

JJ VIRGIN QUICK START GUIDE



QUICK START **THE SUGAR IMPACT DIET**

JJVIRGIN.COM

WELCOME!

I'm so excited to share this life-changing weight loss journey with you!

I created this **Quick Start Guide** because I know when you're ready to change your life, you want to start now! Fast results will keep you on track, and my proven strategies will help you finally lose weight, break free from sugar cravings, stop inflammation, and feel leaner and more energetic than you thought possible.

All you have to do is commit to the process and follow through!

The first step is to find out where you are now: take the **Sneaky Sugar Inventory** and **Sugar Impact Quiz** to discover how much sugar is impacting your health. Then follow the **Sugar Impact Diet Blueprint** closely, and you'll be rewarded with amazing results!

So, ready to start? Let's begin!

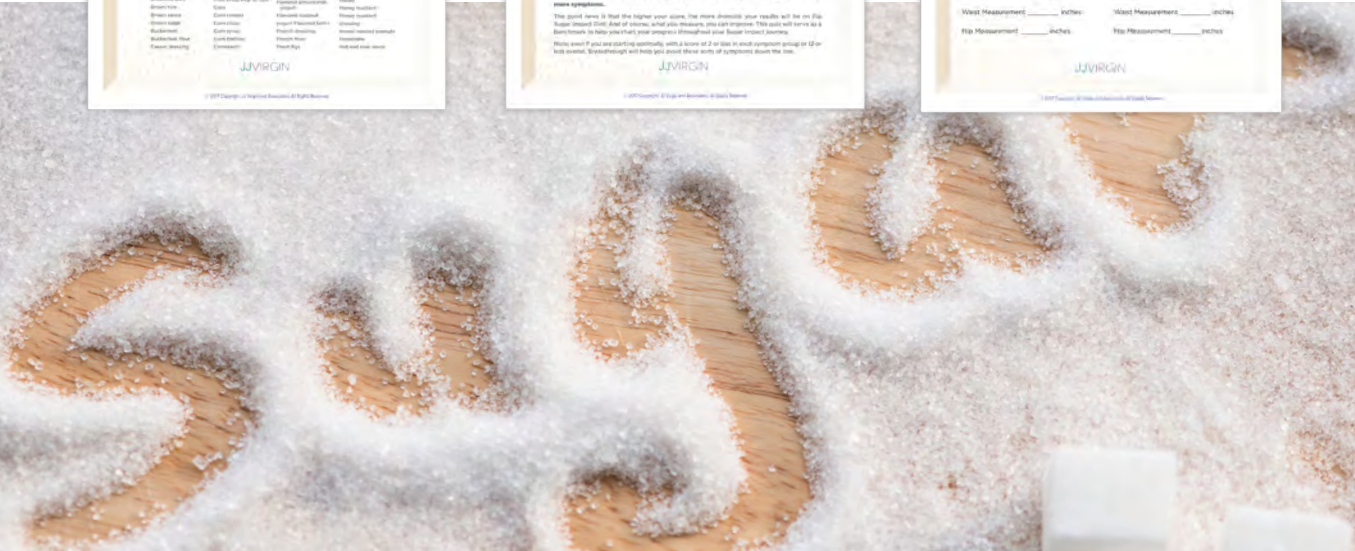
Blessings,

JJ



THE SUGAR IMPACT BLUEPRINT

- 1 Take the **Sneaky Sugar Inventory** to identify how much sugar you are actually eating
- 2 Take the **Sugar Impact Quiz** to identify the impact sugar is having on you
- 3 Take your starting **Weight And Measurements**



THE SUGAR IMPACT BLUEPRINT

TAPER (Cycle 1)

- Trade your High Sugar Impact foods for Medium Sugar Impact foods
- Take your weight and measurements
- Record your food and mood daily in your Journal Pages
- Focus on following the portions of the **Sugar Impact Plate** and eating by the **Sugar Impact Clock**

TRANSITION (Cycle 2)

- Take the **Sugar Impact Quiz** before you start Cycle 2
- Trade your Medium Sugar Impact foods for Low Sugar Impact foods and avoid any Low Sugar Impact foods that are asterisked (ie most fruit)
- Hide or toss the Medium and High Sugar Impact foods
- Record your food and mood journal daily
- Take your weight and measurements weekly
- Check in with **Sugar Impact Quiz** at the two week mark to determine if you should stay in Cycle 2 or shift into Cycle 3

TRANSFORMED (Cycle 3)

- Swap 3-4 Low Sugar Impact servings for Medium Sugar Impact servings; 1-2 of these servings should be from fruit
- Have one High Sugar Impact serving at the end of the week
- Weigh, measure and retest at the end of the week. Decide whether you can stay in Cycle 3, or you need to return to Cycle 2

LOW SUGAR IMPACT FOR LIFE

Once a year repeat Cycles 1 and 2 to ensure you're retaining your sugar sensitivity, and to bust any plateaus. You should also do Cycles 1 and 2 again if you "fall off the wagon."

