



JJ VIRGIN's

SUGAR
IMPACT
DIET



DINING OUT
GUIDE



JJ VIRGIN, CNS, CHFS

INDEX

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Welcome

We've all been there. You order a completely innocuous-sounding chicken dish only to have it arrive slathered in a syrupy sauce or breaded and deep-fried. A dilemma ensues. You hesitate to make a scene, yet you know eating this chicken breast will fuel food intolerances and derail your diet.

I've dined out enough to know restaurants needn't become a food-hazard obstacle course or a head-banging exchange with wait staff. Neither is dining out an excuse to abandon your hard work and dietary logic. You don't get to dive into bacon-cheese stuffed potato skins or crème brulee just because someone brought them to the table.

With a little savvy and creativity, you can follow The Sugar Impact Diet anywhere, even at less-than-ideal places like fast food restaurants. Since you can't bring your own food or easily pop out of your seat and go to another restaurant, I want you to be fully prepared.

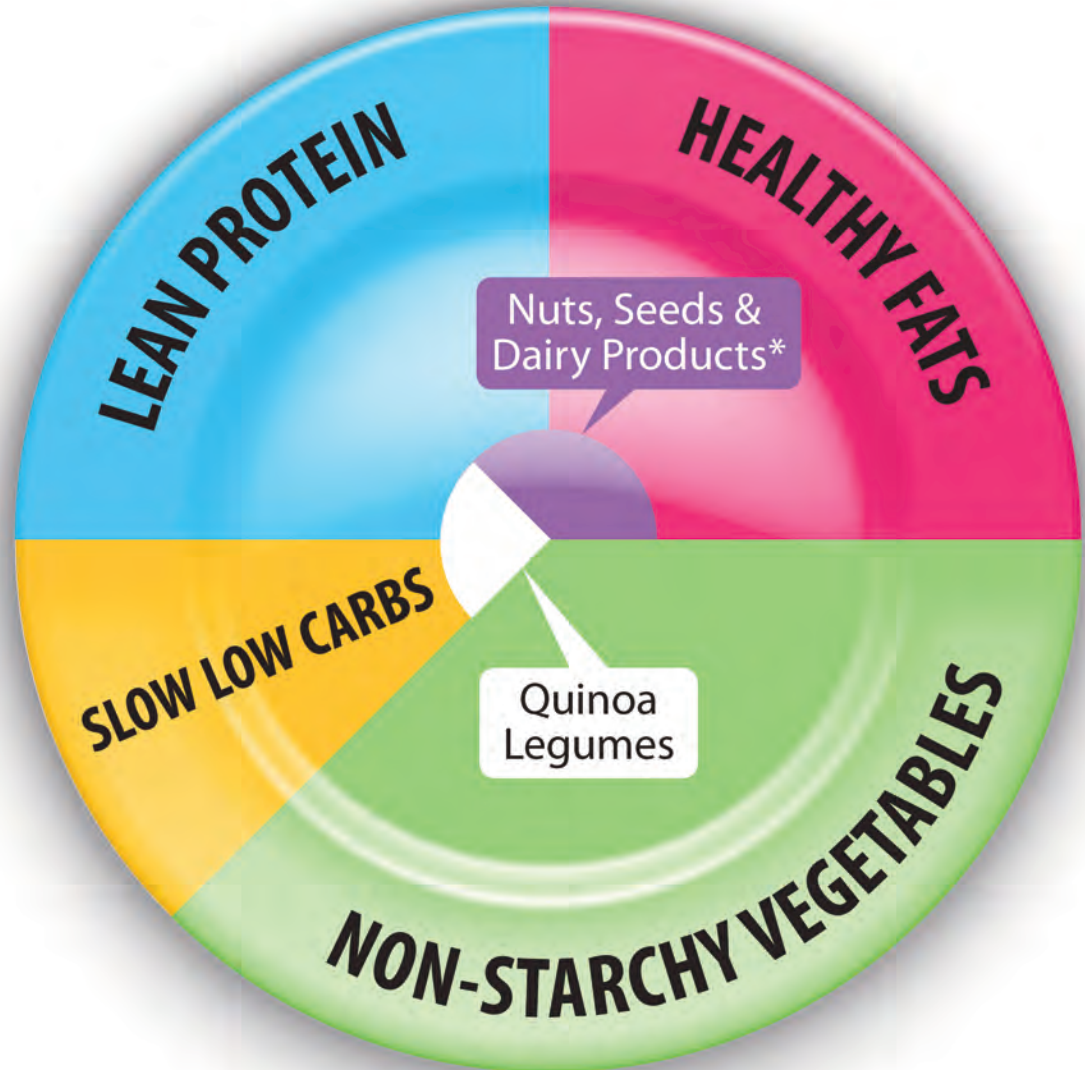
The strategies in this book will help relax, order with confidence, and enjoy everything that's great about eating out. I've removed the guesswork by giving you specific directions about what to choose and avoid.

