

SUGAR IMPACT DIET

One Week Meal Plan For Families



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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 As A Family!

Getting healthy is so much easier, and a lot more FUN, when you do it as a family. Everyone can participate in eating, but the fun is in the cooking! Taking on health as a family takes out the temptation in the house and makes it a team effort. Cut the sugar and become fat burners together.

You've had one of those days where your boss, clients, and even the universe have seemingly conspired to make every conceivable moment excruciatingly difficult.

You are officially done with this day. If it were up to you, you'd take the next direct flight to Maui or some secluded island with no kids, no significant others, no pets, and certainly no annoying boss or coworkers.

After that kind of day, you don't want to deal with dinner. But you've got to. You've got screaming kids or adolescents in the backseat begging for their favorite burger joint, and you left every last ounce of resistance at the office.

I can relate. I have 2 teenage boys and 2 businesses. I can't pull a Martha Stewart and create an elaborate 3-course dinner every night, nor am I a magician who can effortlessly get kids to enjoy broccoli.

I don't have all the answers, but I've brainstormed with plenty of mom's and created this meal plan line up with a quick and easy week of meal planning.



Family - Sample Menu Plan

	Breakfast	Lunch	Dinner
Monday	Tex-Mex Scrambled Eggs with Avocado and Salsa (SID Cookbook)	Chicken Cheesesteak Wrap (SID Cookbook - double recipe for more servings!) with Garlic Hummus (SID Cookbook) with raw peppers, broccoli for dipping	Beef and Pork Meat Loaf (SID Cookbook) with steamed veggies and a low sugar marinara
Tuesday	Creamy Cinnamon-Spiced Quinoa with Slow Roasted Almonds (SID Book)	Tex-Mex Burgers with Avocado Salsa (TVD Cookbook) and Butternut Squash Fries (TVD Cookbook)	Beef and Pork Meat Loaf (SID Cookbook) with steamed veggies and a low sugar marinara
Wednesday	Mushroom and Spinach Omelette with Feta Cheese (SID Book)	Tex-Mex Burgers with Avocado Salsa (TVD Cookbook) and Butternut Squash Fries (TVD Cookbook)	Turkey and Vegetable Skillet (SID Cookbook)
Thursday	Old-Fashioned Oatmeal with Cinnamon, Blueberries, and Raspberries (SID Cookbook)	Chicken Cheesesteak Wrap (SID Cookbook - double recipe for more servings!) with Garlic Hummus (SID Cookbook) with raw peppers, broccoli for dipping	BBQ-Rubbed Whole Roasted Chicken (SID Cookbook) with Italian-Style Peppers and Onion Sauté (SID Cookbook)

	Breakfast	Lunch	Dinner
Friday	Old-Fashioned Oatmeal with Cinnamon, Blueberries, and Raspberries (SID Cookbook)	Chicken Wrap (leftover chicken from dinner) with Cucumber Chips and Guacamole (SID Cookbook)	Turkey and Vegetable Skillet (SID Cookbook)
Saturday	Pumpkin Bread French Toast with Berry Compote (SID Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	BBQ-Rubbed Whole Roasted Chicken (SID Cookbook) with Roasted Root Vegetables With Thyme (TVD Cookbook)
Sunday	Pumpkin Bread French Toast with Berry Compote (SID Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	Roasted Chicken and Vegetable Soup (SID Cookbook)