SNEAKY SUGARS INVENTORY

The Sneaky Sugars Inventory is a real eye-opener when it comes to finding the sugary landmines in your diet! It helps you quickly identify where medium- and high-sugar impact foods are sneaking into your diet.

Be sure to check the Swaps List for healthy alternatives that taste so good, you'll never miss a thing on this list!

Circle any food or food ingredient you've eaten in the last week

Acesulfame-K	Cakes and pies	Couscous	Frozen yogurt
Agave	Candy	Crackers	Fruit added cream cheese
Almond milk ice cream	Cane syrup	Cream cheese spread	Fruit juice concentrates
Amaranth	Canned fruit cocktail	Cream of Wheat	Fruit juice Popsicles
Amaranth flour	Capri Sun	Creamsicles	Fruit juices
Animal crackers	Caramel sauce	Crystal Light	Fruit leather
Apples	Carnation Instant Breakfast	Crystalline fructose	Fudgesicles
Apricots	Carrot juice	Cyclamates	Fuze
Asian dressing	Catalina dressing	Dates	Garbanzo flour
Aspartame	Cereals	Diet soda	Gatorade
Baked beans	Champagne	Dried fruit snacks	Gelato
Balsamic vinaigrette	Cherries	Energy bars	Gin
Balsamic vinegar	Chocolate syrup	English muffins	Glazed nuts
Banana Barley	Cocktail sauce	"Enhanced" waters (with sweeteners)	Glucose
BBQ sauce	Coconut milk creamer, (sweetened)	Ensure	Gluten-free beer
Bean chips	Coconut-milk ice cream (sweetened)	Farro	Gluten-free flour
Beer	Coconut palm sugar	Fat-free baked chips	Graham crackers
Beet juice	Coconut sugar	Fat-free muffin mix	Granola bars
Beets	Coffee creamers (refrigerated or dry)	Fat-free/sugar-free Jell-O	Grapes
Biscotti	Commercial "smoothies"	Fat-free pudding	Green curry sauce
Black bean flour	Cookies	Fat-free Twizzlers	Grits
Blue cheese dressing	Cool Whip Reg. or Lite	Fava bean flour	Half and half
Brandy	Corn	Fermented soy	High-fructose corn syrup
Bread & butter pickles	Corn cereals	Fish sauce	Hoisin
Breakfast bars	Corn chips	Flavored almond milk yogurt	Honey
Brown rice	Corn syrup	Flavored coconut yogurt	Honey mustard
Brown sauce	Corn tortillas	Flavored kefir	Honey mustard dressing
Brown sugar	Cornstarch	French dressing	Honey roasted peanuts
Buckwheat		French fries	Honeydew
Buckwheat flour		Fresh figs	Hot and sour sauce
Caesar dressing			

