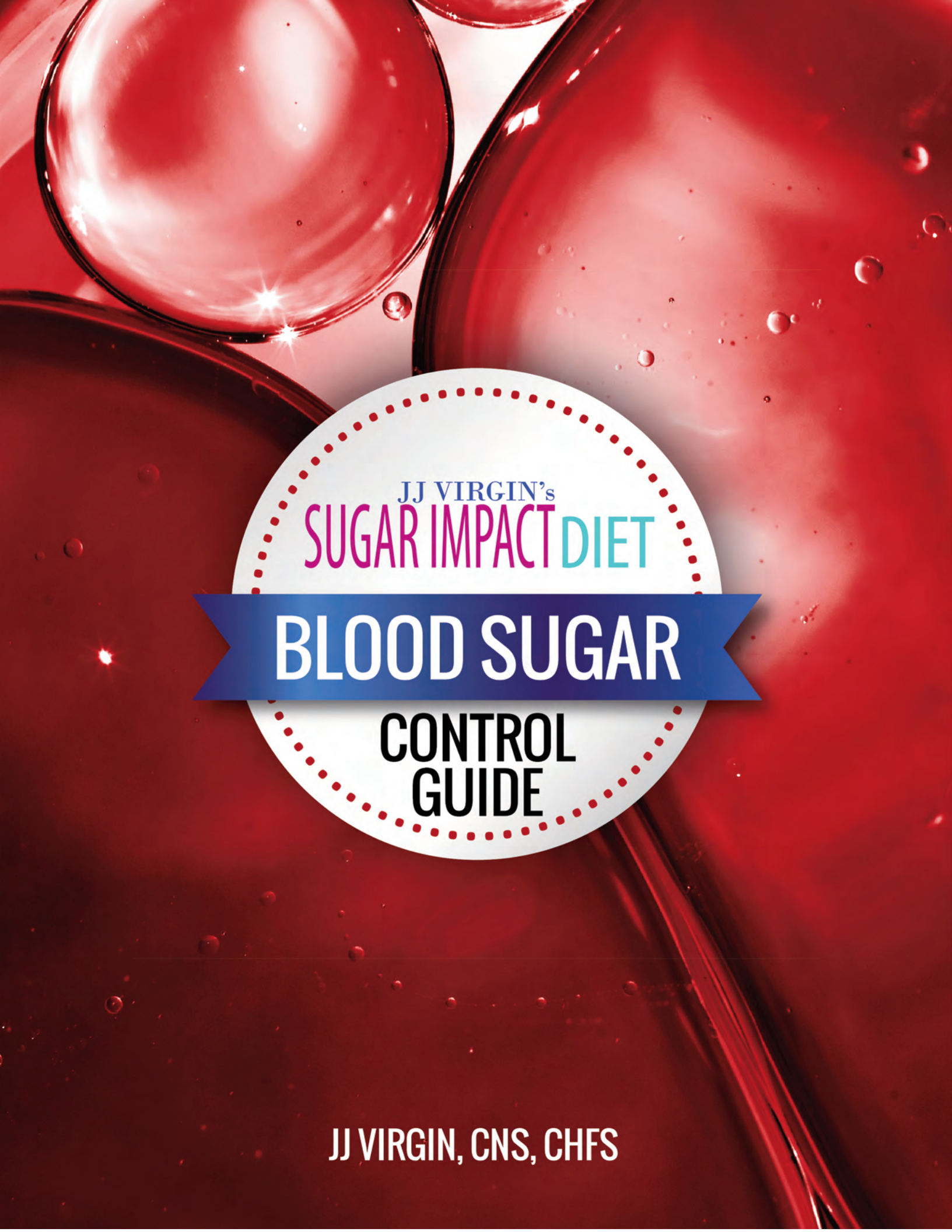
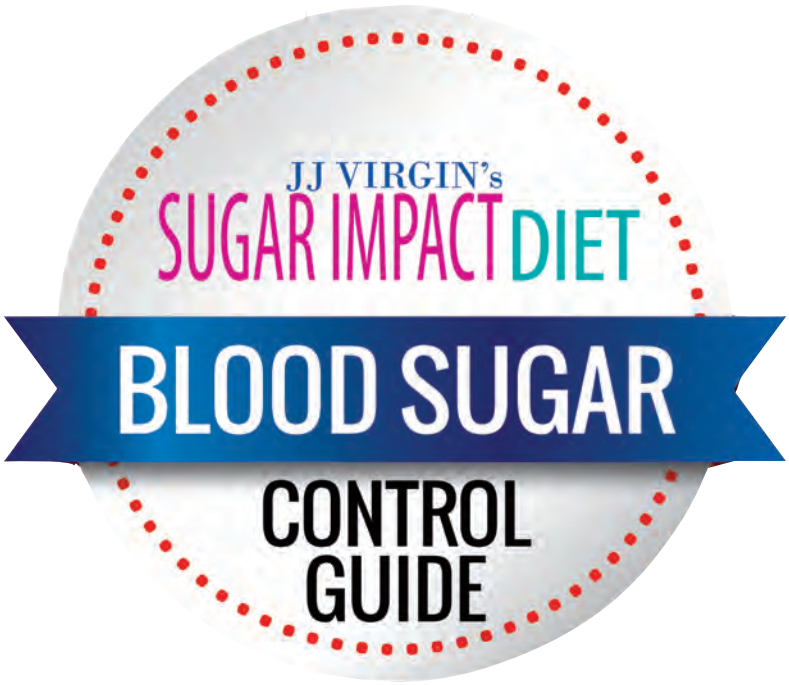

