



JJ VIRGIN'S
SUGAR IMPACT DIET
2-WEEK
COOKBOOK





ABOUT THE BOOK

You can never have enough recipes! I am feverishly creating more recipes to use during all three Cycles of The Sugar Impact Diet, but in the meanwhile I put together this easy Two-Week Sugar Impact Diet Cookbook to help you sail through [Cycle 2: Transition](#) deliciously!

Remember it's called "[Cycle 2: Transition](#)" for a reason...it comes AFTER Cycle 1: Taper! You may be tempted to jump right in here, but PLEASE promise me you won't. It is critical that you take the time in Cycle 1 to taper from High Sugar Impact foods to Medium Sugar Impact foods before diving into Cycle 2 so you don't get hit with cravings and low energy. You need the time to start the shift from being a sugar burner to a fat burner. The Taper Cycle sets you up for effortless success in Cycle 2.

I also want to remind you to have fun with this cookbook. If you want to trade the chicken for wild salmon or the quinoa for lentils, go for it! Just be sure to follow the portions for each category as shown in the Sugar Impact Plate. And feel free to toss in some extra spices and seasonings, just be sure you are staying in the Low Sugar Impact column of the Sugar Impact Scales listed in The Sugar Impact Diet book.

And if you are hungry for even more recipes I have another great resource for you! I have created a [Conversion Guide](#) for The Virgin Diet Cookbook so that you can use those recipes for The Sugar Impact Diet. You can grab your guide for FREE 😊

www.SugarImpactDiet.com/Resources And if you don't have The Virgin Diet Cookbook yet you can pick it up at your local bookstore, Amazon.com or BarnesandNoble.com.

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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 SI foods for Medium SI foods
- Take your weight and measurements
- Record your food & 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)

- Trade your Medium SI foods for Low SI foods and avoid any Low SI foods that are asterisked (i.e. most fruit)
- Hide or toss the Medium and High SI foods
- Record your food & mood journal daily
- Take your weight and measurements weekly
- Check in with the 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 SI servings for Medium SI servings; 1-2 of these servings should be from fruit
- Have one High SI 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

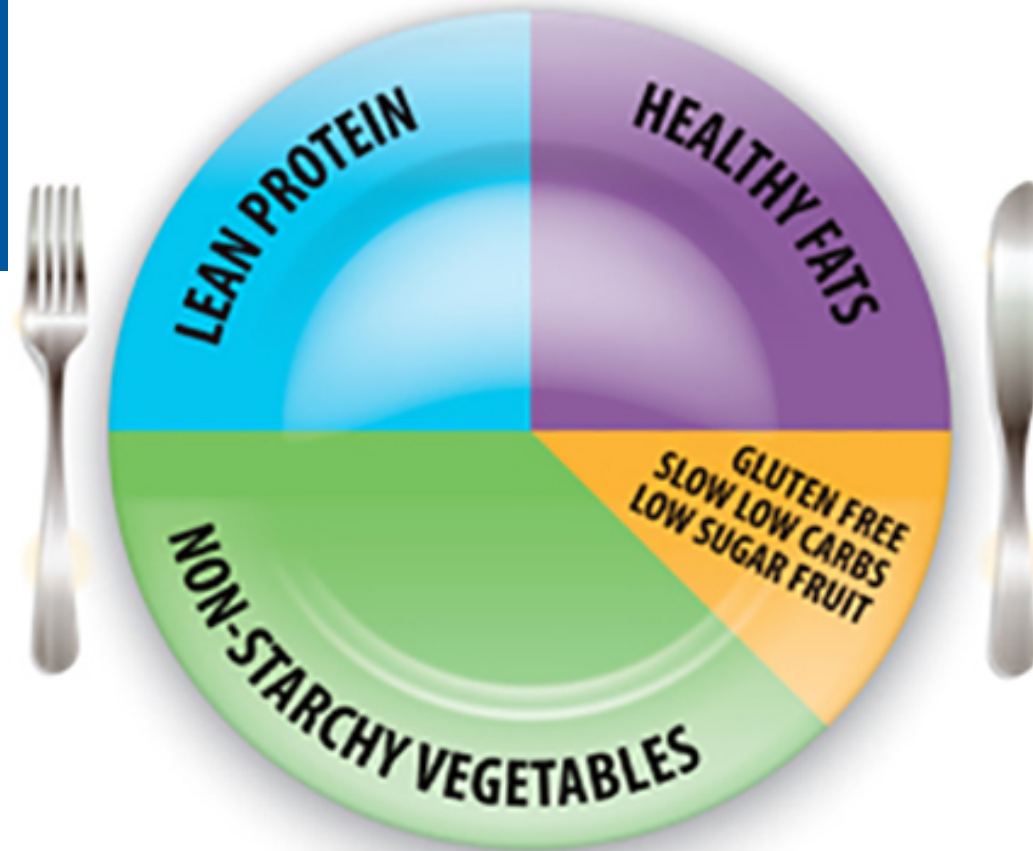
JJ VIRGIN'S
**SUGAR
IMPACT
DIET**

BLUEPRINT

PROGRAM BLUEPRINT

**TEST – TAPER – TRANSITION –
TRANSFORMED!**

THE SUGAR IMPACT PLATE



This is the ideal balance you are striving for on your plate at each meal

Each Meal Should Include:

1 serving of clean, lean protein

- Animal proteins: fish, beef & pork (include these as healthy fats serving), seafood, turkey, chicken, game
- Vegan protein powders
- Serving size; women should eat 4-6 ounces at each meal; larger or more athletic women 6-8 ounces
- Men should eat 8 ounces; and larger or very athletic men up to 10 ounces

2-4 servings of healthy fats for meals (1-2 for snacks)

