-Sugar Impact Foods

If you've ever completely eliminated sugar all at once, you know the miserable aftermath. Headaches, fatigue, and mental fogginess are among the symptoms that usually follow going cold turkey.

Especially if your diet consists of those and other sneaky-sugar sources I discuss in *The Sugar Impact Diet*, you don't want to go completely off the wagon at once. I've developed a saner strategy that helps you gradually transition off sugar. You get all the benefits of removing unhealthy sugars in your diet without the miserable crash.

I've explained the seven food categories in my book and the four factors that account for a food's Sugar Impact: Fiber, nutrient density, fructose, and glycemic load all contribute to this impact. The plan falls into three cycles. Here's a brief overview of each. Again, if you haven't already, please read *The Sugar Impact Diet* so you know you're doing each cycle correctly.

Cycle 1: Taper

- 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
- Trade your high Sugar Impact foods for medium Sugar Impact foods
- Take your starting weight and measurements
- Focus on following the portions of the Sugar Impact Plate and eating by the Sugar Impact Clock

Cycle 2: Transition

- Trade your medium Sugar Impact foods for low Sugar Impact foods and avoid any low Sugar Impact foods that are asterisked (i.e., most fruit)
- Hide or toss the medium and high Sugar Impact foods
- Take the Sugar Impact Quiz weekly
- Take your weight and measurements weekly
- Check in with the Sugar Impact Quiz at the 2-week mark to determine if you should stay in Cycle 2 or shift into Cycle 3





Cycle 3: Transformed!

- 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

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."

The Sugar Impact Diet gradually transitions you from high-Sugar Impact foods to low-Sugar Impact foods. You don't do this overnight, and skipping Cycle 1 can leave you in the same dead-end as when you went cold turkey.



Food Intolerances

Food intolerances occur when you repeatedly eat the same foods until your body reacts to them. Over the past decade, I've worked with the country's top doctors who implement food sensitivity testing to determine top food intolerances that can create inflammation, leaky gut, and symptoms like fatigue, bloating, and weight loss resistance.

Vegetarians and vegans don't have as many protein options. So I either see them eating too many carbohydrates and not enough protein, or over-relying on soy as their primary protein source.

Eggs and dairy can cause similar problems. Vegans, you're off the hook here, but I often see vegetarians eat hard-boiled eggs for breakfast, a mid-morning muffin made with egg, and then an omelet for dinner. Maybe they'll throw in some fruit-on-the-bottom yogurt and then cheese into their dinner omelet.

As I'll explain, soy, eggs, and dairy aren't necessarily bad (although I would argue that GMO soy and rBHG milk products are). They offer protein and some good fats. However, when you constantly eat them, you can develop food intolerances to these foods, which create leaky gut, inflammation, immune reactions, and numerous symptoms including weight loss resistance.

People are amazed how much better they look and feel when they eliminate these foods for three weeks and then evaluate if they help or hurt their body.

That persistent runny nose and frequent headaches disappear. They no longer run to the bathroom after every meal or suffer gas and bloating. Chronic acne and other skin problems clear up. They're finally able to banish those last 10 pounds they've struggled for ages to ditch even though they're doing everything "right."

For a better understanding about food intolerances and how to eliminate them, please read *The Virgin Diet*, which provides a three-cycle program that helps you pinpoint, eliminate, and challenge highly reactive foods. I've already covered sugar and artificial sweeteners. Let's briefly look at six other highly reactive foods.

Dairy

Dairy encompasses such a broad category. Unsweetened Greek yogurt and processed American cheese both fall in the dairy category, but one offers health benefits and the other is, well, junk. Fermented foods, also called cultured dairy, can be healthy if you don't have dairy intolerances. Fermenting has been around for thousands of years, and traditional cultures, including some in Russia and Europe, still rely on it heavily. The fermentation process increases the shelf life of dairy products, makes them much more tasty and a whole lot easier to digest.

Once Americans enthusiastically embraced pasteurized dairy products over raw or fermented forms in the early part of the 20th century, we lost a lot of powerful, immunizing probiotics and enzymes right along with any potential pathogens.

Too bad, because fermentation, in particular, has some near miracle drug-like powers — it can make food that was once inedible or even dangerous not only edible, but nutritious.

Now, if you're vegan, you're off the hook here, but I see too many vegetarians over-rely on dairy. They sprinkle cheese on their omelet, snack on protein-enhanced fruit-on-the-bottom yogurt, and pour skim milk into their breakfast smoothie.

Sure, dairy contains protein, but it comes at a cost. It isn't just your imagination that you crave cheese or yogurt. When you develop reactivity to a food, your immune system produces this whole special set of antibodies that are custom designed to seek out that food and zap it. That creates a craving — we “want” the food so our antibodies can destroy it. The more reactive you are to dairy (and it is one of the most reactive foods), the more antibodies you've built up and the more intense your craving.

Casein, the protein found in milk and other dairy products, can also become addictive. We know that casein can have a morphine-like effect in the brain. When you consume casein, your body actually produces casomorphins, which have the same physically soothing properties that morphine and other drugs have.

When my client described how comforting eating macaroni and cheese could be, she wasn't just recalling childhood memories. It's also a biological reaction.

If you aren't dairy intolerant, I'd have you get some raw, grass-fed, fermented dairy into your diet. That's the trifecta. Just don't make it an every day food, and don't be afraid of fat! When you choose high-quality dairy sources, you get a rich array of healthy fatty acids like conjugated linoleic acid (CLA).

My favorite dairy sources include:

- Crème fraiche
- Cultured buttermilk
- Cultured cheeses (especially goat cheese)
- Cultured cottage cheese
- Cultured sour cream
- Grass-fed butter (such as Kerrygold)
- Grass-fed ghee
- Kefir
- Yogurt

Eggs

Are eggs really nature's perfect food? I asked that question in this [Huffington Post blog](#). The short answer is, it all depends.

I love pasture-raised eggs. They provide an inexpensive source of high-quality protein, healthy fats, and nutrients, making them ideal for vegetarians.

Like dairy, vegetarians sometimes over-rely on eggs. When I used food-sensitivities testing with clients, I learned over 70 percent reacted to eggs.

I have my theories why: Many low-carbers and vegetarians I tested ate eggs nearly every morning. The quality of most store-bought eggs is also abysmal. Poorly treated chickens confined in tiny pens and fed corn, grains, and soy don't yield high-quality eggs.

That's too bad, since eggs are such a great food. I encourage you to pull eggs completely for three weeks, and then challenge them. You might learn you can occasionally handle high quality, pasteurized eggs.

If you can, spend those extra few dollars at your farmers market for eggs rather than conventional grocery store eggs. Second best would be organic free-range omega-3 enriched eggs, but pasteurized is always best.

Soft-boiled or poached eggs are best, since scrambling can oxidize the yolks, and you want to avoid damaged fats. Be aware too that eating eggs too often can create food intolerances. Don't fall into the eggs-for-every-morning trap.

Soy

As a vegan or vegetarian, you might not even realize how much soy you're eating daily. I had my client tally up her quota, and it turns out she was getting soy from a whopping 23 sources. Many of them came processed, yet because she bought them at her local health food store, she considered them "safe sources."

Soy makes sense as a vegan or vegetarian protein source. Compared with other plant-based foods, soybeans contain a pretty impressive amino acid profile. However, it isn't the ultimate protein source some people make it out to be. For one, it's incomplete in two essential amino acids, methionine and lysine.

Another amino acid, cysteine, is bound in soy and absorbs poorly. Cysteine is the key player to make your master antioxidant glutathione. Not getting adequate amounts of cysteine means you're not making this immune-boosting, toxic-dumping antioxidant.

Soy can also inhibit your thyroid from functioning optimally, stalling fast fat loss. Most comes loaded with pesticides and is genetically modified (GMO). If you really want to understand all the reasons why soy isn't an ideal protein source, [check out this blog](#) and read my friend Dr. Kaayla Daniel's book *The Whole Soy Story*.