JJ VIRGIN's
SUGAR IMPACT DIET
BLOOD SUGAR
CONTROL
GUIDE
JJ VIRGIN, CNS, CHFS




**www.sugarimpactdiet.com**

**Diabetes doesn't happen overnight**, nor does it occur linearly. But when your metabolic machinery breaks, serious havoc ensues and the consequences can become vast and even deadly.

You see, when you eat, you raise your blood sugar. Every food raises blood sugar, but high Sugar Impact foods do it big time. More than about a teaspoon of sugar in your bloodstream can create problems, and your pancreas releases a hormone called insulin to keep things in check.

Insulin shuttles sugar (as glucose) out of your blood into your cells, which can use that sugar as a quick energy hit or store it as glycogen to use for energy later.

That's the plan anyway. But you know the quote: "Even the best-laid plans often go awry."

At least that's what happens when too many high Sugar Impact foods  keep your blood sugar elevated when it should be stabilized. Your overworked pancreas continues to crank out insulin to stabilize that blood sugar, but your cells stop "hearing" its call. "No vacancy," your liver and muscle declare, unable to store any more glucose as glycogen.

But that excess glucose must go somewhere. It can't just hang out in your bloodstream or really bad things can happen.

Oftentimes that glucose becomes repackaged as fat, which finds a home around your midsection. Believe it or not, that's the least of your problems, as chronically high blood sugar levels eventually morph into full-blown diabetes and all of its compounding complications.

## Insulin Resistance: Here Comes Trouble

You've encountered her and so have I. She starts out friendly but quickly becomes overbearingly annoying as she follows you around in your favorite department store. She's eager – way too eager – to sell you something, and you're too polite to ask her to leave you alone so you eventually just ignore or avoid her.

Insulin can become that overbearing salesperson that your cells learn to tune out. When your cells get burned out from the insulin barrage trying to "sell" them glucose, they eventually stop responding and a condition called insulin resistance ensues.

Insulin resistance doesn't happen all at once. Your muscle and liver cells eventually stop "hearing" insulin's call, but you know what cells are last in line to stop hearing? Yep: Your fat cells. "Plenty of room here, shuttle it in!" they tell insulin, which happily complies.

Insulin resistance also doesn't occur in a vacuum. Like a domino effect, insulin resistance triggers a multitude of diseases with the appropriate acronym CHAOS: coronary disease, hypertension, (adult onset) diabetes, obesity, and stroke.

Oh, there's more. Chronically high blood sugar levels create hyperinsulinemia (excessive amounts of insulin), hypertension (high blood pressure), and high triglycerides. Eventually your blood sugar crashes, triggering hypoglycemia (low blood sugar) and its accompanying lightheadedness, fatigue, hunger, and craving for more sugar. Talk about a serious traffic jam with disastrous consequences.

Inflammation is also closely linked to insulin resistance. A vicious cycle ensues as insulin resistance triggers chronic inflammation, creating weight loss resistance. Overweight and obesity further increase inflammation, damaging your organs and contributing to every disease from heart disease and cancer.

Together, these conditions become classified as **metabolic syndrome**, medically classified as at least three of these five conditions:

- Abdominal (central) obesity
- Elevated blood pressure
- Elevated fasting plasma glucose
- High serum triglycerides
- Low high-density cholesterol (HDL) levels

## Fructose: The Worst Offender

Insulin resistance occurs from over-consuming high Sugar Impact foods. Other culprits have been implicated – trans fat, for instance – but high sugar impact foods are the head honchos. Glucose can create insulin resistance, but there's a nastier player that creates far bigger havoc: Fructose.