You don't need to pour over the menu like you're reading Dostoyevsky or wonder whether that "healthy" menu area actually contains high-sugar impact ingredients or food intolerances. (Probably. Restaurants seem to be still hung up on low fat as the healthy choice and when fat gets eliminated, guess what gets added?)

I can't be there during your next meal, so this guide will become the next-best thing to navigating any menu feeling confidently at-ease.



The Sugar Impact Plate



The Sugar Impact Plate, your foundation for The Sugar Impact Diet, makes dining out easy and effortless. The Plate combines the correct ratios of protein, fat, and carbs to create a synergistic hormonal response.

Quality and quantity both come into play here. When you combine these foods in the right amounts, you heal your metabolism, steady blood sugar, and create fast and lasting fat loss.

The good news is that you can transform any restaurant meal into The Sugar Impact Plate.

Simply combine these 4 components:

1. 1 serving of clean, lean protein

One serving is about 4 – 6 ounces for women and 6 – 8 ounces for men, although athletes might need up to 10 ounces of high-quality protein.

Your best protein sources include:

- Wild Salmon
- Wild Alaskan Halibut
- Grass Fed Beef – all types
- Sardines
- Wild Scallops
- Grass Fed Bison
- Grass Fed Lamb
- Pastured Pork
- Pastured Chicken Breast
- Pastured eggs (if you don't have food intolerances)

Quality matters here. Grass-fed meat is a whole different, um, animal than animals fed grain, soy, or other foods that don't belong in their diet. Ditto with fish. Opt for wild-caught and avoid farm-raised fish and fish at risk for medium or high levels of the toxic heavy metal mercury, like orange roughy and swordfish.

Unless your menu explicitly says so (and thankfully, more do these days), your meat is probably not grass-fed or wild caught. Do the best you can under the circumstances. Ask questions (the chef might have wild-caught salmon or grass-feed sirloin not on the menu) and support restaurants that sell superior-quality meats.

2. 2-4 servings of healthy fats

A serving would be:

- 1 tablespoon olive oil
- 1/4 avocado
- 4 ounces cold-water fish
- 5-10 nuts, 1 tablespoon nut butter
- 10 olives

If you're having grass fed beef or fish, you'll want to count that fat as a serving too.

Don't forget healthy oils also count towards that healthy-fat quota. Grass-fed ghee, macadamia nut oil, Malaysian Red Palm Fruit Oil, and coconut oil are among your best options here.

3. 2 or more servings of non-starchy vegetables

One thing you can almost always be certain of at restaurants: The vegetables taste amazing, so venture out and try something new. Just be sure they aren't tasting amazing because they have turned them into dessert by adding sugary sauces or deep frying them. Ideally you'll aim for 5 – 10 total servings of non-starchy leafy and cruciferous veggies every day.

You've got loads of options here:

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

4. Up to 2 servings of high fiber starchy carbs

(larger/ athletic men can have up to 3)

All starchy carbs are not created equal, so always refer to the Sugar Impact Scale to determine your best choices. A 1/2 cup cooked is one serving here.

My favorites include:

- Quinoa
- Hummus
- Wild rice
- Black beans
- Lentils
- Winter squashes

As you'll see, lateral shifts become crucial for The Sugar Impact Plate. You'll simply upgrade the white rice or potatoes for quinoa, wild rice, or legumes based on your cycle.

Slow low carbs encompass more than just beans and starches.

Other good ones include:

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries, acai)
- Leeks
- Grapefruit, Nectarines and oranges
- Pumpkins
- Turnips
- Tomatoes
- Steel-cut or rolled oatmeal

Vegetarians & Vegans on The Sugar Impact Diet

Dining out as a vegan or vegetarian might prove more challenging, but with a little know-how you can easily do it. Leafy and cruciferous veggies, slow-release high-fiber starches, and most healthy fats like avocado and oils will still be on your Plate.