"But where will I get my protein?" my client asked when I asked her to remove soy. I want you to eliminate soy for three weeks. This might become more difficult than you initially suspect, since soy lurks in all kinds of foods, but stick with The Sugar Impact Diet Plate and you'll be fine. You can then challenge soy. You might be able to tolerate it occasionally, but I want you to make

it an infrequent food so it never becomes a problem. Even for vegans, I want you to keep soy out about 90 – 95 percent of the time.

Processed soy should stay out 100 percent. What I hope will never be on your plate again are soy junk foods that masquerade as health foods. Soy burgers, soy dogs, soy ice cream... The list is endless, and I see some vegetarians and vegans practically living off these processed Frankenfoods. These foods frequently contain gluten (more on that in a minute), agave and other damaging sweeteners, and other processed crap that is definitely not healthy.

If you can occasionally tolerate soy, choose high-quality sources like tofu and tempeh. Fermented soy like miso and natto also makes an ideal choice. Regardless, always choose organic sources and don't make it a frequent food.

Grains

Grains weren't part of our ancestors' diet, so we don't need them to survive. But we've been told that whole grains like wheat, barley, and rye are healthy and good for us, and to eat more of them. Compared to more processed, refined grains, they are healthier— but don't buy into the myth of whole grain goodness.

By the time grains make their way into our diet, they're usually refined, meaning pounded into powder with all the nutrients and fiber sucked out of them. On the other hand, beans and non-gluten grains are nutrition powerhouses, dense with protein, healthy fat, fiber, antioxidants, vitamins, and minerals.

Gluten-free has become all the rage today, and manufacturers have craftily packaged cookies, crackers, and all sorts of junk foods as "healthy" because they're gluten free. Read those ingredients: You'll find many of them contain the same junk ingredients as their gluten-loaded equivalents. Many gluten-free versions actually contain more sugar.

I think we can all agree: A cookie is a cookie, whether or not it contains gluten.

Gluten hides in weird places. The easiest way to avoid it is to stick with The Sugar Impact Plate, which combines foods naturally free of gluten. You needn't worry about gluten slipping into broccoli, right?

As a vegan or vegetarian, grains can play an important role in your diet. You simply want to choose the right ones. Legumes, quinoa, and non-gluten grains like amaranth are low-sugar impact and high in fiber.

Corn and Peanuts

I mention these two last because, at least compared with other food intolerances, they're fairly easy to eliminate.

Corn is high-glycemic, inflammatory, and one of the most genetically modified (GMO) foods, landing it firmly on the “no” list. I just want to emphasize here how prevalent this heavily subsidized crop is in our food supply, and how especially vigilant you need to be as a vegetarian or vegan to avoid it.

Peanuts are easy to eliminate, although be aware that Thai and other ethnic cuisines sometimes include them in dishes. Because they are a common food allergy, most everywhere prominently notes peanuts as an ingredient. Make a lateral shift to raw nuts and seeds as well as nut butters, which taste better anyway!



from The Virgin Diet Cookbook

The Sugar Impact Plate for Vegetarians

The Sugar Impact Plate has four components that I explain in more [detail here](#), and in *The Sugar Impact Diet*. Once you get the hang of it, every meal becomes a no-brainer opportunity to design the perfect-macronutrient plate without counting, measuring, or any other mathematical equations.

Protein 101

In Greek, the word protein means “of prime importance.” There’s a reason for that definition: unlike carbohydrates or fat, you can’t store protein. Your body constantly demands it or eventually it reaches into your precious muscle tissue to obtain it.

What’s the deal with protein? If you were awake for your high school biochemistry class, you’ll remember the numerous roles it plays in your body. For instance, amino acids help build antibodies, hormones, enzymes, and DNA. If you are deficient in even one amino acid, your whole DNA sequencing stops.

Protein also helps build muscle, burn fat, and boost metabolism. One study found a higher-protein breakfast keeps you full longer than a bowl of cereal and other high-carb foods. That satiety could come in handy around 10:30 a.m. when your favorite coworker arrives with a box of Dunkin Donuts.

Amino acids are the building blocks of protein. They fall into two categories. Non-essential amino acids are amino acids your body can manufacture from non-protein sources. Essential amino acids, on the other hand, your body can’t manufacture. You must get these amino acids from foods or supplements.

Here’s where I’m going to ruffle some feathers. One comment vegetarians and vegans frequently make is that you can get optimal amounts of essential amino acids from plant-based foods.

That’s simply not true. Some foods – broccoli, for instance – do contain all the essential amino acids, but in such miniscule quantities that you would need to eat obscene amounts of these foods to get anywhere near the amino-acid composition in, say, a chicken breast.

I’m all for loading up on green veggies, but no way could you eat enough broccoli to meet your protein quota. Other plant-based foods – like apples – do not contain all 9 essential amino acids. Scientists consider animal protein “high-quality” because of its ideal complete amino acid composition but also its superior bio-absorbability. Simply put, you absorb the protein in a grass-fed steak better than you would a plate of vegetables.

“Dietary analyses show that vegetarians tend to eat a comparable amount of protein as meat eaters, but the bioavailability of that protein tends to be reduced by about 10 percent in the typical fiber-rich vegetarian diet,” says Charles Poliquin. “Less bioavailability means the body just can’t use vegetable-derived proteins as efficiently.”

As you can see, then, you have a couple of shortcomings as a vegetarian or vegan. One, you're probably eating less protein not eating animal-based foods. And two, the bioavailability of these protein sources is not as high as animal-based foods.

In a nutshell: you must be proactive in getting sufficient protein at every meal or your health can suffer. I often find when vegetarians or vegans aren't getting enough protein, they over-rely on carbohydrate-based foods, which can stall fat loss and drain their energy.

Listen, I want you to eat broccoli. I want you to eat lower-glycemic fruits like berries. If you're vegetarian or vegan and doing The Sugar Impact Diet, you're going to be eating a lot of green vegetables. They are full of fiber, nutrients, and antioxidants. They are not, however, a good source of protein.

Protein Goals for Vegans and Vegetarians

Ideally you will aim for:

- 20–30 grams of protein per meal
- 10–20 grams of protein per snack

This will vary depending on your size and gender, and whether you're doing heavy training or recovering from an injury, surgery, or under high stress. Vegetarians and vegans can find a [customized meal plan here](#).

Once you get the hang of The Sugar Impact Plate, this becomes really easy and effortless. You might combine nuts and seeds with non-gluten grains and legumes. Vegan protein powder is also an easy way to get optimal protein at one of your meals.

Optimal Protein Sources for Vegetarians/ Vegans

- 1 cup lentils - 18 grams
- 1 cup garbanzo beans (and hummus) - 14.5 grams
- 1 cup pinto, kidney, black beans - 13-15 grams
- 1 oz. cashews - 4.4 grams
- 1 oz. sesame seeds 6.5 grams, 3 tablespoons of tahini - 8 grams
- 1/4 cup (2 oz.) walnuts - 5 grams
- 1 oz. pistachios - 5.8 grams
- 2 tbsp almonds - 4 grams
- 1 cup quinoa - 9 grams
- Amaranth, brown rice, oat bran, and other non-gluten grains have a high protein content
- 1 cup oatmeal - 6 grams (ensure it is certified gluten-free)
- Chia, flax, or hemp seeds – love throwing these into The Sugar Impact Shake!
- So Delicious unsweetened almond milk – 5 grams in 1 cup
- Hemp protein powder – toss a scoop into The Sugar Impact Shake. Keep in mind that while hemp has some protein, it is also high in fiber and should be used as a protein boost, not your sole protein source in the shake. Also be 100% sure that it is gluten free and says so on the label.
- Nut butters – almond butter is best
- Spirulina and chlorella

Healthy Fats

Smart fats are a staple of The Sugar Impact Plate, and I hope you're not still buying into the outdated low-fat hype.

Healthy fats like eggs (if you're not intolerant), avocado, olive oil, coconut oil, sustainably raised palm oil, and organic, grass-fed dairy are sources of healthy, brain-feeding fats that keep your blood sugar stable and regulate the amount of insulin released after you eat. Others, like freshly ground flaxseed, walnuts, and chia seeds, provide anti-inflammatory protection.

In other words, these delicious foods tee up fast fat loss by making you feel good, filling you up, and helping you keep a handle on your cravings.