You know high-fructose corn syrup (HFCS) is a giant sugar offender, but even when you pull processed foods and sugary drinks, you might still be getting a giant fructose overload if you overeat fruit, salad dressings, and other higher-fructose foods.

### In the sugar-is-bad echelon, fructose ranks worst. What's wrong with fructose?

Well, for one, it can exacerbate high blood pressure. Fructose can also elevate uric acid, leading to gout. Fructose contributes to small bacterial intestinal overgrowth (SIBO), leaky gut, intestinal yeast overgrowth, insulin resistance, and kidney disease.

The biggest problem with fructose is that it has a low glycemic index, meaning that it doesn't raise your blood sugar. That's because fructose is metabolized differently from glucose. You see, the only cells that

metabolize fructose are liver cells, so 100 percent of fructose goes to your liver, which converts that fructose into triglycerides.

Fructose also doesn't trigger your brain to release leptin, a hormone that tells your brain to stop eating. Even when you eat excessive amounts of fructose, your brain never gets the message to stop eating.

Similar to insulin resistance, leptin resistance occurs when you continue producing leptin but your brain doesn't hear its call. So now you've got a whole gang of hormones completely out of whack.

I could go on, but you get the very ugly point. Now, all fruit contains some fructose, but some fruits have perks that outweigh that fructose load. Take berries. Raspberries come high in fiber, while blueberries offer an antioxidant powerhouse. Avocado (actually a berry) is an all-around rock star that's very low in sugar and high in fiber and nutrients. If you do fruit (after Cycle 2) choose the low Sugar Impact fruits and limit to 1-2 servings per day.

## How Do I Know if I'm on The Road to Diabetes?

Eventually insulin resistance morphs into prediabetes and eventually full-blown type 2 diabetes, though like I said, it isn't always a linear path. Blurred vision, thirst, and constant urination are signals that you might be insulin resistant or have diabetes. Others include constant hunger and cravings.

But symptoms aren't always so immediate or obvious, and many people who have had type 2 diabetes for years don't even know it.

If you have blood sugar imbalances, you probably struggle with your weight, brain fog, and irritating mood swings that make you miserable. You're tired, you're stressed, you have no sex drive, and you can't find the energy or motivation to tackle your ballooning to-do list.

### Do any of these symptoms sound familiar?

- Feeling lousy after meals
- Fuzzy thinking
- Feeling anxious or stressed out
- Discolored skin or tags on the back of the neck and underarms
- A waist circumference of greater than 34 inches for a woman or 40 inches for a man
- High blood pressure (at or above 140/90 mmHg)
- High blood sugar (pre-diabetes) fasting plasma glucose level from 5.6 mmol/L (100 mg/dL) to 6.9 mmol/L (125 mg/dL)
- High triglycerides (150 and up is considered above normal; high is 200 and up)
- Low HDL cholesterol (<40 for men; <50 for women)

Note: A better predictor is your TG/HDL Ratio:

- 5 or above – problematic
- 3 – 4 – good
- 2 or lower – optimal
- Women: irregular periods, acne and facial hair

Any one of those conditions puts your health at risk, but having more than one means you might need to balance your blood sugar.

## The Outcome is Up to You

Among the tests your doctor might run to determine insulin resistance, prediabetes, or diabetes include:

- **Hemoglobin A1c test** – provides a big-picture perspective about how much damage high blood sugar does over time. Over 5.5% would fall into the "high" range.

- **Fasting plasma glucose test (FPG)** – abnormal blood glucose levels after the FPG suggest impaired fasting glucose (IFG) or prediabetes. 100 mg/dL to 126 mg/dL would indicate prediabetes, while over 126 mg/dL would be diabetes.

- **Oral glucose tolerance test (OGTT)** – can help determine whether you have impaired glucose tolerance (IGT) or prediabetes. IGT would occur when fasting plasma glucose is less than 126 mg/dl and the 2-hour glucose level is between 140 and 199 mg/dl. When 2 diagnostic tests on different days show high blood glucose levels, your doctor will diagnose you with diabetes.

If these tests suggest impaired blood sugar levels, your doctor might also suggest a pharmaceutical drug to normalize your blood sugar.

I'm here to say there's another way to control insulin resistance, and the path you take is entirely yours. You see, diabetes is completely preventable or reversible with a few simple but powerfully effective natural action steps that don't involve drugs or crazy diets.

When you take control of blood sugar, you get some nice "bonuses": your blood pressure goes down, your lipid profile improves, you look and feel better, and you lose fat, especially around your waist.

The recipes in The Sugar Impact Diet are your ticket. They combine clean, lean protein, healthy fats and low-glycemic, high fiber carbs, and I've recommended the most ideal sources for each. The protein, fats and fiber, together with the meal timing I encourage, work to keep your blood sugar stable, your fat burning in high gear, and inflammation at bay.