Protein will become your biggest shift here. You'll want to focus on protein-rich plant foods like quinoa and legumes. Nuts and seeds will also provide variety to your meals. If you're in cycles 1 or 3, you can also do quinoa pasta or rice pasta. If you can find a veggie burger that complies with The Sugar Impact Diet rules, go for it.

I also encourage you to download my vegan and vegetarian guide, which provides numerous strategies and excellent recipes to make The Sugar Impact Diet work for you.

Tweaking The Sugar Impact Plate to Fit Your Cycle

In The Sugar Impact Diet, I've provided rules about weighing in, meal timing, journaling, and other strategies to help you attain fast, lasting fat loss. You've taken the Sugar Impact Quiz. You're drinking at least 64 ounces and preferably about half your body weight in water ounces daily. I've provided all the tools you need to lay a solid long-term foundation for success, so please read the book very carefully. You'll also want to keep The Sugar Impact Scales nearby.

The Sugar Impact Diet has 3 cycles. Briefly, this is what you can expect when you dining out during each cycle.

Cycle 1 – you're gradually easing off of sugar during this cycle, which means you'll trade your high-sugar impact foods for medium-sugar impact foods. Here you're replacing one meal a day for the Sugar Impact Shake and following the Plate with at least 5 non-starchy veggies. You'll limit medium- and low-sugar impact fruit to 2 servings daily.

Cycle 2 – you'll trade your medium-sugar impact foods for low-sugar impact foods and avoid most fruits as well as any other astericked foods.

Cycle 3 – you'll swap 3 – 4 low-sugar impact servings for medium-sugar impact servings, with 1 – 2 being from fruit. You can also enjoy 1 high-sugar impact food at the end of the week.

The good news is that you can easily eat out during any cycle. Here's how to tweak any restaurant meal to fit your cycle. I strongly encourage you to keep the Sugar Impact Scales in your bag or purse when you're eating out. Refer to them frequently and don't just assume a particular food falls under a low- or medium-Sugar Impact category.



Cycle 1

Your big focus here involves shifting high-sugar impact foods for medium-sugar impact foods. The main obstacle at restaurants will be your meal's starchy carb, but minor tweaking can help you comply:

- Instead of white potatoes, you'll have sweet potatoes or yams.
- Instead of white rice, you'll have brown rice.
- Instead of a wheat tortilla, you'll opt for a rice or other gluten-free tortilla.

This becomes really simple once you get the hang of it. Let's say you order a filet with asparagus and mashed potatoes. Simple: Swap out the mashed potatoes for sweet potatoes. As long as your side dish falls under the medium category, you're golden.

You can also do this with a salad. (More on salads in a minute.) Instead of dried fruit, opt for sliced apples or oranges. Medium- and low-sugar impact fruits also make an optimal dessert during Cycles 1 and 3.



Cycle 2

Here you'll want to transition from medium-sugar impact to low-sugar impact foods. Again, keep those Sugar Impact Scales nearby; don't guess.

Let's use the filet again as an example. Instead of those sweet potatoes, you'll upgrade your starch to quinoa, legumes, or another low-sugar impact food. If the restaurant doesn't have a low-sugar impact starch, simply sub the starch for another veggie.

Remember that while most fruits are off limits in Cycle 2, avocado is perfectly fine, so asked for it sliced or however you like with your meal. Avocado makes everything better and it's Sugar Impact-approved for every cycle!

Doing the Intensity Week in Cycle 2 at Restaurants

If you've met the criteria for Intensify Week in Cycle 2, you'll substitute 2 meals for Sugar Impact Shakes and then enjoy 1 meal and 1 optional snack. Stick with clean lean protein, healthy fats, and loads of leafy and cruciferous veggies. Instead of the mashed potatoes or other high- or medium-sugar impact starch, you'll simply swap another green veggie. Easy, right?



Cycle 3

While definitely the most lenient cycle, you don't have license to over-indulge here or you'll derail your progress. That said, Cycle 3 provides an opportunity to enjoy small amounts of your favorite foods.

Maybe the restaurant is known for its famous baguette. Enjoy it; just remember to keep it to 1 serving, not half the baguette slathered in butter. If at all possible, stay away from foods that create potential reactions for you.

Cycle 3 is all about customizing the program to your body and your long-term goals. Using the Sugar Impact Quiz, you'll determine how much sugar you can handle on a daily basis. If you're intolerant to gluten, baguette isn't going to be your best option.

Fermented soy, brown rice, and quinoa pasta are among the medium-sugar impact approved starches you can now include in your meals.