- Serving size: 1 tablespoon olive oil, ¼ small avocado, 4 ounces cold water fish, 10 nuts, 1 tablespoon nut butter, 5 olives
- Be sure to count fat from protein, so if having grass fed beef or fish count as a fat serving

2+ servings of non-starchy vegetables

- Serving size: 1/2 cup cooked or 1 cup raw
- More is better – **Ideal is 10+**
- You can always increase the portion size of your non-starchy vegetables

1-2 serving of slow low carbs for meals or snacks

- Serving size: 1/2 cup cooked beans, quinoa, wild rice, legumes or 1 cup fruit (except Cycle 2), tomatoes
- 2-3 servings if larger male and more active

SHAKE DIRECTIONS

The Sugar Impact Diet Shake

Makes 1 serving

2 scoops [JJ Virgin's All-In-One Shake Mix](#)

1 scoop [JJ Virgin's Extra Fiber](#)

8-10 ounces unsweetened coconut or almond milk

1 tablespoons freshly ground flaxseed or chia seeds

1/2 small avocado

Ice to desired thickness

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

Easy variations and things to add:

- Espresso powder
- Lemon, lime or orange zest
- Spices including cinnamon, nutmeg, cayenne pepper
- No sugar added extracts including vanilla, almond, orange
- Raw cacao nibs or powder
- Kale, spinach
- Raw coconut cream

**Cycle 1 & 3 variation:
add 1 serving
Low or Medium SI fruit**





10 EASY SNACKS

Hummus & Crudité	8
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1. ½ cup Hummus and crudité

Virgin Diet Basic Hummus Dip

Serves 4

- 2 cups canned garbanzo beans, drained
- 1/3 cup tahini
- 1/4 cup lemon juice
- 1 teaspoon sea salt
- 2 cloves garlic, crushed
- 2 tablespoons extra virgin olive oil
- 1 pinch paprika

Place the garbanzo beans, tahini, lemon juice, olive oil, sea salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl and sprinkle with paprika. Serve with cucumber, red pepper and jicama spears.



2. 2 tablespoons Almond Butter on Celery Sticks

Try Whole Foods 365 brand



3. 2 Turkey Roll-ups

Slice of avocado, slice of cucumber, roll turkey breast slice around it

4. 2 Roast Beef Roll-ups

Slice of goat cheese*, slice of red pepper, roll roast beef slice up around it

*If not dairy sensitive



5. 4 oz Wild Salmon Jerky

Vital Choice www.vitalchoice.com



6. $\frac{1}{2}$ of a Sugar Impact Shake serving



7. 10-20 Slow Roasted or Dehydrated Nuts

Slow Roasted Nuts

Note if your oven doesn't go down to 140°F you will need a dehydrator

1 1/2 cups raw nuts (cashews, walnuts, almonds, pecans, macadamia)

1/2 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 re-sealable plastic bag in the refrigerator for best results.



8. ½ cup Guacamole and crudité

Quick Guacamole

Buy fresh salsa and 4 soft avocados – combine and serve!



9. ½ cup Black Bean Dip and Crudité

Quick Black Bean Dip

Puree one can organic black beans, add 4 ounce can diced green chilis and 1 teaspoon Mexican seasoning.



10. 1 cup Cultured Coconut Milk with 1 tablespoon chopped walnuts

So Delicious Dairy Free Unsweetened Cultured Coconut Milk

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MAIN DISHES



MAIN DISHES



Roasted Halibut with Spinach-Arugula Pesto

Serves 4

Ingredients

1/3 cup walnuts
1 large garlic clove, chopped
2 cups baby spinach
2 cups arugula
½ cup mint leaves
2 teaspoons champagne vinegar
2 teaspoons nutritional yeast
¼ teaspoon sea salt
¼ cup extra virgin olive oil
1/4 – ½ cup water
4 six-oz halibut fillets
Sea salt & pepper
4 cup pea shoots or field greens
Juice of 1 lemon

Directions

Preheat oven to 400°.

Place nuts and garlic in food processor and pulse about 6-8 times, until chopped and blended.

Add spinach, arugula, mint, vinegar and nutritional yeast. Pulse 8-10 times until well blended. Scrape down the sides, if necessary.

With the motor running, pour in the oil, followed by enough water to reach desired consistency. Season to taste with salt and pepper.

Place halibut on parchment paper-lined baking sheet and season fillets with salt and pepper.

Top each fillet with a couple tablespoons of pesto, and bake until halibut is opaque and flakes easily with fork, about 10-12 minutes.

Serve atop pea shoots or field greens tossed with lemon juice.

MAIN DISHERS



Kale & Shiitake Stuffed Chicken Breast

Serves 4

Ingredients

3 tablespoons olive oil,
divided

1 cup chopped red onion,
3 teaspoons chopped garlic
¼ lb. shiitake mushrooms,
thinly sliced

3 cups chopped kale leaves

1/3 cup pitted Kalamata
olives, halved

½ teaspoon smoked
paprika

Sea salt & pepper to taste

4 six-oz. pastured boneless,
skinless chicken breasts,
pounded to ¼ " thickness

1 tablespoon ghee

¼ cup chicken broth

Directions

Heat 2 tablespoons oil in large oven-proof skillet over medium heat. Add leek and cook until beginning to soften, about 3-4 minutes.

Add garlic and shiitakes. Continue cooking until shiitakes are browned, stirring occasionally, about 5 minutes. Add kale, olives and smoked paprika, tossing to wilt the kale. Once kale is wilted, remove from heat and transfer mixture to a bowl. Season to taste with salt & pepper. Wipe the skillet clean and return to stovetop.

Preheat oven to 350°

Lay pounded chicken breasts on work surface and season both sides with salt and pepper. Place filling in the middle of the breast and begin rolling from short end, tucking in the filling as you go. Secure end with toothpicks. Repeat with remaining breasts.