Simply put: Incorporating the right foods and following these 7 strategies can help you naturally control blood sugar to reduce insulin resistance's disastrous impact.

**Note:** Based on your Sugar Impact Quiz results, you might need to extend Cycle 1 a second week and Cycle 2 for 1 – 2 additional weeks.

## Dump the High Sugar Impact Foods

If sugar raises blood sugar and eventually creates insulin resistance, it makes sense to lower your Sugar Impact as much as possible. Following the recipes in *The Sugar Impact Diet* is a surefire way to remove that excess sugar.

Gorging and snacking on medium and high Sugar Impact foods all day cranks up your blood sugar, sending insulin into overdrive and paving the way for serious problems. All carbohydrates convert to sugar, including a big bowl of whole wheat pasta or whole grain bread.

Pulling processed foods – with their numerous sugar disguises – is a given, but even so-called "healthy" foods like fruit, yogurt, or those ridiculous 100-calorie snack packs can create the metabolic havoc I described above.

Especially if you're at risk for insulin resistance or diabetes, you want to become extra vigilant about hidden sugars. Become a sugar detective and you might become shocked at all the places sugar lurks. Once you start paying attention to its many names and disguises, you'll see formerly "healthy" foods like vinaigrette dressing and fruit-on-the-bottom yogurt in a whole different light.

### Incorporate my meal-timing rules

A few simple timing rules can help optimize blood sugar, energy, and fat loss:

- Eat a protein-rich breakfast within an hour of waking up
- Eat every 4 – 6 hours
- Stop eating about 3 hours before bed

"But my doctor told me to eat every few hours to reduce hypoglycemia," someone will occasionally tell me. "How does that fit into your plan?"

When you stabilize blood sugar levels, hypoglycemia eventually disappears. That's because when you replace high-Sugar Impact foods with low Sugar Impact foods, you stabilize your blood sugar levels and don't get those blood sugar spikes and crashes.

As you transition and steady blood sugar levels, I recommend gradually spacing out meal timing. You might begin with eating every 2 – 3 hours, but you'll gradually increase that time to at least 4 hours between meals. It might seem impossible now, but once you stabilize blood sugar levels, cravings, fogginess, and other hypoglycemia symptoms will disappear.

Especially for fast fat loss, I discourage snacking. However, sometimes you'll do lunch correctly and still need a mid-afternoon snack. In those cases, you'll want to follow the same protein-healthy fats-fiber combo I recommend at meals. Slow roasted or dehydrated almonds are among the many excellent blood sugar-steadying snacks to curb hunger and cravings until your next meal.

## Eat more fiber

High-fiber foods should get major play into your diet if you struggle with insulin resistance or diabetes. Among its many benefits, fiber helps stabilize blood sugar, increases satiety, and prevents the spike-and-crash roller coaster that often occurs after meals. You feel fuller, you're less apt to crave dessert, and you don't have that lethargic feeling an hour after you eat. What's not to love?

I want you to aim for 50 grams of fiber a day from high-fiber favorites like avocado, legumes, and leafy greens.

## My favorite high-fiber foods include:

- Artichokes – 10 grams in 1 medium artichoke
- Raspberries – 8 grams in 1 cup
- Lentils – 16 grams in 1 cup
- Freshly ground flax seed – 4 grams in 2 tablespoons
- Almonds – 4 grams in ¼ a cup
- Avocado – 10 grams in one cup

When you incorporate these and other whole, unprocessed foods into your meals, meeting your fiber quota can be easy. On those days when you're traveling or eating high-fiber foods can otherwise become a challenge, utilize a fiber-blend supplement powder.

## Swap your coffee for green tea

I'm a huge fan of organic coffee in the morning. While a cup can give you a pre-workout boost and other benefits, excessive amounts of caffeine raise cortisol, a hormone which, when chronically elevated, cranks up blood sugar while breaking down muscle and storing fat. Not a good combo when you're trying to stabilize blood sugar!

Green tea provides the ideal way to get a light caffeine boost without the coffee jitters and elevated cortisol. One meta-analysis found green tea could improve glucose control and insulin sensitivity. You can drink it hot, but iced green tea sweetened with stevia or monk fruit makes the ideal warm-weather drink.

## Up your Omega 3s

No prominent research shows omega 3 fatty acids directly lower blood sugar. What they can do is lower high blood pressure, triglycerides, and inflammation: Three serious complications related to insulin resistance and diabetes. Omega 3s also offset our predominant inflammatory omega 6 diet.