Berries make the ideal dessert in Cycle 3, but if you're at a restaurant with a reputable pastry chef, do dinner correctly and you can indulge in 3 bites of your favorite dessert without derailing your plan. Remember these are 3 polite bites, not bites you'd shovel in unwatched standing at your fridge at 11 p.m.



7 Strategies to Make The Sugar Impact Plate Work at Any Restaurant

With the above guidelines, you can make The Sugar Impact Plate work at any restaurant. Even so, sometimes complying with your cycle can become a challenge, and I've found these 7 strategies make it easier:

- 1.** Start your meal with a small salad topped with olive oil and vinegar (not balsamic). You know the drill. You're salivating over your dining partner's breaded-meat monstrosity appetizer. Don't let hunger make you succumb to something you later regret. A study in the *Journal of the American Dietetic Association* showed people who ate a small salad ate less food during their subsequent meal. Bypass the loaded salads with carb and fat catastrophes like candied walnuts, bacon, taco strips, rice noodles, or wantons. Likewise, skip the sugary vinaigrettes and creamy dressings for oil and vinegar. If you really need an appetite buster, ask for olives atop your salad.
- 2.** Beware of red flags. Any entrée described as breaded, fried, crunchy, crispy, glazed or creamy translates into fast fat loss obstacle. Order your lean protein and non-starchy veggies grilled, baked, or broiled. Never just assume it comes this way. I've ordered a chicken breast my server assured was not breaded. Imagine my frustration when it arrived dipped in egg yolk.
- 3.** You know what assuming does. Nobody likes to be "that person" who creates a scene interrogating their server about potential food intolerances. At the same time, ignorance doesn't cut it. If you fail to ask, and your chicken dish comes drowning in a syrupy glaze (even though your menu didn't say so), you're responsible if you eat it.
- 4.** Don't invite the enemy to the table. Banish the breadbasket before your server even sets it down. If your dining companions insist, ask them to take a piece and ditch it. Better yet, ask for a bowl of olives, which no one can resist.
- 5.** Double up. Two appetizers as your main course provide better portion control than a gigantic entrée and provides more variety to your meal. You might order hummus with veggies, for instance, alongside grilled chicken kabobs with salsa.
- 6.** Share. So you've just got to try the 24-ounce bone-in ribeye. Share it with a friend who's a faster eater than you and let him get the last bite. Your waistline and credit card will thank you.
- 7.** Cut it in half. Split that enormous broccoli-garlic stuffed chicken breast in half and get it to go before you even dive in. You can use the extra protein in your wrap or salad tomorrow. Who says there's no thing as a free lunch?

Nutrient Support on The Sugar Impact Diet

The Sugar Impact Diet incorporates the healthiest, most nutrient-dense foods on the planet. Eating out can sometimes make getting those nutrients more challenging. Think of supplements as an insurance policy to cover any bases you might not be getting in food. I always carry these essentials when I'm dining out:

Daily Essentials Packets – these grab-and-go packets combine a high-quality multivitamin/mineral, essential fatty acids, and an antioxidant formula. Just throw one in your bag or purse before you dine out and you're good to go.

Digestive Enzymes – chronic stress and age can mean your body isn't making optimal amounts of digestive enzymes to break down food. That's where a digestive enzyme supplement with hydrochloric acid (HCl) can help, especially if you struggle with post-meal gas, bloating, or other issues.

A Natural Appetite Suppressant that Guarantees You'll Eat Less

In The Sugar Impact Diet, I want you to get 50 grams of fiber daily. Among its benefits, fiber helps balance blood sugar and increase satiety so you're less likely to reach for seconds or salivate over that ice cream-drenched brownie sundae your coworker ordered.

Most people only get a paltry 5 – 14 grams a day. I'm all for aiming big, but fiber is one place you want to gradually increase over a week or 2 until you've reached 50 grams. Ramp up your intake too quickly and you may suffer gas, bloating, diarrhea, or constipation.

Thankfully, many low-Sugar Impact foods are naturally high in fiber. Some of my favorites include:

- Artichoke (1 medium) – 10 g
- Broccoli (1 cup) – 5 g
- Brussels sprouts (1 cup) – 4 g
- Kale (1 cup) – 3 g
- Raspberries (1 cup) – 8 g
- Blueberries (1 cup) – 4 g
- Lentils – 16 g
- Quinoa – 5 g
- Almonds (1/4 cup) – 4 g
- Avocado (1 cup) – 10 g

These and other high-fiber foods are readily available at most restaurants, so fill your plate with plenty of them.