Heat remaining tablespoon oil in same (oven-proof) skillet over medium heat. Place chicken, in skillet and cook until lightly browned on one side, about 4-5 minutes. Flip chicken over and transfer to preheated oven. Bake until heated through to 165°, about 10-12 minutes.

Transfer chicken to serving platter, remove toothpicks and tent with foil to keep warm.

Return skillet to medium high heat on stovetop and add ghee. When melted add chicken broth, scraping up any brown bits on the bottom of the pan, bring to a boil and let reduce slightly. Pour pan sauce over chicken and serve.

MAIN DISHERS

Chickpea & Veggie Sliders

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

Directions

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 ¼ 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.



MAIN DISHERS

Salmon in Parchment

Serves 4

Ingredients

4 six-oz salmon fillets

Sea salt & black pepper
to taste

12 lemon slices, about a
 $\frac{1}{4}$ " thick, rind removed

4 sprigs fresh dill

2 green onions, thinly
sliced on the diagonal

4 tablespoons capers

Directions

Preheat oven to 400°.

Season fillets with salt and pepper to taste.

Cut 4 large pieces of parchment paper. Fold in half, then reopen on work surface.

Place 2 slices of lemon on half of each parchment sheet and top with salmon.

Top each fillet with dill, green onions and capers. Place 1 lemon slice on top.

Fold the other half of parchment over the salmon, crimp the edges to seal tightly.

Bake on a sheet pan for 12-15 minutes until salmon is opaque and flakes easily with fork, being careful when opening packet, as steam will be released.



MAIN DISHES



Asian Style Flank Steak Lettuce Cups

Serves 4

Ingredients

1/3 cup coconut aminos
1/4 cup sesame oil
1 tablespoon lime zest
4 teaspoons minced fresh garlic, divided
4 teaspoons minced fresh ginger, divided
1/2 teaspoon sea salt
1/4 teaspoon pepper
1 1/2 lb grass-fed flank steak
1 1/2 tablespoons coconut oil
1 medium yellow onion, halved and thinly sliced
1 red bell pepper, cut into thin strips
1 large carrot, cut into matchsticks
1/2 lb. mixed mushrooms (shiitake, cremini, oyster, etc), thinly sliced
4 scallions, thinly sliced on the diagonal
1 cup cooked quinoa
4 large butter lettuce leaves

Directions

Mix coconut aminos, oil, lime zest, 2 teaspoons garlic, 2 teaspoons ginger, salt and pepper in a large bowl or baking dish. Add flank steak and marinate for at least 30 minutes.

Preheat broiler.

Remove flank steak from marinade and place on a roasting pan. Discard excess marinade.

Broil steak 3-4 minutes, flip and broil for another 3-4 minutes for medium rare. Remove from oven, tent with foil and let rest at least 10 minutes.

Meanwhile, heat coconut oil in a large skillet over medium heat. Add onion and sauté 3-5 minutes until beginning to soften. Add remaining 2 teaspoons (each) garlic and ginger and cook 1 minute, stirring often.

Add bell pepper, carrot and mushrooms and continue cooking 5-8 minutes, stirring occasionally, until vegetables are crisp tender. Add scallions, and cook 1-2 minutes more.

Season to taste with salt and pepper.

Cut flank steak across the grain into thin strips, then cut each strip in half again.

Place 1/4 cup of quinoa in the middle of lettuce leaf. Top with vegetable mixture and flank steak. Roll lettuce leaf around filling, tucking the sides in as you go.

MAIN DISHES



Mediterranean Chicken

Serves 4

Ingredients

½ cup olive oil, plus 1 tablespoon
3 tablespoons red wine vinegar
2 teaspoon dried basil
2 teaspoon dried oregano
2 teaspoon lemon zest
½ teaspoon sea salt
¼ teaspoon black pepper
4 boneless, skinless chicken breasts
½ medium yellow onion, thinly sliced
1 small red bell pepper, cut into thin strips
1 small orange bell pepper, cut into thin strips
1 medium zucchini, halved lengthwise and thinly sliced
1 ½ teaspoons minced garlic
1/3 cup loosely packed basil leaves, chopped
1 tablespoon lemon juice
¼ teaspoon salt
¼ teaspoon black pepper
1/3 cup Kalamata olives, halved

Directions

Place ½ cup oil, vinegar, basil, oregano, zest, salt and pepper in a large bowl. Add chicken, tossing to coat.

Marinate chicken for at least 1 hour in refrigerator. 30 minutes before cooking, remove chicken from refrigerator and let come to room temperature.

Heat a large skillet over medium heat and add chicken and marinade. Cook chicken about 8-10 minutes per side, or until cooked through to 165°.

In a separate skillet, heat remaining tablespoon olive oil over medium heat.

Add onion and cook 3-4 minutes until onions begin to soften.

Add peppers and cook an additional 3-4 minutes.

Add zucchini and garlic and cook an additional 3 minutes, stirring occasionally.

Stir in basil, lemon juice, salt and pepper.

Remove from heat and stir in Kalamata olives.

Plate chicken and top with vegetable mixture.

MAIN DISHERS



Black Bean and Butternut Squash Chili

Serves 4

Ingredients

2 tablespoons extra virgin olive oil
1 medium yellow onion, chopped
1 celery stalk, chopped
1 medium carrot, diced
1 tablespoon chopped shallot
1 jalapeno pepper, seeded and chopped
2 teaspoons chopped garlic
2 cups peeled, diced butternut squash
2 ½ cup vegetable broth
3 15-oz cans black beans, drained and rinsed
2 cups chopped tomato
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon coriander
1 tablespoon lime juice
Salt & pepper to taste
Pinch cayenne, optional

Directions

Heat oil in a large saucepan over medium heat.

Add onion, celery, carrot and shallot and sauté 4-5 minutes until softened.

