

# SUGAR IMPACT DIET

## One Week Meal Plan For Intensity Fat Loss



**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!

So you're ready to kick your fat loss into gear, or intensify your current plan, well this is the meal plan for you. You've been there and so have I. Maybe you've got a big event or an upcoming vacation where you need to fit into a gown or swimsuit. Or perhaps winter hibernation took its toll on your midsection and you need to get into those skinny jeans STAT.

Take the next week and follow the plan below to kick you sugar burning into high gear and meet that fat burner goal!

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

# Intensify - Sample Menu

	Breakfast	Lunch	Dinner
<b>Monday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Roasted Chicken and Vegetable Soup (SIDCookbook)	Sugar Impact Shake (SID Cookbook)
<b>Tuesday</b>	Super Greens Shake (SID Cookbook)	Mixed Berry and Avocado Protein Shake (TVD Cookbook)	Roasted Chicken and Vegetable Soup (SIDCookbook)
<b>Wednesday</b>	Sugar Impact Shake (SID Cookbook)	Blackened Salmon with Basil Aioli (SID Cookbook) and Steamed Broccoli with Garlic Drizzle (SID Cookbook)	Chocolate, Flax, and Avocado Shake (SID Cookbook)
<b>Thursday</b>	Mixed Berry and Avocado Protein Shake (TVD Cookbook)	Super Greens Shake (SID Cookbook)	Blackened Salmon with Basil Aioli (SID Cookbook) and Steamed Broccoli with Garlic Drizzle (SID Cookbook)
<b>Friday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Beef Pepper Steak-Broccolini Stir-Fry (SID Cookbook)	Super Greens Shake (SID Cookbook)
<b>Saturday</b>	Sugar Impact Shake (SID Cookbook)	Mixed Berry and Avocado Protein Shake (TVD Cookbook)	Beef Pepper Steak-Broccolini Stir-Fry (SID Cookbook)

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	Chocolate, Flax, and Avocado Shake (SID Cookbook)	Turkey and Vegetable Skillet (SID Cookbook) add 1/2 Avocado	Sugar Impact Shake (SID Cookbook)