My favorite vegan- and vegetarian-friendly healthy fats include:

- Grass-fed ghee
- Grass-fed butter (if you don't have dairy intolerances)
- Macadamia nut oil
- Extra virgin olive oil
- Coconut oil and milk
- Avocado
- Slow roasted or dehydrated almonds
- Nut butters (especially almond butter)
- Walnuts
- Chia seeds
- Freshly ground flaxseed meal
- Malaysian red palm fruit oil

For vegetarians who don't have food intolerances, high-quality dairy and eggs provide healthy fats along with protein. If you can occasionally tolerate soy, look for organic sources.

Fat Goals for Vegans and Vegetarians

Ideally, you should have 2–4 servings of healthy fats at every meal. This is where the Sugar Impact Plate will come in really handy, because it will lay it out for you.

You'll meet the mark with things like:

- 1 tablespoon olive oil
- 1/4 avocado
- 5–10 nuts
- 1 tablespoon nut butter
- 10 olives



Fiber: Your Best Fat-Loss Friend

Fiber is a carb, and it's the only carb our body doesn't turn into sugar. It's the part of plant-based foods that our bodies can't digest, and it doesn't provide us with any nutrition or calories. It's simply roughage.

High-fiber, water-rich foods that I'll describe in a minute slow down stomach emptying and take longer to move through our digestive tract, so they make us feel full on fewer calories than foods with very little fiber, like refined grains.

Fiber does some other good deeds, too, like helping fat move smoothly through our digestive system without loitering, so less of it is absorbed. Fiber also keeps blood sugar on an even keel, which helps feed a steady supply of energy to your brain. And fiber feeds the healthy bacteria in your gut, which supports a strong immune system and beats back the bad kinds of bacteria.

When sugar is served up in a healthy fiber wrap, as with the pulp in an orange, that fiber is designed to slow down our absorption of sugar and have us burn some energy in the bargain as our metabolism works to get at the sugar it wants.

Things change dramatically when whole food is "unwrapped" from its fiber packaging; the amount of sugar we get from that food soars (as does the speed at which it spikes our insulin), and there is often added sugar in processed foods, to boot.

That 15 grams of sugar in a processed protein bar has a completely different effect on your blood sugar levels than natural, whole foods with the same amount. Seemingly healthy foods like dried fruit or fruit juices also count as processed food. Why? Even if you get a little fiber in them, you're not getting enough nutrients and antioxidants to offset the impact of concentrated sugar on your insulin.

So you get it. Fiber is that important. As a vegetarian or vegan, you have ample opportunities to work fiber-rich foods into your diet.

I want you to work up to 50 grams of fiber a day. That might sound high, mostly because if you're like most people, you're probably currently only getting 5 to 14 grams a day. Be patient and increase your fiber intake slowly, and drink plenty of water while you do—it may take you 1 to 2 weeks to get there.

If you ramp up too fast, you could find yourself dealing with gas, bloating, diarrhea, or constipation.

Here's one simple way to bump your fiber intake—eat more whole foods and fewer processed foods. The Sugar Impact Diet is all about getting as close to nature as possible, minimizing the amount of fructose you consume, and reducing your glycemic load. Nuts and seeds, legumes, wild rice, quinoa, berries (except in Cycle 2), and non-starchy vegetables are all awesome sources of fiber.

Here's another idea—toss a fiber blend, chia seeds, or freshly ground flaxseed meal into your breakfast shake. Those two tips alone, if you do them consistently, should get you to 50 grams of fiber a day pretty easily.

If you eat plenty of fiber-rich foods yet struggle to meet your quota (don't feel bad; we all do sometimes!), toss a scoop of my [Extra Fiber](#) into your shake or stir it into a glass of water. Every serving provides an impressive four grams of high-quality fiber that mixes easily.

Non-Starchy Vegetables

Non-starchy vegetables should take up the most space on your Sugar Impact Plate, and considering the major role they play in your fast fat loss, don't be shy about piling them high. Mix it up at each meal with creative and colorful choices. Among your best choices include:

Artichokes	Jalapeno peppers
Arugula	Jicama
Asparagus	Kale
Bamboo shoots	Kohlrabi
Bean sprouts	Leeks
Beet greens	Lettuce
Bell peppers (red, yellow, green)	Mushrooms
Bok choy	Mustard greens
Broccoli	Okra
Brussels sprouts	Onions
Cabbage	Parsley
Carrots	Radicchio
Cassava	Radishes
Cauliflower	Shallots
Celery	Snow peas
Chicory	Spaghetti squash
Chives	Spinach
Collard greens	Sugar snap peas
Coriander	Summer squash
Cucumber	Swiss chard
Dandelion greens	Turnip greens
Eggplant	Water chestnuts
Endive	Watercress
Escarole	Zucchini
Fennel	
Garlic	
Green beans	



Non-Starchy Veggie Goals for Vegans and Vegetarians

I've never met anyone who ate too much spinach or broccoli. Ideally, you'll get five to 10 or more servings a day.

At a minimum, 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). Also 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.

Slow-release, High-Fiber Starches

Slow carbs take longer to digest because your body has to work harder to break down all the links in the chain to get the glucose it needs. Because the process of getting to glucose takes longer, your blood sugar rises more slowly, so the insulin cavalry responds lower and slower too (a good thing).

Starches aren't all the same. If starches have been processed, as is the case with some flours and cereals, they can behave more like fast carbs and have a more immediate impact on blood sugar and insulin response. That's also true of white rice and white potatoes; they're made up of long chains of glucose that are more easily broken down by our digestive system, so they raise blood sugar faster than the starches I consider slow carbs.

Instead of refined and high-sugar impact carbs, choose less processed grains, lower-sugar impact roots, vegetables, and legumes like black beans, quinoa, artichokes, spinach, lentils, and wild rice. I've included an extensive list in *The Sugar Impact Diet*.

My favorite slow-release, high-fiber carbs include:

- Lentils
- Legumes
- Butternut squash
- Hummus
- Wild rice
- Kabocha squash
- Sweet potatoes (keep in mind these are medium-Sugar Impact, making them off limits for cycle 2)