Add jalapeno pepper and garlic and cook 2 minutes, stirring occasionally.

Add butternut and saute for 2 minutes, stirring occasionally.

Stir in the veg broth, beans, tomatoes, chili powder, cumin and coriander.

Bring to a boil, reduce heat, cover and simmer 15-20 minutes, until butternut is tender.

Stir in lime juice and season to taste with salt, pepper and cayenne, if using.

MAIN DISHERS

Seared Scallops in Sweet Pepper-Coconut Sauce

Serves 4

Ingredients

- 2 yellow bell peppers
- 5 teaspoons ghee, divided
- 1 cup chopped yellow onion
- 1 10oz So Delicious Culinary Coconut Milk
- 1 tablespoon fresh lime juice
- 1 dozen large sea scallops
- Sea salt & freshly cracked pepper
- ¼ cup tightly packed fresh basil leaves
- 4 zucchini

Directions

Preheat broiler with a rack in the upper third position (not directly under the broiler, but the next rung down)

Line a baking sheet with foil and broil peppers, turning occasionally, until blackened on all sides, about 20 minutes. (Alternately, if you have a gas stove, you can roast each pepper over the flames, turning occasionally, until blackened on all sides, about 10-12 minutes.)

Remove peppers and place in a large bowl and cover with a plate to sweat the peppers for 15-20 minutes, or place in a paper bag and fold & tighten the bag to sweat them.

Meanwhile heat 3 teaspoons ghee in a large skillet – preferable cast iron – over medium heat. Add onion and cook, stirring occasionally, until onions are softened and lightly browned, about 4- 5 minutes. Remove onions from skillet and place in a bowl. Wipe out skillet, removing all onion pieces. Set aside.

Remove skin, stem and seeds from peppers, chop roughly and add to bowl with onions. Transfer onions and peppers to blender and add coconut milk, lime juice and a pinch of salt. Blend for about 30-45 seconds or until smooth. Set aside.

Pat scallops dry with a paper towel and season one side with salt and pepper. Heat 1 teaspoon of ghee in skillet over medium high heat. When hot enough to make a drop of water sizzle, add half the scallops, seasoned side down, and season the remaining side with salt and pepper. Cook 3-4 minutes per side, until a crisp, brown crust forms.

Transfer cooked scallops to a plate and tent with foil to keep warm. Add the remaining teaspoon of ghee, if needed, and cook remaining 6 scallops. Remove to tented plate.

Add coconut-pepper mixture and basil leaves to skillet to warm, just 2-3 minutes.

Meanwhile peel the zucchini into thin ribbons with a vegetable peeler and place in on individual plates or bowls.

Place 3 scallops on each of the zucchini “noodles” and top with sauce.



MAIN DISHES

Spicy Chicken Burgers

Serves 4

Ingredients

1 lb. boneless, skinless chicken thighs
4 scallions, thinly sliced ☒
1 1/2 tablespoons chopped ginger
2 tablespoons chopped cilantro
1 tablespoon smoked paprika
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon Madras curry powder
1/2 teaspoon sea salt
1/4 teaspoon garam masala
1/4 teaspoon cayenne pepper
1 1/2 teaspoon coconut oil

Directions

Cut chicken into bite-sized pieces and place in a medium bowl.

Add scallions, ginger, cilantro, paprika, cumin, coriander, curry powder, salt, garam masala, and cayenne. Let it sit for 15-30 minutes.

Pulse mixture in a food processor, until coarsely chopped and well blended.

Form into 4 patties and let sit in fridge for about 15 minutes to firm.

Heat coconut oil in a large skillet over medium high heat.

Add burgers and cook 3-5 minutes per side.

Remove from heat and serve in gluten free buns or over field greens tossed with oil and white wine vinegar.



MAIN DISHERS

Spice-Crusted Pork Chops with Tomatillo Salsa

Serves 4

Ingredients

½ lb tomatillos

1 cup cherry or grape tomatoes, quartered

¼ cup diced red onion

1 small Serrano pepper, seeded and diced

1 avocado, diced

Juice of one lime

¼ teaspoon, plus ½ teaspoon salt

2 teaspoons cumin

2 teaspoons coriander

1 teaspoon chili powder

¼ teaspoon pepper

4 bone-in pork chops

1 tablespoon olive oil

1 teaspoon butter

Directions

Remove husks from tomatillos, rinse and clean tomatillos and dice.

Place in a bowl with tomatoes, onion, Serrano, avocado, lime and ¼ teaspoon salt. Mix well and let sit in refrigerator until chops are done.

In a small bowl, mix cumin, coriander, chili powder, pepper and remaining ½ teaspoon salt.

Rub half the spice mixture on one side of the pork chops.

Preheat oven to 400° with rack in the middle of oven.

Heat oil and butter in a large oven-proof skillet over medium high heat.

Lay chops in skillet, seasoned side down and rub remaining half of spice blend on the other side.

Sear chops for about 3 minutes, flip and transfer skillet to oven.

Roast 5-8 minutes, depending on thickness, or until meat reaches 145°.

Remove from oven, tent with foil and let rest 5 minutes.

Place on platter or plate and top with tomatillo salsa.



MAIN DISHES

Mexicali Skillet with Roasted Tomatillo Salsa

Serves 4

Ingredients

1 lb, grass-fed ground beef

1 medium yellow onion,
halved and thinly sliced

1 red bell pepper, thinly
sliced

1 teaspoon cumin

1 teaspoon coriander

¼ teaspoon chipotle chili
powder

4 Roma tomatoes, chopped

1 can black beans, rinsed
and drained

1 cup cooked quinoa

1/3 cup roasted tomatillo
salsa (recipe below)

2 cups baby spinach

For Roasted Tomatillo Salsa:

1 lb. tomatillos, husks
removed and cleaned

1 medium onion, quartered,

1 jalapeno pepper

2 cloves garlic

2-4 tablespoons olive oil

Sea salt & pepper to taste

Directions

Brown beef in large skillet over medium heat until very little pink is visible.

