

SUGAR IMPACT DIET

One Week Meal Plan For The Virgin Diet



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!

Removing high-sugar impact foods without addressing underlying food intolerances becomes a lot like buying a house on the San Andreas Fault. You'll probably get fast fat loss and other short-term benefits, but over time you can potentially create or exacerbate inflammation as well as numerous symptoms like fatigue and headaches. You also pave the road for weight loss resistance.

With its focus on low-sugar impact foods, The Virgin Diet meshes nicely with many principles in The Sugar Impact Diet. Rather than simply eliminate high-sugar impact foods, The Virgin Diet also addresses other food intolerances that create an immune response, inflammation, and numerous symptoms that can take a hit on your health and your waistline.

If you are looking to merge your plans, this is a great place to start for meal planning. Enjoy your food and your health!

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

The Virgin Diet - Sample Menu

	Breakfast	Lunch	Dinner
Monday	Basic Virgin Diet Shake (TVD Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	Chicken with 40 Cloves of Garlic (TVD Cookbook) with Italian Style Peppers & Onion Sauté (SID Cookbook)
Tuesday	Green Coconut Protein Shake (TVD Cookbook)	Chicken, Onion & Pepper Wrap (from leftovers) coconut wrap or lettuce wraps with avocado and leafy green salad (kale, shaved raw Brussels Sprouts, Red Cabbage, Cucumbers)	Seared Halibut with Lemon-Basil Gremolata (SID Cookbook) Roasted Butternut Squash with Thyme (SID Cookbook) and Roasted Cauliflower and Broccoli (TVD Cookbook)
Wednesday	Sugar Impact Shake (SID Cookbook)	Turkey, Spinach, and Strawberry Wrap (SID Cookbook)	Seared Halibut with Lemon-Basil Gremolata (SID Cookbook) Roasted Butternut Squash with Thyme (SID Cookbook) and Roasted Cauliflower and Broccoli (TVD Cookbook)
Thursday	Basic Virgin Diet Shake (TVD Cookbook)	Chicken, Onion & Pepper Wrap (from leftovers) coconut wrap or lettuce wraps with avocado and leafy green salad (kale, shaved raw Brussels Sprouts, Red Cabbage, Cucumbers)	Easy Vegetarian White Chili (SID Cookbook) with Easy Spinach and Garlic Sauté (TVD Cookbook)

	Breakfast	Lunch	Dinner
Friday	Chocolate, Flax & Avocado Shake (SID Cookbook)	Easy Vegetarian White Chili (SID Cookbook) with Easy Spinach and Garlic Sauté (TVD Cookbook)	Flank Steak and Vegetable Wrap with Chimichurri (SID Cookbook)
Saturday	Basic Virgin Diet Shake (TVD Cookbook)	Flank Steak and Vegetable Wrap with Chimichurri (SID Cookbook)	Easy Weeknight Curried Chicken Breast with Cashews and Green Onions (SID Cookbook)
Sunday	Sugar Impact Shake (SID Cookbook)	Easy Weeknight Curried Chicken Breast with Cashews and Green Onions (SID Cookbook)	Mediterranean Salmon Wrap with Caper Dressing (SID Cookbook) with Just Grilled Asparagus (SID Cookbook)