

# SUGAR IMPACT DIET

## One Week Meal Plan For Athletes



**JJ VIRGIN, CNS, CHFS**

New York Times Best Selling Author of The Sugar Impact Diet shows you how to...

**DROP 7 HIDDEN SUGARS  
LOSE UP TO 10 POUNDS  
IN JUST 2 WEEKS**

# Let's Do This Athletes!

Thankfully, carb loading went the way of low-fat diets in the fitness nutrition echelon. Sure, that big bowl of pasta or whole wheat wrap gives you an initial burst to run a marathon or lift heavy, but it comes with a giant cost: You're going to crash or hit a wall about halfway through your event.

High Sugar impact foods are every athlete's worst enemy, leading to inflammation, fatigue, and other symptoms that crash your game just when you've warmed up. You know the obvious sugar culprits, including protein bars (aka fortified candy bars) and syrupy electrolyte replenishment drinks that are nothing more than sugar water.

What you want instead is a nice, steady energy that helps you endure without those spikes and crashes. The foods in this meal plan provide the correct combination to provide that all-day energy. As an athlete, you'll want to focus on high-protein foods, healthy fats, slow-release high-fiber carbs, and antioxidant-rich leafy and cruciferous veggies.

So get your sweat on and lasting endurance. Enjoy!!

A handwritten signature in black ink that reads "JJ Virgin". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

# Athletes - Sample Menu Plan

	Breakfast	Lunch	Dinner
<b>Monday</b>	Sugar Impact Diet Shake (SID Cookbook)	Lettuce-Wrapped Steamed Halibut with Chimichurri Sauce (SID Cookbook) Add a side salad of rich leafy greens, peppers & zucchini	Poached Salmon with Rémoulade Sauce (TVD Cookbook) and Steamed Broccoli with Garlic Oil Drizzle (SID Cookbook)
<b>Tuesday</b>	Super Green Shake (SID Cookbook)	Poached Salmon with Rémoulade Sauce (TVD Cookbook) and Steamed Broccoli with Garlic Oil Drizzle (SID Cookbook)	Flank Steak and vegetable wrap with Chimichurri (SID Cookbook)
<b>Wednesday</b>	Chocolate, Flax & Avocado Shake (SID Cookbook)	Lettuce-Wrapped Steamed Halibut with Chimichurri Sauce (SID Cookbook) Add a side salad of rich leafy greens, peppers & zucchini	Turkey and Vegetable Skillet (SID Cookbook)
<b>Thursday</b>	Sugar Impact Diet Shake (SID Cookbook)	Flank Steak and vegetable wrap with Chimichurri (SID Cookbook)	Fillet of Sole Picatta (SID Cookbook) add a side salad of rich leafy greens, artichoke, shaved Brussels sprouts
<b>Friday</b>	Super Green Shake (SID Cookbook)	Fillet of Sole Picatta (SID Cookbook) add a side salad of rich leafy greens, artichoke, shaved Brussels sprouts	Turkey and Vegetable Skillet (SID Cookbook)

	Breakfast	Lunch	Dinner
<b>Saturday</b>	Chocolate, Flax & Avocado Shake (SID Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	Mediterranean Salmon Wrap with Caper Dressing (SID Cookbook) with Just Grilled Asparagus (SID Cookbook)
<b>Sunday</b>	Sugar Impact Diet Shake (SID Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	Mediterranean Salmon Wrap with Caper Dressing (SID Cookbook) with Just Grilled Asparagus (SID Cookbook)