Add onions, mushrooms and peppers and sauté 5-8 minutes until tender, adding a little olive oil if skillet is too dry.

Add cumin, coriander and chili powder, stirring to combine for 1 minute.

Add tomatoes, beans, cooked quinoa and salsa. Continue cooking for 3-5 minutes.

Stir in spinach and cook until wilted, about 2 minutes.

Preheat oven to 400°

Place tomatillos, onion, jalapeno pepper, and garlic on a parchment paper-lined baking sheet and roast for 20 minutes.

When cooked, (remove seeds from jalapeno for less heat) place in food processor and pulse to combine .

With motor running, add enough olive oil to reach the consistency you prefer.

Season with salt & pepper.

Vegetarian option: Use 1 cup sliced cremini mushrooms in place of ground beef





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SIDE DISHES

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



Cauliflower “Rice” Pilaf

Serves 4

Directions

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.

SIDE DISHES

Ingredients

- 1 head cauliflower, cut into florets
- 1 turnip, peeled and diced
- 3 large garlic cloves, peeled
- 1 can cannellini beans, rinsed and drained
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon chopped fresh chives
- 1 teaspoon extra virgin olive oil
- ½ teaspoon sea salt
- ¼ teaspoon fresh cracked pepper



Cauliflower Mash

Serves 4

Directions

Bring a large pot of salted water to a boil.

Add cauliflower, turnip and garlic and boil for 10 minutes until veggies are soft.

Reserve ½ cup of cooking liquid, then drain.

Place cooked veggies and garlic, beans and herbs in a large bowl. Blend well.

Working in batches, place half the mixture in food processor. Pulse a few times to blend.

With motor running add a little of the cooking liquid and puree until you reach desired consistency.

Transfer puree back to the pot.

Repeat with remaining half of mixture and transfer to the pot.

Stir in olive oil, salt and pepper.

SIDE DISHES

Ingredients

- 1 cup wild rice
- 1 carrot, shredded
- 1 baby bok choy, white and green parts divided
- 2 teaspoons coconut oil
- 1 cup chopped onion
- 1 cup diced red or orange bell pepper
- 2 teaspoons chopped garlic
- 8 oz. can water chestnuts, drained and chopped
- ¼ cup coconut aminos
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup sliced raw almonds



Wild Rice Sauté

Serves 4

Directions

Cook wild rice according to package.

Chop bok choy leaves into bite-sized pieces. Dice white part of bok choy. Set aside.

When rice is done, lift lid and quickly add bok choy greens and shredded carrot on top of rice. Replace lid and let stand 5-10 minutes. Then blend veggies into rice and let stand, covered.

While rice is cooking, melt coconut oil in large skillet.

Add onion and cook over medium heat 5-8 minutes until starting to soften, but not brown.

Add chopped bok choy whites, bell pepper and garlic and continue cooking, stirring occasionally for 3-4 minute until veggies are crisp-tender.

Transfer vegetable mixture to large bowl and toss with cooked rice, water chestnuts, coconut aminos, salt and pepper. Blend well and top with sliced almonds.

SIDE DISHES

Ingredients

- 3 medium zucchini
- 3 yellow crookneck squash
- 1 small carrot, peeled
- 1 tablespoon coconut oil
- 1 medium onion, halved and thinly sliced
- 1 tablespoon lemon zest
- 2 teaspoons lemon juice
- ½ cup Kalamata olives, halved
- 1 tablespoon sesame seeds
- Salt & pepper to taste



Squash & Kalamata Sauté

Serves 4

Directions

Using the large holes on a box grater, shred the zucchini, crookneck and carrot. Set aside.

Heat oil in a large skillet over medium heat.

Add onion and cook 5-8 minutes until translucent.

Add squash and carrot and continue cooking 3 minutes until lightly cooked.

Add lemon zest, juice and Kalamata olives, stirring to combine.

Remove from heat, season to taste with salt & pepper.

Transfer to platter and top with sesame seeds.

SIDE DISHES

Ingredients

- ½ cup pecans
- 2 bunches rainbow chard
- 2 bunches dino kale
- 2 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- 1 teaspoon apple cider vinegar
- Salt & pepper to taste



Braised Greens & Toasted Pecans

Serves 4

Directions

Heat small skillet over medium heat, add pecans and cook until lightly browned. Remove to a bowl to let cool. When cool enough to handle, break into bite-sized pieces and set aside.

Remove stems from greens and discard. Cut or tear leaves into large bite-sized pieces.

Heat oil in a large skillet over medium heat.

Add garlic slices and cook 1-2 minutes, do not let them get too brown.

Add greens in batches, using tongs to toss occasionally, adding more as they wilt down. Cook until just wilted, adding a little water if needed. Don't overcook or the leaves will become grey.

Remove from heat and add a splash of apple cider vinegar and salt and pepper to taste. Toss to combine.

Transfer to platter and top with pecans.



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SOUPS & SALADS

Ingredients

1 ½ lbs asparagus, trimmed
1 tablespoon plus 1
teaspoon olive oil, divided
1 cup thinly sliced leek,
white and green part only
1 celery stalk, minced
1 teaspoon chopped garlic
3 cups chicken broth
1 teaspoon chopped fresh
thyme leaves, plus extra
sprigs for garnish
1 teaspoon champagne
vinegar
¼ teaspoon sea salt
Pinch black pepper



Asparagus & Leek Soup

Serves 4

Directions

Preheat oven to 400°.

Place asparagus on parchment paper-lined baking sheet in a single layer, drizzle with 1 teaspoon olive oil and roast 15 minutes, turning once until lightly browned.

Remove from oven and let cool then cut into 1" pieces.

