

# JJ VIRGIN's SUGAR IMPACT DIET

## Staples Shopping List

These are the things I like to keep on hand to be able to make **Sugar Impact Diet** meals in minutes. You may have some others you would like to add as well. Print these out to use as your grocery shopping guide, so you stay on the straight and narrow.

### SHAKES

- Vanilla protein powder
- Chocolate protein powder
- Chai protein powder
- Fiber blend

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### OILS & VINEGARS

- Extra-virgin olive oil
- Coconut oil
- Red palm fruit oil
- Macadamia nut oil
- Asian sesame oil
- Red wine vinegar
- Rice wine vinegar (no sugar added)

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### SPICES

- Sea salt
- Freshly ground black pepper
- Cumin
- Chili powder
- Cinnamon
- Nutmeg
- Curry powder
- Oregano
- Basil
- Cayenne pepper
- Crushed red pepper flakes
- Chipotle pepper
- Onion powder
- Garlic powder
- Turmeric

- Paprika
- Rosemary
- Mexican seasoning blend
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**GRAINS / NUTS/SEEDS**

- Wild rice
- Chia seeds
- Flax seeds
- Dry quinoa
- Almond flour
- Coconut flour
- Shirataki noodles
- Dry sprouted lentils
- Almonds, walnuts, cashews, etc
- Long-cooking or steel cut oats
- Groats
- Coconut wraps
- Kale chips
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**CYCLES 1 & 3**

- Quinoa flakes
- Quinoa pasta (corn-free)
- Brown rice
- Brown rice wraps
- Rice pasta
- Amaranth, Buckwheat, Millet
- Rice crackers/chips (not cakes)
- Bean chips
- Arrowroot (small amounts allowable Cycle 2)

**JARRED & CANNED**

- Organic tahini paste (optional for snack)
- Jarred roasted red peppers (optional for snack)
- Cashew or almond butter
- Dijon mustard
- Coconut aminos
- (15-oz) cans organic no salt cannellini beans (or dried)
- (15-oz) cans organic no salt black beans (or dried)
- (15-oz) cans organic no salt pinto beans (or dried)
- (15-oz) cans organic no salt added garbanzo beans (or dried)
- Lentils – I like TruRoots sprouted
- (14.5 oz) cans organic diced tomatoes

- \_\_\_ Organic low sodium chicken broth
- \_\_\_ Organic low sodium vegetable broth
- \_\_\_ Tobasco or Hot Sauce
- \_\_\_ Kalamata olives
- \_\_\_ (7-ounce) jars marinated artichoke hearts
- \_\_\_ Bragg's liquid aminos (if not soy sensitive)
- \_\_\_ Wheat free tamari (if not soy sensitive)
- \_\_\_ Salsa

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### CYCLES 1 & 3

- \_\_\_ Tomato sauce, marinara – no sugar added
- \_\_\_ Tomato juice

### MISC

- \_\_\_ Espresso powder
- \_\_\_ Organic coffee
- \_\_\_ Green tea
- \_\_\_ Sparkling water
- \_\_\_ Erythritol
- \_\_\_ Xylitol
- \_\_\_ Pure stevia
- \_\_\_ Monkfruit
- \_\_\_ Chicory
- \_\_\_ Inulin
- \_\_\_ 100% dark chocolate
- \_\_\_ Raw cacao nibs
- \_\_\_ Vanilla extract

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### CYCLES 1 & 3

- \_\_\_ 85% dark chocolate

### FRUITS & VEGGIES

- \_\_\_ Avocado
- \_\_\_ Lemons
- \_\_\_ Limes
- \_\_\_ Lettuces (spinach, arugula, romaine, baby, kale)
- \_\_\_ Cabbages
- \_\_\_ Onions
- \_\_\_ Garlic
- \_\_\_ Peppers
- \_\_\_ Broccoli
- \_\_\_ Asparagus

- \_\_\_ Spaghetti squash
- \_\_\_ Cauliflower
- \_\_\_ Zucchini
- \_\_\_ Winter squashes
- \_\_\_ Brussels sprouts
- \_\_\_ Mushrooms
- \_\_\_ Celery
- \_\_\_ Tomatoes
- \_\_\_ Ginger
- \_\_\_ Fresh cilantro

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**CYCLES 1 & 3**

- \_\_\_ Berries – organic frozen for shakes
- \_\_\_ Grapefruit
- \_\_\_ Yams, sweet potatoes
- \_\_\_ Beets

**MILKS/DAIRY**

- \_\_\_ Unsweetened coconut, cashew, almond milk
- \_\_\_ Goat cheese\*
- \_\_\_ Coconut kefir
- \_\_\_ Plain whole Greek style yogurt\*
- \_\_\_ Raw cheeses\*
- \_\_\_ Kerrigold butter
- \_\_\_ Grass fed ghee

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**PROTEINS**

- \_\_\_ Grass fed beef
- \_\_\_ Pastured pork
- \_\_\_ Pastured eggs\*
- \_\_\_ Wild seafood – salmon, halibut, shrimp, scallops, sole, sardines
- \_\_\_ Free range chicken - I like Pitman farms and Rosie's
- \_\_\_ Bison
- \_\_\_ Wild game
- \_\_\_ Uncured nitrate free bacon
- \_\_\_ Turkey breast slices

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\* if not sensitive