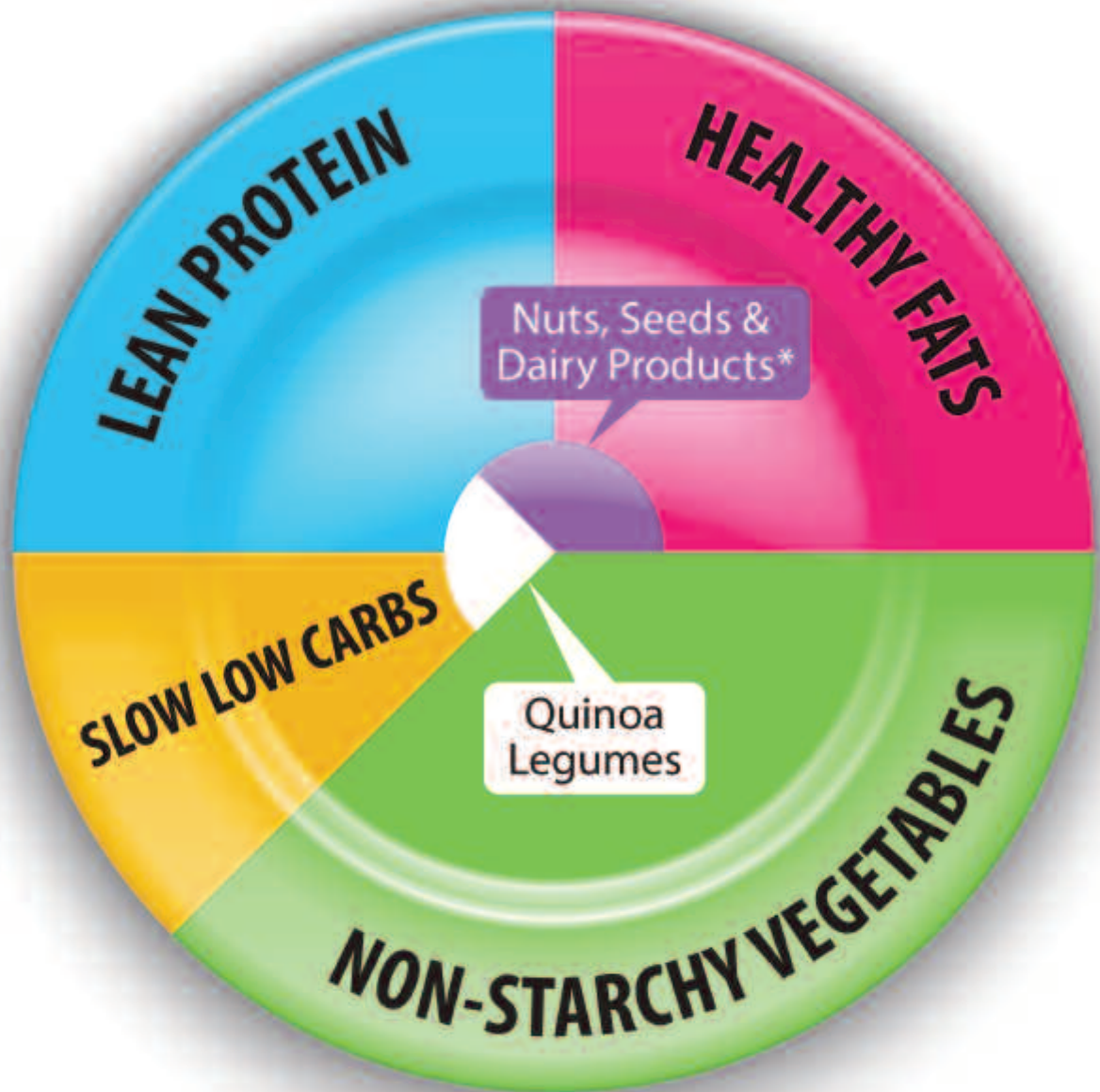


Low-Sugar Impact Starches Goals for Vegans and Vegetarians

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.

Pulling the Plate Together

You don't need complicated mathematical formulas to design The Sugar Impact Plate for vegans and vegetarians. Simply use this diagram:



The No-Brainer Breakfast

A protein shake makes a fast, filling, fat-burning breakfast that takes minutes to prepare but keeps you full for hours. Here's the basic Sugar Impact Diet Shake recipe. Feel free to improvise with other low-sugar impact ingredients.

8 - 10 ounces unsweetened coconut, cashew, or almond milk (I like So Delicious brand)

2 scoops [JJ Virgin's Plant-Based All-in-One Powder](#)

1 - 2 scoops [JJ Virgin's Extra Fiber](#)

1 - 2 tablespoons freshly ground flaxseed or chia seed

Raw kale or spinach

Avocado

Low- or medium-Sugar Impact fruits in Cycles 1 and 3

Eating By the Clock

On the Sugar Impact Diet, you'll eat by the Sugar Impact Clock. You'll begin to slowly stretch your time between meals and snacks and shift your eating routine to a solid three meals and one optional snack a day.

Adding fiber, fat, and protein to your meals will help keep you full longer, as will having more water between meals. And getting off sugary, salty manufactured snacks and replacing them with healthy, whole, low-Sugar Impact snacks will have a dramatic effect on your energy, blood sugar levels, and fat-burning.

If fat loss is your goal, you'll want to limit or eliminate snacking. I'm not anti-snacking, but too many people do it habitually or because they don't do meals correctly. My favorite snacks include slow roasted or dehydrated nuts and seeds, nut butters with celery, and my [JJ Virgin Bars](#).

You can also help yourself de-snack by brushing or flossing your teeth when you're done eating. You'll first work on getting yourself to 3 hours between stops for food, then 4. If you've trained yourself to eat every 2-3 hours, it may take you 2 weeks to make this shift.

If you get up at 7 a.m., here's what your eating schedule might look like:

8 a.m.: Breakfast

12 p.m.: Lunch

3 p.m.: Optional snack

7 p.m.: Dinner

Important Nutrients

Studies show vegans and vegetarians tend to become [more deficient in certain nutrients like vitamin B\(12\), vitamin D, omega 3 fatty acids, calcium, iron, and zinc](#). Simply put, as a vegetarian or vegan you're more susceptible to nutrient deficiencies that you'll want to supplement.

Vitamin B12

Vitamin B12 is perhaps the most common and well-known deficiency for vegetarians and vegans. Despite what some poorly informed people argue, B12 only exists in animal foods. So if you forego animal foods, you need to supplement, preferably with a B-vitamin complex that contains optimal doses of B12.

Zinc

Another common but overlooked deficiency in vegans and vegetarians. Oysters are notably high in zinc, and many other meats contain optimal amounts of zinc. If you're not eating animal foods, you're probably missing out on this crucial immune-boosting essential mineral. A very simple zinc test many practitioners use includes having a client hold a zinc-based liquid on their tongue until they taste a metallic or clear tastes. Vegans and vegetarians often come up short on zinc.

Iron

Vegetarians also frequently come up low in iron. Now, I know plant-based foods have iron, but it's poorly absorbed non-heme iron. Meat, on the other hand, has highly absorbable heme iron. If you're a guy or post-menopausal woman, you don't usually need to worry about iron. Most of us carry around excess iron, in fact. But if you're a menstruating female, iron deficiencies (as you might well know) can contribute to anemia, increased illness, and many other problems.

Vitamin D

Other than B12, vitamin D is perhaps the most deficient vitamin in vegans and vegetarians. But wait, you say, you're getting plenty of vitamin D in your fortified soymilk. Unfortunately, you're getting the inferior kind of vitamin D. Vitamin D comes in 2 forms: ergocalciferol (D2), which is the plant form, and cholecalciferol (D3), which is the more active form your body uses.

Studies show D3 is far superior at maintaining and storing the vitamin D levels in your body than vitamin D2. In fact, your body converts D3 to its more active form 500% more quickly than D2.

A Cochrane Database analysis of 50 randomized controlled trials (with over 94,000 total participants) looked at people who supplemented with D2 or D3. Researchers found [an overall 6% reduced mortality rate](#) with D3 users, but a 2% increased mortality rate with D2 users.

I realize that vitamin D3 comes from lanolin, which yes, comes from sheep's wool. If you are a strict vegan, you'll want to look for vitamin D3 derived from lichen. I spoke with Cynthia Pasquella, author of *The Hungry Hottie Cookbook*, about optimal ways to for vegetarians and vegans to get their D.

Here's her reply:

"I recommend they get in the sun. Seriously, it's my favorite way for anyone to get vitamin D, vegan or not. They just need to make sure they are getting the right amount, at the right time for where they live. Also, there are a few vegan D3 supplements available for purchase now that are created from lichens/mushrooms. They are fantastic and I've seen amazing results with my clients in raising their levels of Vitamin D. For those people that insist on using vitamin D2, I suggest fortified foods like non-dairy milks but also advise them to double the dose they would take of D3 since D2 isn't as easily absorbed."

Essential Fatty Acids

Whereas historians estimated our Paleolithic ancestors got about a 1:1 balance of omega 3s and omega 6s, our modern diet has about a 1:20 ratio. Disproportionately high amounts of pro-inflammatory fats in vegetable oils, processed foods, and even conventional eggs contribute to about every disease on the planet.

I hear vegetarians and vegans argue that meat is highly inflammatory. Actually, that depends on the source. Grass-fed beef and wild-caught salmon, for instance, are incredibly high in anti-inflammatory omega 3s.

If you're on The Sugar Impact Diet, you're going to load your plate with anti-inflammatory veggies, low-glycemic fruits, legumes, and nuts and seeds. So, you can see, a diet that includes high-quality meat can be incredibly anti-inflammatory.

Grains, on the other hand, are incredibly inflammatory foods. So is dairy. Food intolerances and leaky gut only exacerbates that inflammation.

Omega 3 fatty acids are prevalent wild-caught fish, grass-fed beef, and wild game. I realize that if you're vegan or vegetarian, you're not going to choose these sources, although some vegetarians compromise with a high-quality fish oil.

But wait, you argue. You supplement with flax seed oil every morning and toss chia seeds into your Sugar Impact Shake. You snack on raw walnuts. You're getting all the essential fatty acids you need.