- Hot cocoa
- Ice cream
- Ice cream sandwiches
- Instant oatmeal
- Instant rice
- Italian dressing
- Jams
- Ketchup
- Kiwi
- Kombucha tea
- Kool-Aid
- Lentil chips
- Low-fat cheeses
- Low-fat cream cheese spread
- Low-fat graham crackers
- Low-fat or fat-free ice cream bars
- Low-fat or fat-free ice cream
- Low-fat or light frozen dinners: Lean Cuisine, Lean Pockets, Lean Gourmet, etc.
- Low-fat Oreos
- Low-fat plain yogurt
- Macaroni and cheese
- Maltodextrin
- Mango
- Mannitol
- Maple syrup
- Marinara sauce
- Marshmallows
- Mashed potatoes
- Matzoh
- Milk chocolate
- Millet
- Millet flour
- Mixed drinks
- Molasses
- Mousse
- Muesli
- Muffins
- Mung bean noodles
- Nectar
- Neotame
- Nestlé's Quik
- Neufchatel cheese
- Non-fat cheeses
- Non-fat cream cheese
- Non-fat plain yogurt
- Nut chips
- Oyster crackers
- Papaya
- Parsnips
- Part-skim mozzarella
- Part-skim ricotta
- Pastas
- Peanut sauce
- Pears
- Peas
- Pickle relish
- Pineapple
- Pineapple cottage cheese
- Pita
- Plain coconut yogurt (sweetened)
- Plums
- Polenta
- Pomegranate
- Popcorn
- Pop-Tarts
- Port Wine
- Potato chips
- Potato starch
- PowerAde
- Preserves
- Pretzels Pudding
- Puffed millet
- Puffed rice
- Quick breads
- Quinoa flakes
- Quinoa flour
- Quinoa pastas
- Ranch dressing
- Raspberry vinaigrette
- Red curry sauce
- Reduced-fat cookies
- Reduced-fat crackers
- Reduced-fat macaroni and cheese
- Reduced-fat peanut butter
- Reduced-fat Pringles
- Rice cakes
- Rice chips
- Rice crackers
- Rice flour
- Rice pasta
- Rice syrup
- Rice tortillas
- Risotto
- Rockstar energy drink
- Root veggie chips
- Rum
- Rutabaga
- Saccharin
- Scones
- SlimFast
- Snack packs
- SnackWells low-fat and fat-free cookies and treats
- Sobe
- Sodas
- Diet Sodas
- Sorbet
- Sorbitol
- Soy cheeses
- Splenda
- Sprouted whole grain breads
- Steak sauce
- Strawberry cream cheese
- Sucralose
- Sundried tomatoes
- Sweet chili
- Sweet pickle relish
- Sweet pickles
- Sweet potato fries
- Sweet potatoes
- Sweet tea
- Sweetened coconut water
- Sweetened cows' milks (vanilla, chocolate)
- Sweetened dairy-free milks
- Sweetened nut butters
- Sweetened whipped cream
- Tangerines
- Tartar sauce
- Tequila
- Teriyaki sauce
- Thousand Island dressing
- Tomato juice
- Tomato paste
- Tomato sauce
- Tortillas
- Unsweetened rice milk
- Unsweetened soy milk
- V8 juice
- Vitamin Water
- Vodka
- Wasa crackers
- Water crackers
- Watermelon
- Wheat breads
- Whipped cream cheese
- White flour products
- White potatoes
- Whole grain cereal
- Wine
- Worcestershire sauce
- Yams
- Yogurts with sugar or artificial sweeteners
- Dark chocolate with under 75% cacao content
- 94% fat-free microwave kettle corn
- 94% fat-free microwave popcorn

SUGAR IMPACT QUIZ

These are the symptoms most people consider “normal” – a natural part of life or aging. In reality, they are some of the most common signs of carb intolerance!

Rate each category of symptoms below from 1 to 5. A score of 1 means that the symptom is a non-issue, while 5 means it’s a consistent or severe problem.

Low or unstable energy	1	2	3	4	5
Sugar and carb cravings	1	2	3	4	5
Appetite	1	2	3	4	5
Poor mood and focus	1	2	3	4	5
Gas and bloating	1	2	3	4	5
Difficulty losing weight	1	2	3	4	5
Belly fat	1	2	3	4	5

YOUR TOTAL

HOW DID YOU DO?

This is not a quiz where you want to score high! The higher your score, the more your carb intolerance is affecting your health.

A high score is considered A) a total score of 20 or above or B) a score of 4 or 5 in two or more symptoms.

The good news is that the higher your score, the more dramatic your results will be on the Sugar Impact Diet! And of course, what you measure, you can improve. This quiz will serve as a benchmark to help you chart your progress throughout your Sugar Impact journey.

Note: even if you are starting optimally, with a score of 2 or less in each symptom group or 12 or less overall, Breakthrough will help you avoid these sorts of symptoms down the line.