These essential fatty acids come in several "flavors." Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are the 2 primary omega 3s in wild-caught fish and fish oil. Alpha-linolenic acid (ALA) is the primary omega 3 in flax seeds, chia seeds, and walnuts.

Now, theoretically your body can convert ALA into the more important longer-chain EPA and DHA. I say theoretically because omega 3s compete with the same enzymes as omega 6s, so if you've got a bunch of inflammatory omega 6s hogging the scene, that ALA might not become successfully converted to EPA and DHA.

Ideally, you'll get ALA, EPA, and DHA by eating wild-caught salmon and other fish 3 – 4 times each week and adding freshly ground flaxseed or chia seeds into your shakes. If you snack, eat walnuts. Even if you're getting omega 3s from food, I highly recommend supplementing with an essential fatty acids formula.

If you're vegan or vegetarian and can't take fish oil, you'll want to focus on ALA-rich foods like flax and chia seeds as well as walnuts. You can also find a vegan (algae-derived) DHA supplement to meet your omega 3 needs.

## Increase your vitamin D

Among other problems, studies show vitamin D deficiencies contribute to or exacerbate insulin resistance. A few foods like mushrooms and wild-caught fish contain vitamin D, and 10 or 15 minutes of unprotected sun exposure can help your body make this crucial vitamin. Unless you're lucky enough to live somewhere like Honolulu, you'll still benefit from supplementing.

Take a 25-hydroxy vitamin D test and aim for 50 – 80 ng/ml. Supplementing with 2,000 – 5,000 IUs of Vitamin D3 once you hit that mark provides a good maintenance level.

## Step up your protein

Instead of higher-carbohydrate foods, opt for blood-sugar balancing foods like protein, good fats, and high-fiber starchy carbs. One study found that increasing protein helped people with diabetes have better control over their blood sugar levels. Other studies show healthy fats like raw nuts also help even out sugar for people with diabetes.

Increasing protein becomes easy when you use a plant-based, non-soy, or de-fatted beef protein powder for your morning shake and then incorporate wild-caught fish, grass-fed beef, free-range poultry, and barnyard eggs (if you can tolerate them) into every meal.

Vegans and vegetarians will need to be more vigilant with protein. Smart plant-based proteins include quinoa, legumes, and nuts and seeds.

## The right exercise helps balance blood sugar in just minutes a day

Burst training, also called high-intensity interval training (HIIT), is the most efficient, effective exercise for balancing blood sugar levels.

Studies show burst training can reduce diabetes-related complications. The good (or bad) news is that you can't use time as an excuse here: You can get a complete, intense workout in just minutes a day no matter what your current fitness level is. And you can do burst training nearly anywhere, from a park hill to your hotel stairwell. You can learn more about burst training at jjvirgin.com/bursttraining.

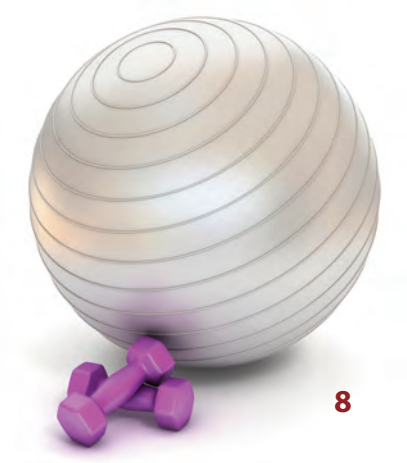
Couple burst training with weight resistance for the most effective blood sugar-controlling exercise on the planet.

Improved insulin sensitivity begins in your muscle cells. In other words, when you're more insulin sensitive, your muscles become more receptive to insulin's call, storing glucose as glycogen rather than fat and stabilizing blood sugar levels. More muscle and less fat gives you the lean, toned body you want.

Strength training can do more than balance blood sugar. Among its numerous benefits include building and maintaining healthy bones, increasing posture and balance, and boosting anti-aging hormones like growth hormone. One study among older adults found strength training could improve osteoarthritis.

You won't become bulky lifting several times a week, so don't be afraid to lift the heaviest weight you can in good form for 8 – 12 reps. Ideally you'll focus strength training on 4 core areas:

- Upper Body Pulling
- Upper Body Pushing
- Hips and Thighs
- Power Core



Some other strength training tips for newbies:

- Consider a personal trainer or class to get proper form and stability.
- Quality is more important than quantity.
- Recovery is a crucial aspect of strength training, so focus on nutrient-rich foods and give yourself days off between workouts.
- For maximum efficiency, focus on multi-joint exercises like squats, upright rows, and overhead presses.

## Sleep deeply

Just one night of poor sleep can knock insulin and other blood sugar-related hormones out of whack. And that can have serious consequences. One study concluded inadequate sleep could pave the road for insulin resistance and obesity.