Even so, sometimes meeting your 50-gram quota can become a challenge at restaurants, especially at less-than-ideal places where nutrient-empty iceberg is their only salad lettuce or potatoes are their only "vegetable" option.

During those times, I use Extra Fiber to meet my quota. Here's a little secret to curb hunger and steady blood sugar levels. About 30 – 60 minutes before meals, stir a scoop of Extra Fiber into a tall glass of water. You're less likely to reach for seconds or dive into a gargantuan brownie bowl.

Why Your Restaurant Salad Can Quickly Turn into a High-Sugar Impact Meal

Ask anyone what the “ideal healthy option” might include at a restaurant, and I’ll bet most will reply with one of those enormous dinner salads (or “big-ass salad” as Elaine on Seinfeld called them). Little do they know a perfectly innocuous-sounding salad can pack more calories than a double cheeseburger or the sugar of a piece of cheesecake.

I’m actually a big fan of dinner salads, but you can do them correctly or screw them up big-time according to how you top them.

A smartly designed salad provides the perfect opportunity to load plenty of high-fiber foods into one plate or bowl. You might include ½ cup sliced avocado (5 g fiber) and ½ cup raspberries (4 g fiber). Combined with 2 cups of organic raw spinach (9 g fiber), you’ve got a whopping 18 grams of fiber!

Modifying with your server becomes crucial here, since many restaurants turn dinner salads into high-sugar impact nightmares.

Don’t believe me? Some popular toppings in restaurant salads I encountered include:

- Candied walnuts (8 g sugar in 1 oz.)
- Dried cranberries (18 g sugar in 1 oz.)
- Balsamic vinaigrette (3 g sugar in 1 tablespoon)
- Honey mustard dressing (7 g sugar in 1 tablespoon)

Can you see how your sugar quota could quickly add up with these seemingly innocent salad condiments? Coupled with high-sugar impact crunchy wonton chips, breaded chicken strips, and croutons, and you’ve got one serious high-sugar disaster.

Don’t be fooled. Speak up, ask questions, and make substitutions.



Making The Sugar Impact Diet Work for Any Cuisine

Part of dining out's fun entails sampling new or favorite cuisines. Regardless of what cycle you're on, you can enjoy pretty much any cuisine on The Sugar Impact Diet using these criteria:

MEXICAN



Best low-Sugar Impact choice: Guacamole with raw veggies, chicken fajitas (see criteria below).

Worst high-Sugar Impact choice: Chips and salsa with a margarita to start and then a giant burrito

Suggestions:

- Carne or Chicken Asada, Shrimp Diablo, Snapper Veracruz
- If you're craving authentic Mexican, order fajitas:
- Stick with lean meats, salsa, guacamole, onions, and peppers
- Put this all on top of a big salad
- Skip the fried rice and tortillas
- If you aren't dairy sensitive, you can include small amounts of full-fat cheese and/ or sour cream
- Ask for salsa to top dishes rather than sauces. If you're not dairy sensitive and can handle cheese and/ or sour cream, opt for full-fat varieties and go easy!
- Be wary of any sauces – many are loaded with sugar
- Avocado and guacamole (ask for veggies to dip)
- Green vegetables if they serve them (some Mexican restaurants, for instance, serve sautéed spinach)
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, focus on low- and medium-sugar impact foods

Watch out for:

- Anything breaded and/ or fried including burritos, refried beans, and quesadillas
- Sugary, creamy sauces including mango salsa, mole, and creamy green chile sauce
- Dense tomato sauces – they become condensed sugar
- Refried beans, rice, and other side dishes
- All fruits except avocados, tomatoes, lemons, and limes
- Any kind of syrup
- Agave in any form
- Alcohol in any form if you're in Cycle 2. Otherwise, stick with moderate amounts of wine or tequila
- Other sugars and artificial sweeteners
- Chips (don't even let your server put them down!)
- Any kind of tortillas (including gluten free)
- Any kind of dessert including flan, custards, and fried ice cream

CHINESE



Best low-Sugar Impact choice: Steamed chicken with broccoli.

Worst high-Sugar Impact choice: Orange Chicken (I call this "chicken candy"!)