Don't shoot the messenger, but you're probably not converting those plant-based fatty acids into their active forms. Theoretically, your body converts the alpha-linolenic acid (ALA) in flax seed, walnuts, and other plant-based foods into EPA and DHA, the form of omega 3s found in fish oil and animal foods.

But over the past decade, scientists have discovered our bodies do a lousy job converting ALA to EPA and DHA. That's one reason to explain why, even if you're eating adequate amounts of plant-based omega 3s, you might test deficient on your fatty acid profile.

If you refuse to use any animal-based products, you'll need to be particularly mindful of getting omega 3s.

Don't get me wrong. Regardless of whether you're a vegetarian or vegan, I want you to eat plenty of plant-based foods rich in essential fatty acids. Adding flax or chia seeds to your shake every morning provides a great source of essential fatty acids plus nutrients and fiber.

Just don't rely on these as your only source of essential fatty acids. Ideally you will combine flax and chia seeds with fish oil or an algae-derived DHA.

Vegan and Vegetarian Supplements

High-quality supplements provide the most optimal, efficient way to address nutrient deficiencies and cover any bases you might not get from your diet. As foundation nutrients, I've found these supplements most benefit vegans and vegetarians. Click on the name to order.

DFH Complete Multi™ w/ Copper & Iron - a full-spectrum multivitamin with Albion chelated minerals for maximum absorption and bioavailability. This powerhouse multivitamin supplies supportive nutrients not normally found in regular multis, such as alpha lipoic acid, TMG, fruit bioflavonoids, choline, and inositol. This formula also contains high gamma tocopherol vitamin E, high levels of all the B vitamins, including a proprietary NatureFolate™ blend of active isomer naturally occurring folates, and natural mixed carotenoids. This vegetarian formula is appropriate for teenagers, menstruating females, lactating women and individuals who avoid eating red meat. Please note: This formula contains vitamin D3, which may not be suitable for vegans. Please look for a vegan-designed complete multi if D3 becomes a concern.

DFH Ferrochel® - a potent iron supplement extremely well tolerated by the gastrointestinal system with a very high absorption rate. Ferrochel® is a premier chelate from Albion Advanced Nutrition that, unlike most iron preparations, will not result in constipation or gastric upset. Made with non-GMO ingredients.

Note: *When ordering from Designs for Health, you will need a practitioner's referral. Simply give them my name.*

Algae-derived DHA – if you don't take fish oil, this becomes the ideal way to get sufficient amounts of omega 3 fatty acids. Several good algae-derived DHA formulas exist. I like [this one](#) from Pure Encapsulations.

JJ Virgin's Microbiome Balance – your gut has its own community, called a microbiome. A probiotic helps repopulate this community with healthy gut flora, while prebiotics feed that healthy flora. Microbiome Balance combines prebiotics and probiotics in one non-GMO, all-vegetarian formula. Microbiome Balance will be available beginning in November.

JJ Virgin's Plant Based All-in-One Shakes - this vegetarian- and vegan-friendly powder combines high-quality plant-based protein with nutrients, antioxidants, and fiber that truly makes it an all-in-one shake.

JJ Virgin's Leaky Gut Support - my go-to all-in-one formula to fix your gut. Leaky Gut Support combines therapeutic doses of L-Glutamine, N-acetyl-glucosamine, MSM, DGL, slippery elm,

marshmallow, chamomile, okra extract, cat's claw, and quercetin in a delicious-tasting, peach-flavor powder that blends well in shakes or water.

JJ Virgin's Metabolic Digestive Balance - this unique formula combines enzymes that break down protein and fat with Phase 2 Carb Controller, which slows or blocks carbohydrate absorption. Especially if you've over 30 or chronically stressed, digestive enzymes can help reduce post-meal gas, bloating, and other misery.

JJ Virgin's Extra Fiber - meeting your 50-gram fiber quota couldn't be easier with this easy-to-mix powder that combines 12 types of soluble and insoluble fiber without any irritants like many commercial fiber powders can contain. Extra Fiber mixes easily into protein shakes or water.

DFH Hydrolyzyme™ - a proprietary blend of protease enzymes that helps optimize protein breakdown. If you experience gas, bloating, or other problems with after a protein shake, Hydrolyzyme™ is for you.

Nutrient Testing

Foregoing animal protein as a vegan or vegetarian puts you at greater risk for nutrient deficiencies. My motto is to test, not guess, when it comes to potential deficiencies and what nutrients you should supplement. Testing helps pinpoint and correct problems before they could dramatically damage your health down the road.

These are the most common tests I recommend for vegetarians and vegans:

Amino acid profile – detects amino acid absorption problems and deficiencies.

Fatty acid profile – determines omega 3:6 imbalances that can affect immunity, inflammation, and antioxidant status.

Organic acid profile – organic acids are metabolic intermediates used for producing energy, detoxification, neurotransmitter breakdown, and intestinal microbial activity. Abnormal accumulation of organic acids in your urine could signal a nutrient deficiency.

25-hydroxy vitamin D test – this blood test is your most accurate way to determine optimal levels of vitamin D. Aim for the 60 – 80 ng/ ml range.

Iron panel – includes serum ferritin level testing and other measures to determine iron deficiency that can contribute to anemia and other health issues.

Work with an integrative practitioner who can provide these test and any subsequent nutrient recommendations.

Addressing Lifestyle Factors

Gradually transitioning into a low-sugar impact diet will do wonders for your health and your waistline. Beyond diet, many other factors contribute to fat loss and optimal health, and I want to briefly mention some of them here.

Exercise

If you don't have hours to spend at the gym or classes. (Who does?) Skip the hour-long aerobics classes and elliptical machine-rides for weight resistance and burst training, which will make you an all-day fat-blasting machine. You can do both in 8 – yep, 8 – minutes with my **Fast Blasts** workouts.

Sleep

Despite your best efforts, not getting 7 - 9 hours of high-quality sleep every night can derail fat loss and overall health. [In this blog](#) I talk about seven fat-regulating hormones that become out of whack with just one night's lousy sleep.

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 create more detriment than help. My **Sleep Candy** contains a synergistic blend of science-based nutrients that calm your mind and gently help you drift into slumber.



Stress

While stress can protect and serve us in the short term, keeping adrenal hormones like cortisol ramped up when they should chill out can have disastrous consequences on your health.

Chronic stress can make you fat, sick, and age prematurely. [In this blog I discuss](#) five research-proven strategies to minimize stress's impact. What reduces stress might be yoga, meditation, deep breathing, a hot bath, or just walking your dog. Make it a priority.

Weight Loss Resistance

Addressing food intolerances, pulling sneaky sugars, and incorporating these lifestyle and nutrient factors provides the magic formula for fast, lasting fat loss. Occasionally I talk with someone who does everything correctly yet can't meet their goals. I coined the phrase weight loss resistance for such people, and I've pinpointed a number of factors that create these obstacles. [In this blog I discuss seven often-overlooked factors](#) for weight loss resistance.

Breakfasts & Shakes

Coconut-Allspice Steel Cut Oats with Protein Boost

The Virgin Diet Cookbook, Grand Central Life & Style 2014



Makes 1 serving

Ingredients:

- 1/4 cup quick-cooking gluten free steel cut oats
- 1/2 teaspoon monk fruit extract (such as Nectresse)
- 1/2 teaspoon coconut extract
- 1/8 teaspoon ground allspice
- 1/3 cup unsweetened coconut milk (such as So Delicious Dairy Free)
- 1 scoop **JJ Virgin's Plant-Based All-In-One Vanilla Shake Powder**
- 1 tablespoon unsweetened shredded coconut

Bring 3/4 cup water to a boil in a small saucepan over medium-high heat. Stir in the oats, monk fruit extract, coconut extract, and allspice. Cover, reduce heat to medium-low, and simmer, stirring often, until tender and liquid has been absorbed, 5-7 minutes. Meanwhile, combine the coconut milk and shake powder in a small bowl until liquefied. Stir into oats with shredded coconut and serve immediately.