Aim for 7 - 9 hours of quality, uninterrupted sleep every night to optimize insulin and other hormone levels. Sleep doesn't just happen. You need to prepare for it. Especially if you're a slow metabolizer, curb the caffeine by noon. Deep breathing or a hot bath can help you unwind and slowly drift into sleep.

## Reduce your stress

Chronic stress elevates cortisol, a hormone that should be highest in the morning and gradually taper throughout the day. Keeping cortisol cranked up past its sell-by date elevates blood sugar, breaks down muscle, and stores fat.

You can't avoid stress, but there are lots of things you can do to keep it in check. Constant anxiety, worry, and fear keep the pedal to the floor on your adrenal glands, and they flood your system with the stress hormone cortisol. One study determined that "the degree of cortisol secretion is directly associated with the presence and the number of diabetes complications."

If you have any degree of insulin resistance, stress management must become a priority and not a luxury. Figure out what "de-stress" means for you. It might be a yoga class or meditation. Maybe it's a hot bath and a cup of chamomile tea or a walk around the block with your terrier. Schedule it if you must, but make down time important.

## Supplement Smartly

A wide variety of nutrients can help balance blood sugar and reduce other complications associated with insulin resistance and diabetes. Among your supplement arsenal should include:

- A high-quality multivitamin/ mineral formulated for blood sugar balance – ideally this will contain optimal amounts of vitamins and minerals including zinc, magnesium, vanadium and chromium, four minerals that are criticial for blood sugar support. Lipoic acid is another nutrient powerhouse that supports healthy insulin regulation and healthy liver function.
- A high quality fish oil supplement that contains EPA and DHA. Ideally you will supplement with 2 grams or more per day. Remember the EPA and DHA – not total omega 3s – in a supplement is what counts.
- A fiber-blend supplement powder that contains soluble and insoluble fibers.
- A non-dairy, non-soy protein powder – look for a plant-based or defatted beef protein.

| | |
|---|---|
| **Designs for Health Metabolic Synergy*** | 2 capsules 3 times a day |
| **Virgin Diet Vitamin D Plus** | 1 capsule per day |
| **Virgin Diet Omega Ultra**** | 1-2 softgels a day |
| **Virgin Diet Extra Fiber** | 2 teaspoons in at least 8 ounces of water<br>30 – 60 minutes before meals |

*Designs for Health products may be purchased direct at www.designsforhealth.com They only sell to through health care practitioners, so you must set up your own account with them, use my name as your referring source, and then you can order from their website.

Virgin Diet Products available at www.jjvirginstore.com
**Coming in November

# Recommended Meal Plans

**You can find all of these recipes in *The Sugar Impact Diet.***

## Recommended Meal Plan: Cycle 1

### Day 1

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Pan Seared Salmon Wrap made with Rice Tortilla
Mixed Green Salad with Simple Vinaigrette with Extra Virgin Olive Oil
Dinner: Mediterranean Style Chicken Kabobs serve on a bed of brown rice
Grilled Eggplant with Olive relish
Optional snack: Cumin-Chili Roasted Cashews

### Day 2

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Vegetarian Lentil Soup with Pan-Fried Artichoke Hearts with Lemon and Garlic and side of bean or lentil chips
Dinner : Spaghetti Squash alla Checca, substitute quinoa pasta instead of squash
Roasted Spice Rubbed Chicken Thighs
Mixed green salad with Simple Vinaigrette
Optional snack: Homemade Cashew Butter on apple slices

### Day 3

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Mushroom and Spinach Omelette with Feta Cheese
Serve with sliced tomatoes and beets
Dinner : Pork Stir Fry with Snow Peas, Asparagus and Peppers
Serve on ½ -1 cup of brown rice
Optional snack: Homemade Cashew Butter on apple slices

### Day 4

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Turkey Burger with Goat Cheese, Sauteed Onions and Cucumber Salad
Served on Gluten Free English muffin
Dinner : Spice Rubbed Beef Tenderloin with Raw Tomato Salsa
½ baked sweet potato
Mixed Green Salad with Simple Vinaigrette with Extra Virgin Olive Oil
Optional snack: Cumin-Chili Roasted Cashews

**Day 5**

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch : Roast Beef and Vegetable Lettuce Wrap with Chipotle Vinaigrette, make with Rice Tortilla and keep lettuce in as filler
Dinner : Pesto topped Sea Scallops with Asparagus served on a bed of brown rice
Warm Napa Slaw with Shallot Dressing
Optional snack: Roasted Garlic and Lemon Hummus with crudité