Meanwhile, heat remaining tablespoon of oil in medium saucepan over medium heat.

Add leek and celery and cook 3-4 minutes, stirring occasionally, until leeks are softened.

Add garlic and continue cooking 1 minute, stirring often.

Stir in chicken broth, bring to a boil, reduce heat, cover and simmer 15 minutes.

Add asparagus and thyme leaves and simmer an additional 5 minutes.

Transfer to blender and puree 1 minute until smooth.

Add vinegar, salt and pepper. Puree a few seconds to combine.

Ladle into bowls and top with a couple small sprigs of thyme.

SOUPS & SALADS

Ingredients

½ cup walnuts, rough chopped
1 lb. asparagus, trimmed
3 medium carrots
5 watermelon radishes (or regular radishes)
4 cups arugula

Dijon Vinaigrette

¼ cup red wine vinegar
2 teaspoons Dijon mustard
1 tablespoon chopped shallot
¼ teaspoon salt
Pinch pepper
½ cup extra virgin olive oil



Shaved Vegetable Salad with Dijon Vinaigrette

Serves 4

Directions

Heat a small skillet over medium heat and add walnuts. Cook, tossing often, until lightly toasted, about 4-5 minutes. Remove from skillet immediately to prevent over-cooking.

Bring a pot of salted water to boil. Prepare a large bowl of ice water.

Remove tips from asparagus and place in pot of boiling water. Cook 1-2 minutes until bright green, strain and plunge into bowl of ice water.

Using a vegetable peeler, thinly shave the asparagus stalks and the carrots into thin strips and place in a bowl.

Thinly slice the radishes and add to bowl with asparagus and carrots.

Prepare vinaigrette: In a small bowl, mix vinegar, mustard, shallot, salt and pepper. Slowly whisk in the oil.

Place arugula in a separate bowl and toss with a little of the dressing.

Divide arugula between 4 plates and top with asparagus, carrot and radish mixture.

Drizzle a little more dressing over vegetables and top with blanched asparagus tips and toasted walnuts.

SOUPS & SALADS

Vinaigrette:

1 large tomato
¼ cup extra virgin olive oil
2 tablespoons red wine vinegar
1 tablespoon minced shallot
½ teaspoon smoked paprika
sea salt and pepper to taste

Salad:

1 large bunch Dino/Lacinato kale
1 teaspoon extra virgin olive oil
½ teaspoon salt
15 grape or cherry tomatoes, halved
1 cucumber, peeled and diced
1 carrot, shredded
½ cup pecans, toasted and roughly chopped



Massaged Kale Salad with Smoky Tomato Vinaigrette

Serves 4

Directions

Vinaigrette: Bring a pot of water to boil. Make a small X in the bottom of the tomato and plunge into boiling water.

After 1 minute, remove tomato, let cool briefly, and remove skin.

Add tomato, oil, vinegar, shallot, paprika, salt and pepper to blender and puree until smooth.

Salad: Remove stems from kale, and slice leaves into thin ribbons.

Place in large bowl, drizzle with oil and salt and massage the leaves with your hands for about a minute until leaves are soft and color turns emerald green. Continue massaging until you've reached desired tenderness of kale.

Add tomatoes, cucumber and carrot.

Toss to combine.

Drizzle with enough dressing to your taste (you may not use all of it) and top with pecans.

SOUPS & SALADS

Ingredients:

2 cups vegetable broth
1 cup quinoa
2 cups cherry or grape tomatoes, quartered
1 zucchini, chopped
1 yellow squash, chopped
1 cup shredded carrots
1/3 cup chopped walnuts
Zest and juice from 1 lemon
1/4 cup extra virgin olive oil
3 tablespoons cider vinegar
1/4 teaspoon salt
Pinch fresh black pepper
6 large basil leaves, chopped



Quinoa Salad with Summer Vegetables

Serves 4

Directions

Bring vegetable broth (or water) to boil.

Add quinoa, reduce heat, cover and simmer for 13 minutes until water is absorbed.

Remove from heat and let stand covered 5 minutes.

Fluff with fork and put in a large bowl to cool.

When cool add tomatoes, zucchini, yellow squash, carrots, nuts, lemon zest and juice to quinoa and stir to combine.

In a small bowl, whisk the oil, vinegar, salt and pepper and pour over the salad. Mix well.

Top with chopped basil.

SOUPS & SALADS

Ingredients:

- 3 tablespoons dried wakame
- 2 cucumbers, seeded
- ¼ teaspoon salt
- 3 tablespoon rice vinegar
- 1 teaspoon mirin
- 1 ½ teaspoons coconut aminos
- Pinch red pepper flakes
- 1 small carrot, grated
- 1 teaspoon sesame seeds



Wakame & Cucumber Salad

Serves 4-6

Directions

Rehydrate wakame in water 10-15 minutes until softened. Drain and squeeze out excess water.

Slice cucumbers thinly with a mandolin or vegetable peeler. Place in a colander and sprinkle with salt. Let stand 5-10 minutes and squeeze out excess moisture.

In a small bowl, whisk vinegar, mirin, coconut aminos and red pepper flakes.

Toss wakame, cucumber and carrot with dressing and top with sesame seeds.

SOUPS & SALADS

Ingredients:

- 1 tablespoon coconut oil
- 1 cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 1 Serrano chili, seeded and diced
- 1 teaspoon chopped garlic
- 1 tablespoon madras curry powder
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 ½ cup red lentils, rinsed and picked through
- 4 cup chicken broth
- 1 cup water
- Sea salt and pepper to taste



Red Lentil Soup

Serves 4-6

Directions

Melt coconut oil in a large saucepan.

Add onion, carrot and celery.

Cook, stirring occasionally, until onions are translucent, about 5 minutes.

Add Serrano and garlic and cook an additional 1 minute.