Rise and Shine Mocha Espresso Protein Shake

The Virgin Diet Cookbook, Grand Central Life & Style 2014



Makes 1 serving

Ingredients:

- 2 scoops **JJ Virgin's Plant-Based All-In-One Chocolate Shake Powder**
- 1 cup unsweetened almond milk (such as So Delicious)
- 1 tablespoon raw or homemade almond butter
- 1 to 2 tablespoons freshly ground flax meal
- 1 teaspoon instant espresso or coffee powder
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 cup cold water
- OPTION: Add a few ice cubes before blending to make a thicker shake

Combine the shake powder, almond milk, almond butter, flax meal, espresso powder, cinnamon, vanilla extract and water in a blender. Mix on high until smooth. Thin with additional cold water if desired.

*If you don't have instant espresso or coffee powder on hand substitute 1/4 strong brewed coffee

Hot Quinoa Flake Cereal with Warm Berry Compote

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Not for Cycle 2 of The Sugar Impact Diet

Makes 1 serving

Compote

- 1 cup fresh strawberries, hulled and sliced
- 1/2 cup fresh blueberries
- 3/4 teaspoon vanilla extract, divided
- 1/4 teaspoon monk fruit extract (such as Nectresse)
- 1/3 cup unsweetened coconut milk (such as So Delicious)
- 1 scoop **JJ Virgin's Plant-Based All-In-One Vanilla Shake Powder**
- 1 cup water
- 1/8 teaspoon ground cinnamon
- 1/3 cup quinoa flakes cereal
- 2 tablespoons Slow Roasted Pecans, chopped (see recipe in Snacks)
- 1 tablespoon chia seeds (optional)

Combine the strawberries, blueberries, 1/4 teaspoon of the vanilla extract, and monk fruit extract in a small saucepan over low heat. Cook, stirring occasionally, until the fruit is warm and tender, about 4 minutes.

Meanwhile, combine the coconut milk and shake powder in a small bowl until liquefied; set aside. Combine water, the remaining 1/2 teaspoon of vanilla and cinnamon in a small saucepan and bring to a boil over medium-high heat. Add the cereal, reduce to medium, and cook, stirring often, until thickened, 1 1/2 minutes. Remove from the heat and stir in the liquefied shake powder, pecans, and chia seeds (if using).

Green Coconut Protein Shake

Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 1 serving

Ingredients:

- 2 scoops **JJ Virgin's Plant-Based All-In-One Vanilla Shake Powder**
- 1 cup unsweetened coconut milk (such as So Delicious)
- 1 cup organic baby kale or baby spinach
- 1/4 small ripe avocado
- 1/4 medium apple, peeled and cut into chunks
- 2 teaspoons chia seeds
- 1/4 teaspoon coconut extract
- 1/4 to 1/2 cup cold water

Combine the shake powder, coconut milk, kale, avocado, apple, chia seeds, coconut extract and 1/4 cup water in a blender. Mix on high until smooth. Thin with additional cold water if desired.

Pumpkin Almond Chai Shake

All-in-One Shake Chai Recipe Contest Booklet

Karen Kidd



Ingredients:

- 2 scoops **JJ Virgin's Plant-Based All-In-One Chai Shake Powder**
- 1 cup So Delicious Dairy Free unsweetened coconut milk
- 1/2 cup canned pumpkin puree
- 1 tablespoon almond butter
- 1 tablespoon flax seed, ground
- 1/2 teaspoon chia seeds
- 1/4 teaspoon cinnamon
- 1/4 teaspoon freshly ground nutmeg
- Dash allspice
- Ice

Blend. Add water if too thick



For More Recipes

**Virgin Diet Cookbook
Conversion Guide
for The Sugar Impact Diet**

Soups and Salads

Minestrone Soup

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 4 servings

Ingredients:

- 4 teaspoons palm fruit oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 2 celery stalks, chopped
- 1 carrot, chopped
- 1 teaspoon dried basil
- 1/2 medium fennel bulb, chopped, about 3/4 cup
- 1 medium zucchini, 8 ounces, cut into 1/2-inch dice
- 4 cups organic low sodium vegetable broth
- 1 (14.5-ounce) can organic diced tomatoes
- 3 ounces quinoa pasta shells, about 3/4 cup
- 1 (15-ounce) can organic no salt added cannellini beans, drained and rinsed
- 4 cups baby spinach
- 3/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Heat the oil in a Dutch oven over medium-high. Add the onion, garlic, celery, carrot and basil; cook, stirring occasionally, until starting to soften, 2-3 minutes. Add the fennel and zucchini and cook 3 minutes. Add the broth and tomatoes; bring to a boil, immediately reduce heat to medium and simmer, uncovered, until vegetables are crisp-tender, about 20 minutes.

Stir in the pasta, return to a simmer and cook until pasta is almost tender, about 8 minutes. Add the spinach and beans, return to a simmer and cook until heated through, about 3 minutes. Season with the salt and pepper.

Chick Pea Falafel Salad with Tahini Dressing

The Virgin Diet Cookbook, Grand Central Life & Style 2014



Makes 4 servings

Falafel

- 1 (15-ounce) can organic no salt added garbanzo beans, drained
- 2 green onions, chopped
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon curry powder
- 3 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/8 teaspoon cayenne pepper

Dressing

- 2 tablespoons tahini paste
- 2 tablespoons cultured coconut milk (such as So Delicious)
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon zest
- 1 teaspoon extra virgin olive oil
- 1/4 teaspoon sea salt

- 10 cups mixed spring greens, about 5 ounces
- 1 large cucumber, peeled, halved lengthwise and sliced across
- 1 cup grape tomatoes, halved

Preheat the oven to 375°F. Lightly oil a large baking sheet.

Combine the garbanzo beans, green onions, garlic, cumin and curry powder in the bowl of a food processor. Process until it forms a slightly coarse paste. Transfer to a bowl and stir in the oil, parsley, baking powder, sea salt and cayenne pepper; mix well. Form the mixture into eight (2-inch diameter) patties and place on the prepared baking sheet. Bake until lightly browned and slightly puffed, 20 minutes, turning once. Falafel patties will be very tender and firm up a bit as they cool.

Combine the tahini, coconut milk, lemon juice, zest, oil and salt in a small bowl.

Combine the mixed spring greens, cucumber, and tomatoes in a large bowl. Add the dressing and toss well to coat. Divide among 4 plates. Top each salad with 2 falafel patties.

Jicama and Cucumber Salad

Submitted by Virgin Diet Group Challenger Wendy Cope, adapted from *The Virgin Diet Cookbook*



Ingredients:

- 1 lb jicama, peeled and cut into medium-sized planks
- 2-3 cucumbers, peeled and seeded and cut into planks the same size as the jicama

Dressing:

- 2 tablespoons lime juice
- 1/8 teaspoon chili powder
- dash of cayenne pepper
- 1/2 teaspoon salt

Cut jicama and cucumber and place in large bowl. In a separate bowl, mix dressing ingredients together, toss with jicama and cucumber mix. Let sit in the refrigerator for at least 60 minutes.

Kale and Bean Soup

The Virgin Diet Cookbook, Grand Central Life & Style 2014



Serves 4

Ingredients:

- 1½ tablespoons olive oil
- 1 large shallot, chopped
- 1 medium onion, chopped
- 4 celery stalks, chopped
- 3 garlic cloves, minced
- 2 tablespoons chopped fresh sage
- 1 pound kale, woody stems removed, chopped
- 3 cups organic low sodium chicken broth
- 1 (14.5-ounce) can organic diced tomatoes
- 1 (15-ounce) can organic no salt added cannellini beans, rinsed and drained
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

Heat the oil in a Dutch oven over medium. Add the shallot, onion, celery, garlic and sage; cook, stirring occasionally, until softened, 6-7 minutes. Increase the heat to medium-high and stir in the kale. Cook, stirring often, until the kale has wilted, about 3 minutes. Pour in the broth and tomatoes and bring to a boil. Immediately reduce the heat to medium-low, cover, and simmer 20 minutes. Stir in the beans and cook until heated through, 2-3 minutes. Remove from the heat and season with the salt and pepper.