Suggestions:

- Beef, chicken, or veggie skewers (skip the sauce)
- Steamed chicken, beef, pork, or fish
- Broccoli, Bok choy, eggplant, and other non-starchy veggies
- In Cycle 2, ask to sub double veggies instead of rice
- Opt for brown instead of white rice in Cycles 1 and 3
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, focus on low- and medium-sugar impact foods

Watch out for:

- Asian salad dressings. Almost all are full of sugar
- Anything breaded and/ or deep-fried including egg rolls, "crispy" chicken, and General Tao's chicken
- All fruit except avocados, tomatoes, lemons, and limes in Cycle 2
- Rice, including brown rice, in Cycle 2
- MSG
- Water chestnuts (fall into the yellow category)
- Corn starch thickener
- Hoisin, brown sauce, hot and sour sauce, and any other sugary/ sticky sauces. Assume they are all full of sugar and/ or MSG
- Fortune cookies and any other dessert
- Other sugars and artificial sweeteners



FAST FOOD



Best low-Sugar Impact choice: Grilled chicken breast on a salad.

Worst high-sugar impact choice: Double bacon cheeseburger with fries.

Suggestions:

- Many fast food places now offer customized salads. Don't be afraid to specify exactly what you do and don't want on your salad. Ask for yours topped with grilled chicken or steak, avocado, salsa, veggies, tomatoes, onions, and cucumbers. Specify Romaine, spinach, or other green-leaf lettuce. Many fast-food chains are notorious for using iceberg lettuce.
- Grilled chicken breast without the bun
- Burger without the bun – make sure it is 100% beef with no fillers. If you are not dairy sensitive, you can add full-fat mozzarella or other cheese but NOT American processed cheese
- Green veggies (good luck finding them, but go for them if they do)
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-Sugar Impact fruits

Watch out for:

- Anything breaded and/ or deep fried
- Sweetened pickles like bread and butter pickles
- All fruit except avocados, tomatoes, lemons, and limes in Cycle 2. Otherwise, stick with low- and medium-Sugar Impact fruits
- Sugary or creamy sauces like BBQ sauce, honey mustard, spicy buffalo, sweet 'n sour, and creamy ranch – assume any sauce is sugary/ off-limits other than mustard
- Most salad dressings like honey mustard and raspberry vinaigrette, which are full of sugar. Opt for olive oil and vinegar
- Starchy veggies, including carrots and peas (not really veggies)
- Salad toppings – anything crunchy, creamy, or crispy is usually a red alert. Always ask and tell your server exactly what you want
- Most restaurants use inflammatory omega 6 oils that are reheated and become severely damaged. Always ask what oils your restaurant uses and, if possible, request olive oil for low-heat cooking
- “Healthy” foods like sweet potato fries, fruit-added oatmeal, and granola/ berry yogurt
- Any kind of bread, including “healthy” whole wheat wraps and buns
- Sugar – it lurks in nearly everything in fast food restaurants as a preservative and flavor enhancer
- Artificial sweeteners

FRENCH



Best low-Sugar Impact choices: Nicoise salad, Chicken Provencale, steak frites (simply sub a green veggie and/ or simple salad for the fries)

Worst high-Sugar Impact choices: French Onion Soup, Quiche (unless you can tolerate eggs and dairy, in which case: opt for crustless veggie/ full-fat cheese quiche; otherwise, eat everything except the crust)

Suggestions:

- Grilled meat and/or veggies appetizer
- Swap the French bread for olives
- Lentil soup
- Salad – oil and vinegar dressing on the side
- Avocado (great to top a salad)
- Mussels or other steamed or grilled shellfish
- Grilled steak, chicken, or fish as entrée
- Load up on as many green veggies as possible, including spinach and broccoli
- Quinoa, legumes, or wild rice
- Full-fat dairy (including ricotta, cream cheese, and goat cheese) is fine in small amounts (say, goat cheese to top a salad) if you can tolerate dairy
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-sugar impact fruits

Watch out for:

- Anything breaded and/ or deep fried
- All fruit except avocados, tomatoes, lemons, and limes
- Starchy veggies, including peas, rutabaga, and carrots if you're in Cycle 2
- Tomato soup
- Any kind of soufflé or other dish that includes bread
- Croissants (basically dessert)
- Alcohol in any form if you're in cycle 2. Otherwise, stick with moderate amounts of wine
- Sweet, creamy, or syrupy sauces including Béchamel and brown sauce, which are often thickened with cornstarch
- Be aware many French sauces are cream-based if you are dairy sensitive
- Honey mustard and other salad dressings – safest bet is an olive oil and vinegar
- Be aware many French dishes are cooked with butter. If you're not dairy sensitive, this won't be a problem
- Pastries and other desserts
- Other forms of sugar
- Artificial sweeteners

STEAKHOUSE



Best low-Sugar Impact choice: Salad, filet with steamed broccoli.

