

JJVIRGIN DINING OUT GUIDE



HOW TO DO
THE SUGAR IMPACT DIET
ON THE GO

JJVIRGIN.COM

MAKING THE SUGAR IMPACT DIET WORK FOR ANY CUISINE

We've all been there -

You order a restaurant dish that sounds perfectly innocent, only to have it arrive slathered in a syrupy sauce or served with high-sugar impact sides.

You can do the Sugar Impact diet anywhere, even less-than-ideal venues like fast food restaurants and airport kiosks!

Of course, preparing organic veggies and grass-fed beef at home is more ideal, but sometimes you're on the go, realize you're starving, and have to choose between a burger joint and a stale bag of almonds.

Or you're stranded at a remote airport with a three-hour layover, and you're forced to order at a restaurant that considers French fries and ketchup a vegetable. Life happens, and I want you to be fully prepared!



TIPS TO MAKE EATING OUT PAINLESS

With this Dining Out Guide, I've removed the guesswork by providing incredibly specific directions about what to choose and avoid. The tips below will also help you make the most of meals away from home.



1. The menu is only a suggestion. Scan the menu before you order to find all the nutritious options. (I like to check it out online before I arrive...)

If you want the wild salmon but not the garlic risotto it's paired with, just ask your server to substitute a healthier side from the menu instead.

Request some roasted veggies or a small side salad with extra virgin olive oil instead of the complimentary bread basket.

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2. Beware of red flags. Any entrée described as breaded, fried, crunchy, creamy, or glazed often features ingredients most likely to cause inflammation, cravings, fatigue, gut issues, and weight gain. That's not my idea of great dining companions!

Don't be afraid to ask questions, and order your lean protein and non-starchy veggies grilled, baked, or broiled. (Unsure of which foods to choose? Remember to check your Sugar Impact Scales...)

3. Double up or cut it in half. Restaurant portion sizes are often huge! Try ordering two appetizers or tasting plates instead of a single main course. If you opt for an entree, see if someone at the table would like to split it with you. Chances are there's another person watching the scale or their wallet!

4. Be present. Staying mindful can keep you from lapsing into old habits while you form new ones. And research proves that deliberately remaining aware of what you order, how much you're eating, and how it impacts your health improves weight loss for folks who eat out often.

5. Eat before you go. When you're joining friends or coworkers for a meal, delays are the rule rather than the exception. Take advantage of that extra time to eat a yummy, fat-burning fiber or protein bar.

By the time you get to the restaurant, instead of guzzling Pinot Noir or scarfing a flatbread appetizer in a starved haze, you'll feel full and ready to make good choices for your waistline and your health!



Dark Chocolate Coconut Fiber Bars

1 GRAM SUGAR
11 GRAMS FIBER • MCT OILS



HOW TO EAT OUT BY CUISINE

MEXICAN

BEST CHOICE:

Guacamole with raw veggie dippers, chicken fajitas
(See suggestions below)

WORST CHOICE:

Chips and salsa with a margarita to start, then a giant burrito

SUGGESTIONS:

- Carne or Chicken Asada, Shrimp Diablo, Snapper Veracruz
- If you're craving authentic Mexican, order fajitas: stick with lean meats, salsa, guacamole, onions, and peppers, and then put this on top of a big salad
- Skip the white rice and tortillas.
- Ask for salsa to top dishes rather than sauces.
- Be wary of any sauces - many are loaded with sugar.
- Avocado and guacamole (Ask for veggies to dip.)
- Green vegetables if they serve them (Some Mexican restaurants, for instance serve sautéed spinach.)
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

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WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep-fried including burritos, deep-fried beans, and quesadillas
- Sugary, creamy sauces including mango salsa, mole, and creamy green chile sauce
- Refried beans, rice, and other side dishes
- Any kind of syrup
- Agave in any form
- Alcohol in any form
- Other sugars and artificial sweeteners
- Chips (Don't even let your server put them down!)
- Any kind of tortillas
- Any kind of sugar-sweetened dessert, including flan, custards, and fried ice cream (Opt for low-sugar impact fruit instead.)

CHINESE

BEST CHOICE: Steamed chicken with broccoli

WORST CHOICE: Orange Chicken (I call this “chicken candy”!)

SUGGESTIONS:

- Beef, chicken, or veggie skewers (Skip the sauce.)
- Steamed chicken, beef, pork, or fish
- Broccoli, bok choy, eggplant, and other non-starchy veggies
- Ask to substitute double veggies for rice
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Asian salad dressings – almost all are full of sugar
- Anything breaded and/or deep-fried including egg rolls, “crispy” chicken, and General Tso’s chicken.
- Rice – if you order brown rice, confirm it is gluten-free.
- MSG
- Cornstarch used as a thickener
- Hoisin, brown sauce, hot and sour sauce, and any other sugary/sticky sauces. Assume they are all full of sugar and/or MSG.
- Fortune cookies
- Sugars and artificial sweeteners



FAST FOOD

BEST CHOICE: Grilled chicken breast on a salad

WORST CHOICE: Double bacon cheeseburger with fries

SUGGESTIONS:

- Many fast food places now offer customized salads. Don't be afraid to specify exactly what you do and don't want on your salad. Ask for yours topped with grilled chicken or steak, avocado, salsa, veggies, tomatoes, onions, and cucumbers. Specify Romaine, spinach, or other green-leaf lettuce instead of iceberg.
- Grilled chicken breast without the bun
- Burger without the bun – make sure it is 100% beef with no fillers. If dairy isn't a problem, you can add full-fat mozzarella or other cheese, but NOT American processed cheese.
- Green veggies if they have them!
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep fried
- Pickles
- Sugary or creamy sauces like BBQ sauce, honey mustard, spicy buffalo, sweet 'n' sour, and creamy ranch – assume any sauce is off-limits other than plain yellow or Dijon mustard
- Most salad dressings like honey mustard and raspberry vinaigrette, which are full of sugar. Opt for olive oil and vinegar.
- Starchy veggies, including carrots and peas
- Salad toppings – anything crunchy, creamy, or crispy is usually a red alert. Always ask questions and tell your server exactly what you want.
- Most restaurants use inflammatory omega-6 oils that are reheated and become severely damaged. Always ask what oils your restaurant uses and, if possible, request olive oil for low-heat cooking.
- “Healthy” foods like sweet potato fries, fruit-added oatmeal, and granola/berry yogurt.
- Any kind of bread, including “healthy” whole wheat wraps and buns
- Sugar – it lurks in nearly everything in fast food restaurants as a preservative and flavor enhancer.
- Artificial sweeteners

FRENCH

BEST CHOICE: Nicoise salad, Chicken Provencal

WORST CHOICE: French Onion Soup, Quiche

SUGGESTIONS:

- Grilled meat and/or veggies appetizer
- Swap the French bread for olives
- Lentil soup
- Salad - oil and vinegar dressing on the side
- Avocado (great to top a salad)
- Mussels or other steamed or grilled shellfish
- Grilled steak, chicken, or fish as entrée
- Load up on as many green veggies as possible, including spinach and broccoli
- Quinoa, legumes, or wild rice
- Full-fat dairy (including ricotta, cream cheese, and goat cheese) is fine in small amounts if you're not intolerant
- For sauces, opt for hot sauce, Tabasco, or vinegar
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep fried
- Any kind of soufflé or other dish that includes bread
- Croissants
- Sweet or creamy sauces including Béchamel and brown sauce, which are often thickened with wheat flour or cornstarch
- Be aware many French sauces are cream-based and many dishes are cooked in butter. If you have a problem with dairy, skip them.
- Honey mustard and other salad dressings - safest bet is an olive oil and vinegar.
- Pastries and other desserts
- Artificial Sweeteners

Get the protein you need without any of the 7 high-FI Foods

————— JJ Virgin —————
Paleo-Inspired All-In-One Shakes
make it easy!



- 21g clean protein per serving
- the power of bone broth
- rich chocolate or versatile vanilla

STEAKHOUSE

BEST CHOICE: Salad, filet with steamed broccoli

WORST CHOICE: Steak drowned in sauce with fries and battered onion rings

SUGGESTIONS:

- Swap the bread for olives
- Salad with olive oil and vinegar dressing
- Shrimp cocktail (without the sauce)
- Grilled meat and/or veggie appetizer
- Filet or other lean steak
- Broccoli, spinach, cauliflower, or other veggie - many steakhouses offer these à la carte. Use this as an opportunity to get more delicious veggies!
- Quinoa, legumes, or wild rice
- For sauces, opt for Tabasco or vinegar
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Caesar and other salads with creamy dressings
- Steak sauce - if they give you the bottle, read labels for added sugar.
- Crunchy, crispy, and other “illegal” salad toppings including croutons, fried onions, candied walnuts, and dried cranberries
- Anything breaded and/or deep fried
- Dinner rolls (Don’t even let your server put the breadbasket down!)
- Breaded veggies and other “legal” foods (Steakhouses love to fry anything for added appeal.)
- Baked potatoes and baked sweet potatoes (These things are gargantuan at steakhouses and easily equal 3-4 servings. If you do a sweet potato, use portion control!)
- Mashed potatoes, French fries, and other typical steakhouse sides
- Giant iceberg wedge - basically a pesticide bomb drenched with creamy dressing
- Any form of dessert other than fresh berries

AMERICAN

BEST CHOICE:

Salad, grilled chicken breast topped with peppers/
onions/mushrooms, steamed green veggies, gluten-free
healthy starches

WORST CHOICE:

Bacon cheeseburger with fries and soda

SUGGESTIONS:

- Salad with olive oil and vinegar dressing
- Steamed veggies – load up on as many varieties as possible. Good choices include green beans, asparagus, broccoli, tomatoes, and spinach.
- Omelet with veggies and a side salad (as long as you tolerate eggs)
- Grilled, broiled, or baked steak, chicken, pork, or seafood
- Large customized entrée salad
- Legumes, wild rice, or quinoa
- Opt for olive oil and red wine vinegar for salads
- For sauces, opt for hot sauce, Tabasco, red wine vinegar, salsa
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything crunchy and/or deep fried
- Any form of potato, including hash browns
- Starchy veggies including peas, carrots, and corn on the cob (Not really veggies to begin with!)
- Balsamic vinegar, stick with oil and red wine vinegar for dressing
- Salads with words like creamy and crunchy
- Anything breaded – always ask because I’ve seen breaded green beans, asparagus, and otherwise healthy foods breaded and fried on menus
- Meats drowning in sugary, syrupy sauces, including BBQ sauce
- Ketchup, and other condiments – check the labels for hidden sugars
- Any kind of dessert other than fresh berries

JAPANESE

BEST CHOICE: Sashimi or sushi made with brown rice, a cucumber salad

WORST CHOICE: Edamame, rolls with special sauce (usually they are full of sugar), vegetable or meat tempura

SUGGESTIONS:

- If ordering sushi: stick with sashimi or sushi made with gluten-free brown rice (Check - don't assume!)
- Hibachi grill: steak or chicken with double steamed veggies
- Side salad with ginger dressing
- Shirataki noodles
- Choose traditional rice wine vinegar with no added sugar
- Unsweetened hot green tea
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Almost all Asian salad dressings except ginger, are full of sugar, so avoid
- Rice - if you choose brown rice, confirm it is gluten-free.
- Tempura and anything else crunchy, breaded, and/or deep-fried
- Sweetened sauces
- Teriyaki sauce



ITALIAN

BEST CHOICE: Cioppino (fish stew), mussels in garlic and olive oil

WORST CHOICE: Fettuccine Alfredo with garlic bread

SUGGESTIONS:

- Mussels
- Salad drizzled with tomatoes and olive oil
- Grilled or baked chicken, pork chop, or other protein
- Steamed veggies
- Checca sauce
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep-fried
- Marinara sauce – generally this is high in sugar, so go for a fresh Checca sauce
- Tomato soup
- Fish sauce
- Pasta as a side dish (Some restaurants will automatically bring it.)
- Gluten-containing pastas
- Sugary sauces
- Sorbet, gelato, and other desserts – stick with fresh berries
- Garlic bread (Don't even let them set it down!)



SEAFOOD

BEST CHOICE:

Grilled salmon or halibut (wild if they have it), mixed veggies, scallop appetizer

WORST CHOICE:

Fried shrimp with French fries

SUGGESTIONS:

- Salad with olive oil and vinegar
- Mussels or other shellfish appetizer
- Grilled seafood – salmon, shrimp, etc. Always look for lower-mercury fish and avoid shark, swordfish, and other larger fish
- Steamed veggies
- Wild rice, quinoa, or legumes
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep-fried – always ask if your fish is breaded or battered in any way
- Creamy and/or sugary salad dressings
- Fish sauce
- Starchy veggies including peas and carrots
- Any form of potato – mashed, sweet, etc.
- All forms of rice – if you choose brown rice, confirm it is gluten free.
- Sugary sauces (e.g., cocktail sauce)
- Cocktail and other dipping sauces

Protein worth craving...

12G CLEAN PROTEIN
8G FIBER • 3G SUGAR

JJ VIRGIN'S
ALL-IN-ONE PROTEIN BAR
DARK CHOCOLATE CHERRY
Gluten Free

12g
8g
3g

PROTEIN BAR

MEDITERRANEAN

BEST CHOICE: Roasted fish with peppers, onions, and artichokes

WORST CHOICE: Couscous

SUGGESTIONS:

- Ask for olives instead of bread
- Salad with cucumber, onions, and peppers topped with olive oil and vinegar
- Hummus with fresh veggies to dip
- Lentils and other legumes
- Lentil soup
- Grilled fish (choose lower-mercury options)
- Grilled chicken or red meat if you're not a fish fan
- Roasted peppers and artichokes
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything crunchy, breaded, and/or deep-fried – not really Mediterranean foods, but more common as Mediterranean becomes more Americanized
- Salad dressings – many have added sugar. Best bet is to stick with olive oil and vinegar
- Couscous
- Pita
- Pasta
- Fish sauce
- Sugary, syrupy sauces
- Any form of dessert
- Any kind of alcohol
- Other forms of sugar and artificial sweeteners

THAI

BEST CHOICE: Steamed chicken or pork chop with a green veggie

WORST CHOICE: Pad Thai

SUGGESTIONS:

- Grilled meat and/or veggies appetizer
- Coconut chicken or shrimp soup
- Salad - oil and vinegar dressing on the side
- Avocado (great to top a salad)
- Grilled steak, chicken, or fish as entrée
- Load up on as many green veggies as possible, including spinach and broccoli
- Low- and medium-sugar impact fruits, such as fresh berries, citrus, or apples (No added sweeteners, please!)

WATCH OUT FOR:

- Gluten, dairy, and other problem foods for intolerances.
- Anything breaded and/or deep fried
- Starchy veggies, including peas, rutabaga, and carrots
- Sugary or creamy sauces
- Any kind of dessert other than fresh berries
- Artificial sweeteners



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