Coleslaw

The Virgin Diet Companion Cookbook

Recipe by Kim Millman MD PhD and Marilyn Abedin

www.RecipesToEnergizeYourDay.com



Servings: 8

Ingredients:

- ½ head green cabbage, washed and cored
- ½ head purple cabbage, washed and cored
- 2 stalks green onion, finely chopped
- ½ cup cilantro, coarsely chopped
- 1½ tablespoons rice wine vinegar
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- Juice from a ½ of a lemon
- 1/8 teaspoon sesame seed oil

Combine the shredded cabbages, onion and cilantro in a bowl.

To make the dressing: Mix together rice wine vinegar, olive oil, salt, pepper, lemon juice, and sesame seed oil.

Mix the dressing with the greens and enjoy!

Main Dishes

Lentil Nut Burgers with Cilantro Vinaigrette

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 4 servings

Ingredients:

- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- 1/2 teaspoon grated lime zest
- 1/2 teaspoon sea salt, divided
- 4 tablespoons olive oil, divided
- 4 ounces white mushrooms, chopped, about 1 cup
- 1 small onion, finely chopped, about 1/4 cup
- 3 garlic cloves minced
- 1 teaspoon ground cumin
- 1/3 cup raw walnuts, finely chopped
- 1 (15-ounce) can organic black lentils, drained and rinsed
- 1 cup cooked brown rice
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon freshly ground black pepper
- Optional: Sliced cucumbers, tomatoes and fennel

* Recommend: Westbrae Naturals canned lentils

Combine the cilantro, lime juice, zest and 1/4 teaspoon of the salt in a small bowl; whisk in 2 tablespoons of the oil in a slow, steady stream. Set aside.

Heat 2 teaspoons of the remaining oil in a medium nonstick skillet over medium. Add the mushrooms, onion, garlic, and cumin and cook, stirring occasionally, until softened, 4-5 minutes. Add the walnuts and cook until nuts are lightly toasted, 2-3 minutes. Transfer to a bowl.

Combine the lentils and rice in the bowl of a food processor and pulse until coarsely chopped; add to mushrooms. Stir in the parsley, remaining 1/4 teaspoon salt and pepper. Form into four 1/2-inch thick patties.

Heat the remaining 4 teaspoons oil in a large nonstick skillet over medium. Add the patties and cook, turning once, until browned and heated through, 9-10 minutes. Transfer to serving plates and top with any of the optional ingredients and the vinaigrette.

Vegetarian Chili

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Ground ancho chile pepper can be found in the spice section of the supermarket. Chocolate is an ingredient in classic chilis, where it adds depth of flavor. The protein powder adds that flavor—and valuable protein.



Makes 4 servings

Ingredients:

- 4 teaspoons coconut oil or red palm fruit oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground ancho chile pepper
- 1 (15-ounce) can organic no salt added red kidney beans, drained and rinsed
- 1 (15-ounce) can organic no salt added black beans, drained and rinsed
- 1 (14.5-ounce) can organic fire roasted diced tomatoes
- 1 scoop **JJ Virgin's Plant-Based All-In-One Chocolate Shake**, liquefied in 1/3 cup water
- 1/2 teaspoon sea salt

Heat the oil in a Dutch oven over medium-high. Add the onion, garlic and bell peppers; cook, stirring occasionally, until slightly softened, 6-7 minutes. Add the chili powder, cumin, oregano and ancho chili; cook, stirring, 30 seconds. Add the beans, tomatoes and 1/2 cup water; bring to a boil and reduce heat to medium-low.

Simmer, covered, stirring occasionally, until slightly thickened, 22-24 minutes. Remove from the heat and stir in the protein powder, salt and pepper.

Lemon Herb Quinoa with Asparagus

The Virgin Diet Companion Cookbook

Susan Irby

Recipe adapted from The Complete Idiot's Guide Quinoa Cookbook by Susan Irby, The Bikini Chef, copyright 2012



Serves 4 as an entree, 8 as a side dish

Ingredients:

- 4 cups water
- 1¼ teaspoons sea salt
- 3 medium asparagus spears, trimmed and cut into 1 inch pieces
- 1 cup uncooked quinoa, rinsed and drained
- ¼ cup chopped white onion
- Fine zest of ½ lemon
- Juice of ½ lemon
- 1 tablespoon chopped fresh thyme leaves
- 1 teaspoon ground black pepper

Fill a small bowl with ice and add about 2 cups of water or enough to cover ice. Fill a medium stockpot or saucepan ½ full with water. Set over high heat, add ¼ teaspoon sea salt, and bring to a boil. Add asparagus pieces, and when all asparagus are in, drain and quickly pour asparagus into the ice bath. Set aside.

In a medium saucepan over high heat, combine quinoa, white onion, and remaining 2 cups water. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all the liquid has been absorbed.

Drain asparagus from ice bath and pat dry using a paper towel or clean kitchen towel. Add asparagus, lemon zest, lemon juice, thyme leaves, remaining teaspoon sea salt, and black pepper to quinoa mixture, stir to combine, and serve.

Drizzle with a ½ tablespoon of extra virgin olive oil, when serving, if desired.

The super-non-grain-grain, quinoa is naturally gluten-free, and though it has a nutty flavor, quinoa is not a nut and provides a good nut flavor "fix" to those who have nut allergies. A complete protein, quinoa is a delicious nutrient-rich ingredient to support all diets, including vegetarian and vegan diets.

Chickpea & Veggie Sliders

The 2-Week Sugar Impact Diet Cookbook



Serves 4

Ingredients:

- ½ cup quinoa
- 1 15 oz can chickpeas beans, rinsed and drained
- 2 carrots, grated
- 1 jalapeno pepper, seeded and minced
- 1 scallion, minced
- 2 teaspoons lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon ground flax meal
- 3 tablespoons water
- Sea salt & pepper to taste
- 1-2 tablespoon coconut oil
- 4 cups baby kale
- Juice of 1 lemon
- 1 avocado, chopped

Bring 1 cup of water to boil in small saucepan. Add quinoa, reduce heat, cover and simmer 13 minutes. Remove from heat and let stand 5 minutes. Drain any excess liquid and turn onto baking sheet to cool.

In a food processor, pulse beans until coarsely chopped. Place in a bowl with the cooled quinoa. Add carrot, jalapeno, scallion, zest and juice, mixing well.

In a small bowl, whisk ground flax meal with water let sit 2 minutes. Add flax slurry to bean mixture and stir to combine. Season to taste with salt and pepper.

Heat oil in skillet over medium high heat. Add 1/4 cup of mixture to skillet and flatten with spatula. Repeat with remaining mixture, cooking in batches, and adding more oil, if necessary. (Don't overcrowd your skillet with sliders or they will steam and not brown.)

Cook 3-4 minutes per side until browned and cooked through.

Meanwhile toss baby kale with lemon juice and divide among 4 plates. Place sliders on top of greens and top with chopped avocado.

Spaghetti Squash alla Checca

JJ Virgin's Sugar Impact Diet, Grand Central Life & Style 2014



Makes 4 servings

Ingredients:

- 3 pound spaghetti squash, halved lengthwise and seeded
- 4 tablespoons extra virgin olive oil
- 1/2 small garlic clove, minced
- 5 plum tomatoes, seeded and chopped
- 4 ounces of Cashew Nut Cheese (recipe below)
- 1/3 cup thinly sliced fresh basil
- 3/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Preheat the oven to 350°F. Lightly oil a large shallow roasting pan.

Place the squash, cut sides down, on the prepared pan. Prick all over with the tip of a knife. Bake until very tender, 28-30 minutes. Remove from the oven and let cool 5 minutes. Turn the squash over and with the tines of a fork scrape out the flesh—it will come out in long thin spaghetti-like strands. You should have about 3 cups. Transfer to a bowl and add the oil, garlic, tomatoes, cheese, basil, salt and pepper; toss well.

Cycle 1/3 variation - replace spaghetti squash with rice or quinoa pasta. One serving is one cup cooked pasta

Sea Salt and Black Pepper Cashew Cheese

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 1 cup



Ingredients:

- 1 1/2 cups raw cashews
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon ground coriander
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper

Combine cashews in a bowl with enough cold water to cover by 3-inches. Let cashews soak at least 5 hours or overnight.

