

# SUGAR IMPACT DIET

## One Week Meal Plan On A Budget



**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!

I understand what a strain making smart food choices within a budget can become. I'm a single mom raising 2 kids and managing 2 businesses. If you're like me, sometimes you're going to mentally struggle whether buying organic \$3.99-a-pound broccoli or the \$1.29-a-pound conventional kind seems more practical

I want you to think of low-sugar impact foods as an investment on your health. They might initially seem pricier (although maybe not), yet years or even decades down the road they will repay dividends on your, your significant other's, and your kids' health.

Far beyond cost, high-sugar impact foods take a hit on your weight, health, and energy. That said, you needn't spend half your paycheck on groceries. I've developed some strategies to help you make smart food decisions on a budget: Eat seasonally and locally, stock up on organic frozen foods, start our day with a Sugar Impact Shake, join a farmer's collective or co-op, load up on fiber, plan ahead.

I've also created this meal plan to help you get started on smart budget eating!

A handwritten signature in black ink that reads "JJ Virgin". The signature is fluid and cursive, with a long horizontal stroke at the end.

# Budget Friendly - Sample Menu

	Breakfast	Lunch	Dinner
<b>Monday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Indian-Style Lentil Soup (SID Cookbook) you can serve over leafy greens for added nutrition	BBQ-Rubbed Whole Roasted Chicken (SID Cookbook) and Red Quinoa with Kale, Onions, and Pine Nuts (TVD Cookbook) ok to add more leafy greens to up your nutrients
<b>Tuesday</b>	Super Greens Shake (SID Cookbook)	BBQ-Rubbed Whole Roasted Chicken (SID Cookbook) and Red Quinoa with Kale, Onions and Pine Nuts (TVD Cookbook) ok to add more leafy greens to up your nutrients	Warm Chicken Salad with Pecans, Basil, and Caper Vinaigrette (SID Cookbook) use leftover chicken from Monday
<b>Wednesday</b>	Sugar Impact Shake (SID Cookbook)	Warm Chicken Salad with Pecans, Basil, and Caper Vinaigrette (SID Cookbook) use leftover chicken from Monday	Tex-Mex Burgers with Avocado Salsa (TVD Cookbook) and Just Grilled Asparagus (SID Cookbook)
<b>Thursday</b>	Mixed Berry and Avocado Protein Shake (TVD Cookbook)	Tex-Mex Burger Salad, last nights dinner over leafy greens (kale, chard, mixed greens) add peppers, broccoli, zucchini, olive oil and lemon dressing	Indian-Style Lentil Soup (SID Cookbook) you can serve over leafy greens for added nutrition
<b>Friday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Turkey and Vegetable Skillet (SID Cookbook) add 1/2 Avocado	Roasted Chicken and Vegetable Soup (SID Cookbook)

	Breakfast	Lunch	Dinner
<b>Saturday</b>	Sugar Impact Shake (SID Cookbook)	Roasted Chicken and Vegetable Soup (SID Cookbook)	Easy Vegetarian White Chili (SID Cookbook) serve with leafy green salad, 1/2 avocado, cucumbers, tomato, olive oil and lemon
<b>Sunday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Easy Vegetarian White Chili (SID Cookbook) serve with leafy green salad, 1/2 avocado, cucumbers, tomato, olive oil and lemon	Turkey and Vegetable Skillet (SID Cookbook) add 1/2 Avocado