**Day 6**

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Shrimp and Shirataki Noodle Salad, replace the Shirataki noodles with cooked al dente rice or quinoa angel hair or spaghetti noodles
Serve on 2 cups of your choice of greens tossed with 1 T sesame oil and 1 T lime juice
Dinner : Mediterranean Style Chicken Kabobs serve on a bed of brown rice
Grilled Eggplant with Olive relish
Optional snack: Cumin-Chili Roasted Cashews

**Day 7**

Breakfast: Basic Sugar Impact Shake with ½-1 cup berries
Lunch: Chicken Noodle Soup, substitute cooked quinoa noodles for the shirataki noodles
Mixed green salad with Simple Vinaigrette
Dinner: Italian Burgers with Tapenade
Serve with ½ baked sweet potato
Mixed Green Salad with Simple Vinaigrette
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Note:** Based on your results from the Sugar Impact Quiz you may need to extend Cycle 1 for another week and repeat this meal plan.

## Recommended Meal Plan: Cycle 2

**Day 1**

Breakfast: Basic Sugar Impact Shake

Lunch: Vegetarian Lentil Soup
Serve with Pan-Fried Artichoke Hearts with Lemon and Garlic

Dinner: Spice Rubbed Beef Tenderloin with Raw Tomato Salsa
Mixed Green Salad with Simple Vinaigrette
Mushroom and Onion Wild Rice Pilaf

Optional snack: Cumin-Chili Roasted Cashews

**Day 2**

Breakfast: Coco-Cashew Shake

Lunch: Turkey Burger with Goat Cheese, Sauteed Onions and Cucumber Salad

Dinner: Mediterranean Style Chicken Kabobs
Grilled Eggplant with Olive relish

Optional snack: Homemade Cashew Butter on Celery

**Day 3**

Breakfast: Lean and Green Shake

Lunch: Double Chopped Chicken and Vegetable Salad with Creamy Pesto Dressing

Dinner: Pesto Topped Sea Scallops with Asparagus
Warm Napa Slaw with Shallot Dressing

Optional snack: Cumin-Chili Roasted Cashews

**Day 4**

Breakfast: Basic Sugar Impact Shake

Lunch: Mushroom and Spinach Omelette with Feta Cheese
Add sliced tomatoes

Dinner : Grilled Chicken Breasts with Puttanesca Sauce
Grilled Eggplant with Olives
Mixed Green Salad with Lemon-Dijon Vinaigrette with Macadamia Nut Oil

Optional snack: Homemade Cashew Butter on Celery

**Day 5**

Breakfast: Coco-Cashew Shake
Lunch: Arugula and Watercress Salad with a Poached Egg and Lemon-Dijon Vinaigrette
Bean and Bacon Minestrone Soup
Dinner: Pork Stir-Fry with Snow Peas, Asparagus and Peppers
Serve with a side of Quinoa
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Day 6**

Breakfast: Lean and Green Shake
Lunch: Pan Seared Salmon Lettuce Wrap
Mixed Green Salad with ¼ cup chickpeas and Simple Vinaigrette
Dinner: Spaghetti Squash alla Checca
Serve with a simple grilled chicken breast on the side (for directions see Grilled Chicken Breasts with Puttanesca Sauce)
Optional snack: Cumin-Chili Roasted Cashews

**Day 7**

Breakfast: Coco-Cashew Shake
Lunch: Turkey Burger with Goat Cheese, Sauteed Onions and Cucumber Salad
Dinner: Pesto topped Sea Scallops with Asparagus
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Day 8**

Breakfast: Basic Sugar Impact Shake
Lunch: Pan Seared Salmon Lettuce Wrap
Mixed Green Salad with ¼ cup chickpeas and Simple Vinaigrette
Dinner: Spice Rubbed Beef Tenderloin with Raw Tomato Salsa
Mixed Green Salad with Simple Vinaigrette
Mushroom and Onion Wild Rice Pilaf
Optional snack: Homemade Cashew Butter on Celery

**Day 9**

Breakfast: Lean and Green Shake
Lunch: Mushroom and Spinach Omelette with Feta Cheese
Add sliced tomatoes
Dinner: Pesto topped Sea Scallops with Asparagus
Warm Napa Slaw with Shallot Dressing
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Day 10**

Breakfast: Coco-Cashew Shake
Lunch: Arugula and Watercress Salad with a Poached Egg and Lemon-Dijon Vinaigrette
Bean and Bacon Minestrone Soup
Dinner: Grilled Chicken Breasts with Puttanesca Sauce
Grilled Eggplant with Olives
Mixed Green Salad with Lemon-Dijon Vinaigrette with Macadamia Nut Oil
Optional snack: Cumin-Chili Roasted Cashews