Worst high-Sugar Impact choice: Steak drowned in sugary sauce with fries and battered onion rings.

Suggestions:

- Swap the bread for olives
- Salad with olive oil and vinegar dressing (not balsamic)
- Shrimp cocktail (without the sauce)
- Grilled meat and/ or veggie appetizer
- Filet or other lean steak
- Broccoli, spinach, cauliflower, or other veggie – many steakhouses offer these a la carte. Use this as an opportunity to get more delicious veggies!
- Quinoa, legumes, or wild rice
- For sauces, opt for hot sauce, Tabasco, or vinegar
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-sugar impact fruits

Watch out for:

- Caesar and other salads with creamy dressings
- Steak sauce and other sugary dressings – if they give you the bottle, read labels for added sugar!
- All fruit except avocados, tomatoes, lemons, and limes
- Crunchy, crispy, and other “illegal” salad toppings including fried onions, candied walnuts and dried cranberries
- Anything breaded and/ or deep fried
- Alcohol in any form if you’re in Cycle 2. Otherwise, stick with moderate amounts of wine or tequila
- Dinner rolls (don’t even let your server put them down!)
- Breaded veggies and other “legal” foods (steakhouses love to fry anything for added appeal)
- Baked potatoes and sweet baked potatoes (these things are gargantuan at steakhouses and easily equal 3 – 4 servings)
- Mashed potatoes, French fries, and other typically steakhouse sides
- Giant iceberg wedge – basically a pesticide bomb drenched with creamy dressing
- Any form of dessert – opt for berries if you’re in Cycles 1 or 3

AMERICAN



Best low-Sugar Impact choice: Salad, grilled chicken breast topped with peppers/ onions/ mushrooms, steamed green veggie, gluten-free healthy starch.

Worst high-Sugar Impact choice: Bacon cheeseburger with fries and soda.

Suggestions:

- Salad with olive oil and vinegar dressing
- Steamed veggies – load up on as many varieties as possible. Good choices include green beans, asparagus, broccoli, tomatoes, and spinach
- Omelet with veggies (if you can tolerate eggs) with a side salad
- Grilled, broiled, or baked steak, chicken, pork, or seafood
- Large customized entrée salad
- Legumes, wild rice, or quinoa
- Opt for olive oil and red wine vinegar for salads
- For sauces, opt for hot sauce, Tabasco, and red wine vinegar
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-sugar impact fruits

Watch out for:

- Anything crunchy and/ or deep fried
- Any form of potato, including hash browns
- Starchy veggies including peas, carrots, and corn on the cob (not really veggies to begin with!)
- All fruit except avocados, tomatoes, lemons, and limes in Cycle 2
- Balsamic vinegar
- Salads with words like creamy and crunchy
- Anything breaded – always ask because I've seen breaded green beans, asparagus, and otherwise healthy foods on menus
- Meats drowning in sugary, syrupy sauces
- Alcohol in any form if you're in Cycle 2. Otherwise, stick with moderate amounts of wine or tequila
- Ketchup, BBQ sauce, and other sugary sauces to dip in
- Any kind of dessert – opt for berries if you're in Cycles 1 or 3
- Hidden sugars including vegetable casseroles and steak sauces (just because it doesn't taste sweet doesn't mean it doesn't have sugar)

JAPANESE



Best low-Sugar Impact choice: Sashimi and cucumber salad.

Worst high-Sugar Impact choice: Edamame, rolls with special sauce (usually they are full of sugar), vegetable or meat tempura

Suggestions:

- If sushi: stick with sashimi
- Ask for (or bring your own) coconut aminos instead of soy sauce
- Hibachi grill: steak or chicken with double steamed veggies
- Side salad with ginger dressing
- Shirataki noodles
- Choose traditional rice wine vinegar with no added sugar
- Unsweetened hot green tea
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-sugar impact fruits

Watch out for:

- Almost all Asian salad dressings except ginger are full of sugar, so avoid
- Any kind of rice, including brown rice
- All fruit except avocados, tomatoes, lemons, and limes
- Tempura and anything else crunchy, breaded, and/ or deep-fried
- Soy (tofu, etc. but also hidden sources) unless you can tolerate it
- Alcohol in any form if you're in Cycle 2. Otherwise, stick with moderate amounts of wine
- Sugary, creamy sauces
- Teriyaki sauce



