

SUGAR IMPACT DIET

Party Planning



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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!

Since when did cakes, cookies, and every other conceivable high-sugar impact dessert become a prerequisite for social functions? Too often, the “social” aspect takes a backseat as people make a mad dash for blondie brownies.

You know the frustrating routine where you drop by a birthday party to find gourmet pastries and cake spread across a lavish display, and then at the end of the table sits a sad little withered veggie tray with ranch dressing as if to punish the sugar avoiders from abstaining.

I'm all about changing that, and thankfully, things *are* changing. As gluten-free becomes a household term, and (sadly) insulin resistance and diabetes become more prevalent even among teenagers, social occasions these days usually provide healthier low-sugar impact options.

I recently went to a child's birthday party that included kale chips and hummus, apple slices with almond butter, and gluten-free chips with guacamole. Yeah, there was a cake too, but... This was progress.

Still, I know what it feels like to attend a birthday party or baby shower and you become the lone ranger for not shoveling down a gargantuan piece of red velvet cake. Social functions needn't become occasions to abandon all logic and devour a high-sugar impact food, yet neither should you feel deprived for not shoveling down a high-sugar impact food like everyone else. Here is a great meal plan for an at home party, or some dishes to take as a guest. Being social can be healthy!



Party - Sample Menu Plan

Hour de Vours	Salad	Dinner	Dessert
Lime and Jalapeño Hummus with peppers and Lentil Chips for Dipping for dipping (SID Cookbook) Cucumber Chips with Guacamole (SID Cookbook)	Lime and Jalapeño Hummus with peppers and Lentil Chips for Dipping for dipping (SID Cookbook) Cucumber Chips with Guacamole (SID Cookbook)	Pounded Chicken Breasts with Roasted Peppers & Capers (p. 220 SID Cookbook) with Confetti Quinoa (TVD Cookbook) and Shredded Brussels Sprouts with Easy Lemon Vinaigrette (SID Cookbook)	Pumpkin Bread Pudding (SID Cookbook)