**Day 11**

Breakfast: Lean and Green Shake
Lunch: Double Chopped Chicken and Vegetable Salad with Creamy Pesto Dressing
Dinner: Pork Stir-Fry with Snow Peas, Asparagus and Peppers
Serve with a side of Quinoa
Optional snack: Homemade Cashew Butter on Celery

**Day 12**

Breakfast: Basic Sugar Impact Shake
Lunch: Bean and Bacon Minestrone Soup
2-4 cups mixed green salad with Simple Vinaigrette
Dinner: Spaghetti Squash alla Checca
Serve with a simple grilled chicken breast on the side
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Day 13**

Breakfast: Coco-Cashew Shake
Lunch: Vegetarian Lentil Soup
Serve with Pan-Fried Artichoke Hearts with Lemon and Garlic
Dinner: Italian Burgers with Tapenade
Easy Roasted Asparagus
Optional snack: Cumin-Chili Roasted Cashews

**Day 14**

Breakfast: Lean and Green Shake
Lunch: Turkey Burger with Goat Cheese, Sauteed Onions and Cucumber Salad
Dinner: Mediterranean Style Chicken Kabobs
Lentils Alla Rustica and Pan-Fried Artichoke Hearts with Lemon and Garlic
Optional snack: Homemade Cashew Butter on Celery

**Note:** Based on your results from retaking the Sugar Impact Quiz you may need to stay in Cycle 2 for another 1-2 weeks. If so, repeat the meal plans.

## Recommended Meal Plan: Cycle 3

### Day 1

Breakfast: Sugar Impact Shake made with berries
Lunch: Pan Seared Salmon Wrap made with Rice Tortilla
Mixed Green Salad with Simple Vinaigrette with Extra Virgin Olive Oil
Dinner: Pesto Topped Sea Scallops with Asparagus served on a bed of brown rice
Warm Napa Slaw with Shallot Dressing
Optional snack: Cumin-Chili Roasted Cashews

### Day 2

Breakfast: Basic Sugar Impact Shake made with berries
Lunch: Vegetarian Lentil Soup
Serve with Pan-Fried Artichoke Hearts with Lemon and Garlic and side of rice crackers
Dinner: Pork Stir Fry with Snow Peas, Asparagus and Peppers
Serve on ½ -1 cup of brown rice
Optional snack: Roasted Garlic & Lemon Hummus with crudité

### Day 3

Breakfast: Sugar Impact Shake made with berries
Lunch: Chicken Noodle Soup, substitute cooked quinoa noodles for the shirataki noodles
Mixed green salad with Simple Vinaigrette
Dinner: Pesto Topped Sea Scallops with Asparagus served on a bed of brown rice
Warm Napa Slaw with Shallot Dressing
Optional snack: Roasted Garlic & Lemon Hummus with crudité

### Day 4

Breakfast: Sugar Impact Shake made with berries
Lunch: Roast Beef and Vegetable Lettuce Wrap with Chipotle Vinaigrette make with Rice Tortilla and keep lettuce in as filler
Dinner: Mediterranean Style Chicken Kabobs - serve on a bed of brown rice
Grilled Eggplant with Olive relish
Optional snack: Cumin-Chili Roasted Cashews

**Day 5**

Breakfast: Basic Sugar Impact Shake with berries
Lunch: Mushroom and Spinach Omelette with Feta Cheese
Serve with sliced tomatoes and beets
Dinner Italian Burgers with Tapenade
Serve with ½ baked sweet potato
Mixed Green Salad with Simple Vinaigrette
Optional snack: Roasted Garlic & Lemon Hummus with crudité

**Day 6**

Breakfast: Basic Sugar Impact Shake with berries
Lunch: Shrimp and Shirataki noodle salad, replace the Shirataki noodles with cooked al dente rice or quinoa angel hair or spaghetti noodles
Serve on 2 cups of your choice of greens tossed with 1 T sesame oil and 1 T lime juice
Dinner: Spaghetti Squash alla Checca, substitute quinoa pasta instead of squash
Roasted Spice Rubbed Chicken thighs
Mixed green salad with Simple Vinaigrette
Optional snack: Homemade Cashew Butter on apple slices

**Day 7**

Breakfast: Sugar Impact Shake with 1 cup of berries
Lunch: Turkey Burger with Goat Cheese, Sauteed Onions and Cucumber Salad
Served on gluten free English muffin
Dinner: Spice Rubbed Beef Tenderloin with Raw Tomato Salsa
Baked potato
Mixed Green Salad with Simple Vinaigrette
Optional snack: Roasted Garlic & Lemon Hummus with crudité