ITALIAN



Best low-Sugar Impact choice: Mussels in garlic and olive oil, grilled shrimp

Worst high-Sugar Impact choice: Fettuccine Alfredo with garlic bread

Suggestions:

- Mussels
- Salad drizzled with tomatoes and olive oil
- Grilled or baked chicken, pork chops, or wild fish
- Many Italian restaurants now offer gluten-free pasta menus that would work for Cycles 1 and 3. If possible, opt for a corn-free quinoa pasta or rice pasta and ideally keep them as a side dish rather than main course
- More restaurants also offer gluten-free pizza. If you don't have a dairy intolerance, opt for the thinnest-crust pizza and ideally aim for 1 – 2 slices in cycles 1 and 3
- Many chicken dishes at Italian restaurants arrive egg-battered. If you don't have egg intolerances, this is fine. Otherwise, opt for grilled meats. Always ask your server how your meat comes prepared
- Steamed or grilled veggies
- alla Checca sauce

Watch out for:

- Anything breaded and/ or deep-fried
- Marinara sauce – generally this is high in sugar
- Tomato soup
- Fish sauce
- All fruit except avocados, tomatoes, lemons, and limes in cycle 2. Stick with low- and medium-impact fruits in Cycles 1 and 3
- Pasta as a side dish (even with meat, some restaurants slide it in), especially in cycle 2
- Any form of pasta in cycle 2. Opt for rice pasta or quinoa pasta in cycles 1 and 3
- Sugary or creamy sauces
- Alcohol in any form if you're in cycle 2. Otherwise, stick with moderate amounts of wine
- Sorbet, gelato, and other sugary desserts
- Garlic bread (don't even let them set it down!)
- Other forms of sugar
- Artificial sweeteners
- All forms of alcohol



SEAFOOD



Best low-Sugar Impact choice: Grilled salmon or halibut (wild), mixed veggies, scallop appetizer.

Worst high-Sugar Impact choice: Fried shrimp with French fries.

Suggestions:

- Salad with olive oil and vinegar
- Mussels or other shellfish appetizer
- Grilled seafood – salmon, shrimp, etc. Always look for lower-mercury fish and avoid shark, tilapia, swordfish, and other larger fish
- Steamed, sautéed or roasted veggies
- Wild rice, quinoa, or legumes
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-Sugar Impact fruits

Watch out for:

- Anything breaded and/ or deep-fried –always ask if your fish is breaded or battered in any way
- Creamy and/ or sugary salad dressings
- Fish sauce
- Starchy veggies including peas and carrots
- Any form of potato – mashed, sweet, etc.
- All forms of rice, including brown rice, in cycle 2. Opt for brown rice in cycles 1 and 3
- All fruit except avocados, tomatoes, lemons, and limes in cycle 2. Stick with low- or medium-sugar impact fruits in cycles 1 and 3
- Sugary sauces (e.g., cocktail sauce)
- Alcohol in any form if you're in cycle 2. Otherwise, stick with moderate amounts of wine
- Drawn butter (if you're dairy sensitive)
- Cocktail and other dipping sauces



MEDITERRANEAN



Best low-Sugar Impact choice: Roasted fish with peppers, onions, and artichokes.

Worst high-Sugar Impact choice: Couscous

Suggestions:

- Ask for olives instead of bread
- Salad with cucumber, onions, and peppers topped with olive oil and vinegar
- Hummus with crudité
- Lentils and other legumes
- Lentil soup
- Grilled fish (choose lower-mercury options)
- Grilled chicken or red meat if you're not a fish fan
- Roasted peppers and artichokes
- Acceptable fruits – avocados, tomatoes, lemons, and limes in Cycle 2. In Cycles 1 and 3, low- and medium-Sugar Impact fruits

Watch out for:

- Anything crunchy, breaded, and/ or deep-fried – not really Mediterranean foods, but more common as Mediterranean becomes more Americanized
- Salad dressings – many have added sugar. Best bet is to stick with olive oil and vinegar
- All fruit except avocados, tomatoes, lemons, and limes in Cycle 2. Stick with low- or medium-Sugar Impact fruits in Cycles 1 and 3
- Couscous
- Pita
- Pesto
- Pasta
- Fish sauce
- Sugary, syrupy sauces
- Any form of dessert
- Alcohol in any form if you're in cycle 2. Otherwise, stick with moderate amounts of wine or tequila
- Other forms of sugar and artificial sweeteners

Thai

Unless you find a meat and veggie dish (e.g., a pork chop with a green veggies or coconut chicken soup), skip in Cycles 1 and 2.