Add curry powder, cumin and turmeric, stirring to combine.

Add tomato paste, and stir into the vegetables.

Add lentils, broth and water. Bring to a boil, reduce heat, cover and simmer 30 minutes, or until lentils are tender.

Season to taste with salt and pepper, about ½ teaspoon salt and ¼ teaspoon pepper.

SOUPS & SALADS

Ingredients:

2 tablespoons + 1 teaspoon
vinegar (red wine,
champagne, etc)
1/2 cup extra virgin olive oil
1/2 teaspoon each of sea salt
and cracked black pepper



My Favorite Vinaigrette

Directions

Whisk all ingredients together.

And here are some of the variations that I like to use

Dijon Vinaigrette

Add 2 tablespoons of grainy Dijon mustard

Basil/Garlic Vinaigrette

Add 1 minced garlic clove and 1 bunch of chopped fresh basil

Country French

Add 1 teaspoon Herbs Du Provence

Asian Flair

Switch the vinegar to rice wine vinegar

Subtract 2 tablespoons of olive oil and replace with golden sesame oil

Add 1 teaspoon of coconut aminos

SOUPS & SALADS

Ingredients:

- 2 teaspoons ghee
- 1/4 cup cooked quinoa
- 1/4 onion, thinly sliced
- 1/4 yellow bell pepper, cut into thin strips
- 1 scallion, thinly sliced
- 1 egg*
- 1 cup baby spinach, roughly chopped
- Salt and pepper to taste
- 1/4 cup diced cherry tomatoes
- 1/4 avocado, sliced

* If not sensitive



Breakfast Veggie-Quinoa Bowl

Serves 1

Alternative Non-Shake Breakfast

Directions

Heat ghee in skillet over medium high heat.

Add quinoa and cook briefly to toast, about 1-2 minutes.

Add onions, bell pepper and scallion. Continue cooking until veggies soften, about 5 minutes.

Move everything to the edges of the pan and crack one egg into the center, adding more ghee if necessary.

Just before egg is cooked to your liking, add the spinach to the veggies around the pan, and stir to wilt.

Season to taste with salt and pepper.

Place veggie-rice mixture on plate, top with egg and tomatoes and garnish with avocado.

2-WEEK MEAL PLAN

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WEEK 1 MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Low Sugar Impact Shake*	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake
Lunch	Black Bean and Butternut Squash Chili, Mixed Green Salad with My Favorite Vinaigrette	Quinoa Salad with Summer Vegetables topped with Sliced Grilled Chicken Breast	Chickpea & Veggie Sliders	Shaved Vegetable Salad with Dijon Vinaigrette topped with sliced grilled chicken (or leftover protein) add 1/3 cup garbanzo beans	Asian Style Flank Steak Lettuce Cups	Spicy Chicken Burgers and Red Lentil Soup	Massaged Kale Salad with Smoky Tomato Vinaigrette, add sliced grilled chicken breast (or leftover protein) and 1/2 cup lentils
Dinner	Roasted Halibut with Spinach-Arugula Pesto, Wild Rice Sauté	Mexicali Skillet	Mediterranean Chicken and Cauliflower Mash	Seared Scallops in Sweet Pepper-Coconut Sauce and Wild Rice Sauté	Kale & Shitake Stuffed Chicken Breast, Asparagus & Leek Soup	Spice-Crusted Pork Chops with Tomatillo Salsa and Cauliflower Mash	Salmon in Parchment, Squash and Kalamata Saute
Optional Snack	Hummus and Crudité	2 tablespoons Almond Butter on Celery Sticks	2 Turkey Roll-ups	2 Roast Beef Roll-ups	4 ounces Wild Salmon Jerky	½ of a Sugar Impact Shake	JJ Virgin Bar - Toasted Coconut Cacao

WEEK 2 MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake	Low Sugar Impact Shake
Lunch	Black Bean and Butternut Squash Chili, Mixed Green Salad with My Favorite Vinaigrette	Quinoa Salad with Summer Vegetables topped with Sliced Grilled Chicken Breast	Chickpea & Veggie Sliders	Shaved Vegetable Salad with Dijon Vinaigrette topped with sliced grilled chicken (or leftover protein) add 1/3 cup garbanzo beans	Asian Style Flank Steak Lettuce Cups	Spicy Chicken Burgers and Red Lentil Soup	Massaged Kale Salad with Smoky Tomato Vinaigrette, add sliced grilled chicken breast (or leftover protein) and 1/2 cup lentils
Dinner	Roasted Halibut with Spinach-Arugula Pesto, Wild Rice Saute	Mexicali Skillet	Mediterranean Chicken and Cauliflower Mash	Seared Scallops in Sweet Pepper-Coconut Sauce and Wild Rice Saute	Kale & Shitake Stuffed Chicken Breast, Asparagus & Leek Soup	Spice-Crusted Pork Chops with Tomatillo Salsa and Cauliflower Mash	Salmon in Parchment, Squash and Kalamata Saute
Optional Snack	Slow Roasted Nuts	Guacamole and Crudité	Black Bean Dip and Crudité	Cultured Coconut Milk with 1 tablespoon of chopped walnuts	JJ Virgin Bar – Cinnamon Cashew Crunch	Hummus and Crudité	Almond Butter on Celery Sticks

STAPLES

SHOPPING LIST

Shopping List for 2-Week Meal Plan

Products needed for both weeks of the 2-Week Meal Plan

_____ [JJ Virgin's All-in-One Shake Mix](#)

_____ [JJ Virgin's Extra Fiber](#)

_____ Unsweetened coconut, cashew or almond milk

Add you favorite variations for your shakes here:

_____ [JJ Virgin's Bars](#)

_____ Extra virgin olive oil

_____ Vegetable broth

_____ Chicken broth

_____ Chili powder

_____ Cumin

_____ Coriander

_____ Cayenne

_____ Basil

_____ Oregano

_____ Chipotle chili powder

_____ Smoked paprika

_____ Madras curry powder

_____ Garam Masala

_____ Turmeric

_____ Mexican Seasoning

_____ Sesame seeds

_____ Vinegar (red wine, champagne, cider)

_____ Coconut oil

_____ Sesame oil

_____ Coconut Aminos

_____ Walnuts

_____ Almonds

_____ Nuts of choice for Slow Roasted Nuts

_____ Nutritional yeast

_____ Quinoa

_____ Red Lentils

_____ Wild rice

_____ Flax meal

_____ Almond butter

_____ Dijon mustard

_____ Ghee / butter

_____ Wild Salmon Jerky

_____ Capers

SHOPPING LIST

WEEK ONE

Most recipes are based on 4 servings. Enter your quantities based on the number of people you are cooking for.

____ Six-oz salmon fillets
____ Bone-in pork chops
____ Boneless, skinless chicken thighs
____ Boneless skinless chicken breasts
____ Sliced roasted turkey for roll-ups
____ Sliced roast beef for roll-ups
____ Six-oz halibut fillets
____ Grass fed flank steak
____ Large sea scallops
____ Grass-fed ground beef
____ Yellow onions
____ Red onion
____ Scallions (green onions)
____ Leeks
____ Celery
____ Carrots

____ Shallots
____ Cilantro
____ Baby bok choy
____ Jalapeño peppers
____ Serrano chilis
____ Orange bell pepper
____ Yellow bell peppers
____ Red bell peppers
____ Mixed mushrooms
____ Shitake mushrooms
____ Butternut squash
____ Tomatoes
____ Tomatillos
____ Roma tomatoes
____ Cherry/grape tomatoes
____ Limes
____ Lemons
____ Fresh dill
____ Fresh ginger
____ Fresh basil
____ Fresh chives
____ Fresh thyme

____ Fresh chives
____ Fresh thyme
____ Fresh mint leaves
____ Mixed greens for salads
____ Butter lettuce
____ Baby kale
____ Baby spinach
____ Arugula
____ Dino/Lacinato kale
____ Kale leaves
____ Pea shoots or field greens
____ Watermelon radishes (or regular radishes)
____ Avocados
____ Asparagus
____ Cauliflower
____ Turnips
____ Cucumber
____ Yellow crookneck squash
____ Zucchini
____ Veg of your choice for crudité
____ 15 oz can chickpeas
____ Cans garbanzo beans
____ Cans cannellini beans
____ 8 oz can water chestnuts
____ Pecans
____ Hummus
____ Kalamata Olives

SHOPPING LIST

WEEK TWO

Most recipes are based on 4 servings. Enter your quantities based on the number of people you are cooking for.

- _____ Boneless, skinless chicken breasts
- _____ Boneless skinless chicken thighs
- _____ Grass-fed ground beef
- _____ Large sea scallops
- _____ Six-oz halibut fillets
- _____ Grass-fed flank steak
- _____ Bone-in pork chops
- _____ Six-oz salmon fillets
- _____ Yellow onions
- _____ Red onions
- _____ Scallions/green onions
- _____ Celery
- _____ Carrots
- _____ Shallots
- _____ Baby Bok Choy
- _____ Red bell pepper

- _____ Red bell pepper
- _____ Orange bell pepper
- _____ Yellow bell peppers
- _____ Jalapeño peppers
- _____ Serrano chiles
- _____ Avocados
- _____ Mixed mushrooms
- _____ Shiitake mushrooms
- _____ Asparagus
- _____ Leeks
- _____ Garlic
- _____ Fresh ginger
- _____ Fresh basil
- _____ Fresh cilantro
- _____ Fresh chives
- _____ Fresh thyme
- _____ Fresh dill
- _____ Tomatoes
- _____ Roma tomatoes
- _____ Cherry/grape tomatoes
- _____ Tomatillos
- _____ Limes

- _____ Lemons
- _____ Baby Kale
- _____ Dino/Lacinato Kale
- _____ Cucumber
- _____ Fresh Salsa
- _____ Mixed greens for salads
- _____ Butter lettuce
- _____ Arugula
- _____ Baby spinach
- _____ Fresh basil
- _____ Fresh mint
- _____ Pea shoots or field greens
- _____ Butternut squash
- _____ Zucchini
- _____ Yellow squash
- _____ Yellow crookneck squash
- _____ Cauliflower
- _____ Turnips
- _____ Asparagus
- _____ Watermelon radishes (or regular radishes)
- _____ Kalamata Olives

- _____ Crudité of choice
- _____ 15-oz cans organic black beans
- _____ 4-oz can diced green chiles
- _____ 15 oz can chickpeas
- _____ 8 oz can water chestnuts
- _____ Can garbanzo beans
- _____ Can cannellini beans
- _____ 8 oz. can water chestnuts
- _____ Tahini
- _____ Cultured coconut milk
- _____ Pecans

Check out the [Sugar Impact Diet Online Program](#) to get customized, step-by-step support, including videos, menus, recipes, workout guides, and a private Facebook community just for members. If sugar cravings, extra pounds, or low energy levels are holding you back, it's time for a change.



CLICK HERE TO
GET STARTED NOW!



- Journal Tracking Pages: www.sugarimpactdiet.com/resources
- Weight and Measurement Record: www.sugarimpactdiet.com/resources
- JJ's Free FAST BLAST Workout: [CLICK HERE](#)
- Sugar Impact Diet Online Program: <http://getjjvirgin.com/sugar-solution-online-program/>
- Shakes, Bars and Supplements: www.JJVirginStore.com
- JJ's Facebook Page: www.facebook.com/jjvirginfanclub
- JJ's Twitter: www.twitter.com/jjvirgin

Resources