Drain cashews and place in the bowl of a food processor with the lemon juice, oil, coriander, salt, black pepper and cayenne pepper. Process the ingredients, stopping to scrape down the sides of the bowl occasionally, until the mixture is smooth and begins to hold together. Transfer to a bowl and serve.

Side Dishes

Confetti Quinoa

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 4 servings

Ingredients:

- 1 cup dry quinoa
- 3/4 teaspoon sea salt, divided
- 4 teaspoons coconut oil
- 1 large shallot, finely chopped
- 3 garlic cloves, minced
- 2 teaspoons chopped fresh thyme
- 1 medium red bell pepper, finely chopped
- 1 medium orange bell pepper, finely chopped
- 1 medium yellow bell pepper, finely chopped
- 1 teaspoon ground coriander
- 1/4 cup sunflower seeds
- 1 tablespoon sherry vinegar
- 1/4 teaspoon freshly ground black pepper

Cook quinoa with 1/4 teaspoon of the salt according to package directions.

Heat the oil in a large nonstick skillet over medium-high. Add the shallot, garlic and thyme and cook 1 minute. Stir in the bell peppers and coriander and cook until crisp tender, 3-4 minutes. Add the sunflower seeds and cook 1 minute. Stir in the quinoa and cook, stirring, 1 minute until well mixed and heated through. Remove from the heat and stir in the vinegar, remaining 1/2 teaspoon salt and pepper.

Cuban Style Black Beans

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion chopped
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 medium green bell pepper, chopped
- 2 medium plum tomatoes, seeded and chopped
- 2 teaspoons red wine vinegar
- 1 (15-ounce) can organic no salt added black beans, undrained
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Heat the oil in a medium saucepan over medium; add the onion, garlic, cumin and oregano; cook, stirring occasionally, until the vegetables begin to soften, 2-3 minutes. Add the bell pepper and cook 2 minutes. Add the tomatoes and cook until slightly wilted, 2 minutes. Add the beans and their liquid; reduce the heat to medium-low, cover, and simmer, stirring occasionally, until vegetables are very tender, 10-12 minutes. Remove from the heat and season with the salt and pepper.

Curried Lentils

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Serves 4

Ingredients:

- 3/4 cup sprouted lentils (such as TruRoots)
- 4 teaspoons coconut oil or palm fruit oil
- 1 small onion, chopped
- 1 celery stalk, chopped
- 1/2 medium red bell pepper, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon curry powder
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon sea salt
- 1/8 teaspoon cayenne pepper

Cook sprouted lentils according to package directions.

Heat the oil in a large nonstick skillet over medium-high. Add the onion, celery and bell pepper; cook, stirring occasionally, until starting to soften, 2-3 minutes. Add the garlic and cook 1 minute. Stir in the curry powder and cook until fragrant about 30 seconds. Add the lentils and cook, stirring, until heated through, 1-2 minutes. Remove from the heat and stir in the cilantro, salt, and pepper.



Cauliflower "Rice" Pilaf

The Sugar Impact Diet 2-Week Cookbook

Serves 4

Ingredients:

- 1 head cauliflower, cut into florets
- 1 tablespoon coconut oil
- ½ cup diced red onion
- ½ cup diced carrot
- 2 teaspoon minced garlic
- 1 teaspoon turmeric
- ½ cup frozen peas
- 2 tablespoon broth (or water)
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup slivered almonds

Working in batches, ½ head at a time, pulse cauliflower in food processor 12-15 times until it resembles rice.

Heat 1 tablespoon coconut oil in large skillet over medium heat. Add onion and carrot and cook 4-5 minutes, until onions are softened and carrots are crisp-tender. Add garlic and cook 1 minute, stirring often. Add cauliflower and turmeric, stirring to combine. Add peas, broth, salt and pepper and cook 1-2 minutes until heated through. Top with slivered almonds.



Vegetable "Fried Rice"

Submitted by Virgin Diet Group Challenger Trina Blom adapted from The Virgin Diet Cookbook

Ingredients:

- 1 cup steamed zucchini
- 1 cup steamed broccoli
- 1/4 cup sliced almonds
- 1 1/2 tablespoons red palm fruit oil or coconut oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 4 oz snow peas, cut in half crosswise
- 1 medium plum tomato, seeded and chopped
- 3 cups cold cooked quinoa
- 2 1/2 tablespoons Coconut Aminos
- 3 green onions, chopped

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring for 1 minute. Add the snow peas and cook until they are bright green. Add the zucchini, broccoli and tomato cook for 1 minute. Stir in the quinoa and cook, stirring until it is heated through, about 2-5 minutes. Add the Coconut Aminos and green onions, and cook 30 seconds.



Snacks & Desserts

Babaganoush

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 6-8 servings (2 cups)

Ingredients:

- 2 (1-pound) eggplants, pricked all over with the tip of a sharp knife
- 2 tablespoons organic tahini paste
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 garlic clove
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Preheat the oven to 375°F.

Place the eggplants on a large baking sheet. Roast until eggplant is very soft, about 45-50 minutes. Remove from the oven and let cool 30 minutes or until cool enough to handle. Cut the eggplants in half and scoop out the flesh with a spoon. Place eggplant in a wire mesh sieve or colander and drain excess liquid for 20 minutes.

Transfer eggplant to the bowl of a food processor and add the tahini, oil, lemon juice, garlic, salt and pepper. Process until mixture is well combined but not a completely smooth paste. Transfer to a serving bowl. Can be stored in a covered container for up to 1 week.



Kale Chips with Cumin and Sea Salt

The Virgin Diet Cookbook, Grand Central Life & Style 2014

While these may be stored in a covered container for a day or two, kale chips are at their best when eaten the day they are made.

Makes 2-4 servings

Ingredients:

- 1 bunch kale, about 1 pound, washed and thoroughly dried
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground chipotle pepper

Preheat the oven to 325°F.

Tear kale into 1 1/2-inch pieces. Toss in a large bowl with the oil, gently rubbing leaves with your fingers to help spread the oil evenly. Add the cumin, salt, and chipotle pepper and toss well.

Arrange kale in a single layer on two large baking sheets. Bake, one batch at a time, turning leaves once, until crisp, 16-18 minutes. Repeat with second batch. Allow kale chips to cool on the pan. Serve immediately or store in a covered container.



Mocha Protein Popsicles

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 6 servings

Ingredients:

- 2 scoops **JJ Virgin's Plant-Based All-In-One Chocolate Shake Powder**
- 10 ounces unsweetened coconut milk (such as So Delicious)
- 3 ounces brewed espresso or strong coffee (or instant espresso powder)
- 1 teaspoon ground cinnamon

Whisk together the shake powder, coconut milk, espresso, and cinnamon in a bowl until well blended. Pour into 6 popsicle molds and freeze overnight.

Dip mold into warm water to remove. Store in a re-sealable plastic container in the freezer.



Vanilla Chia Pudding

Submitted by Virgin Diet Group Challenger Tracy B, adapted from The Virgin Diet Toolkit Quick Start Guide

Ingredients:

- 1 scoop **JJ Virgin's Plant-Based All-in-One Chocolate Shake**
- 2 cups, separated unsweetened coconut milk
- 4 tablespoons chia seeds
- 1 tablespoon organic raw cacao pieces

In a bowl, mix Chocolate All-in-One Shake mix with 1 cup coconut milk and stir well to blend. Add the chia seeds and mix well. Add the other cup coconut milk and raw cacao and stir until just blended. Cover and place in fridge for 15 minutes, stir the mix and place back in fridge for another 15 minutes or until ready to eat.



Slow-Roasted Nuts

JJ Virgin's Sugar Impact Diet, Grand Central Life & Style 2014

Ingredients:

- 1½ cups raw nuts (cashews, walnuts, almonds, pecans, macadamia)
- Water
- ½ teaspoon sea salt

Combine the nuts and enough water to cover by 3 inches, then stir in the salt. Let the nuts soak overnight.

Preheat the oven to 140°F. Drain nuts and spread onto a baking sheet or place in a dehydrator. Bake nuts for 8 hours. Remove from the oven or dehydrator and let cool completely (nuts will crisp up as they cool). Store nuts in a resealable plastic bag in the refrigerator for best results.