THE MANY NAMES FOR SUGAR

Barley malt
Beet sugar
Brown sugar
Buttered syrup
Cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
Confectioner's sugar
Corn syrup
Corn syrup solids
Date sugar
Demerara sugar
Dextran
Dextrose
Diastatic malt
Diastase
Ethyl maltol
Fructose
Fruit juice
Fruit juice concentrate
Galactose
Glucose
Glucose solids
Golden sugar
Golden syrup
Grape sugar
High-fructose corn syrup
Honey
Icing sugar
Invert sugar
Lactose
Malt syrup
Maltodextrin

Maltose
Maple syrup
Molasses
Muscovado sugar
Panocha
Raw sugar
Refiner's syrup
Rice syrup
Sorbitol
Sorghum syrup
Sucrose
Sugar
Treacle
Turbinado sugar
Yellow sugar

The Many Names of Artificial Sweeteners

Acesulfame potassium
Alitame
Aspartame
Aspartame-acesulfame salt
Cyclamate
Isomalt
Neohesperidin
dihydrochalcone
NutraSweet
Saccharin
Splenda
Sucralose



THE 7 FOOD GROUPS

Within each of these seven categories, I've ranked foods according to the **Virgin Sugar Impact Scales**, so that you'll know just which High-SI foods to trade for Low-to Medium-SI options



GRAINS, LEGUMES, NUTS & SEEDS



ROOTS & VEGETABLES



FRUITS



LOW & NO-FAT DAIRY AND DIET FOODS



SAUCES, DRESSINGS, AND CONDIMENTS



DRINKS



SWEETENERS AND ADDED SUGAR

THE VIRGIN SUGAR IMPACT SCALE

GRAINS, LEGUMES, NUTS & SEEDS

LOW SUGAR IMPACT

Lentils
 Black Beans
 Black turtle beans
 Boston navy beans
 Broad beans
 Cannellini beans
 Chickpeas
 Fava beans
 French green beans
 Great Northern beans
 Green beans
 Kidney beans
 Lima beans
 Mung beans
 Pinto beans
 Wax beans
 Quinoa
 Hummus
 Wild rice
 Groats
 Long Cooking Oatmeal - rolled
 or steel cut
 Shirataki noodles
 Lentil soup
 Chili - homemade, no sugar
 added
 Coconut wraps
 Coconut flour
 Dehydrated unsweetened
 coconut
 Roasted chestnuts
 Almond flour
 Pumpkin seeds
 Sunflower seeds
 Flax seeds
 Chia seeds
 Sesame seeds
 Hemp seeds
 Pecans
 Brazil nuts
 Cashews
 Hazelnuts
 Macadamia nuts
 Walnuts

Almonds
 Pine Nuts
 Pistachios
 Poppy seeds
 Peas
 Unsweetened nut butters
 Peanuts*
 *Ideally, choose tree nuts rather than
 peanuts for their superior fatty acid
 profile and lower allergenicity potential

MEDIUM SUGAR IMPACT

Rice pasta
 Arrowroot*
 Amaranth
 Buckwheat
 Millet
 Rice tortillas
 Sprouted whole grain breads
 Brown rice
 Fermented soy
 Ezekiel Sprouted Cereal
 Quinoa flakes
 Quinoa pasta
 Chili - store bought, sugar added
 Amaranth, rice, millet or
 buckwheat flour
 Garbanzo flour
 Quinoa flour
 Fava bean flour
 Black bean flour
 Rice crackers
 Rice chips
 Bean chips
 Lentil chips
 Nut chips

*note if a small amount is used in a recipe,
 i.e. 1 tablespoon for 4 servings, this is safe
 for Cycle 2

HIGH SUGAR IMPACT

Gluten free flour blend
 Mung bean noodles
 Honey roasted peanuts
 Cornstarch
 Glazed nuts

Sweetened nut butters
 Instant oatmeal
 Instant rice
 Baked beans
 Puffed rice, puffed millet rice cakes
 Polenta
 Corn
 Cornbread
 Wheat bread
 Pasta
 Tortillas
 Couscous
 Soy cheese
 Muffins
 White flour
 Cakes & Pies
 English muffins
 Scones
 Biscotti
 Cream of Wheat
 Pop-tarts
 Grits
 Macaroni and Cheese
 Matzoh
 Pita
 Risotto
 Muesli
 Quick breads
 Sugar cereals
 Barley
 Farro
 Graham crackers
 Water crackers
 Animal crackers
 WASA crackers
 Oyster crackers
 Popcorn
 Corn Tortillas & Corn Chips
 Cookies
 Crackers
 Edamame - This is low sugar, but
 high in lectins that can cause leptin
 resistance, choose only organic
 fermented soy.

THE VIRGIN SUGAR IMPACT SCALE

ROOTS AND VEGETABLES

LOW SUGAR IMPACT

Broccoli
Cauliflower
Peppers
Mushrooms
Lettuces
Zucchini
Bok choy
Asparagus
Cabbage
Radish
Eggplant
Artichoke
Spinach
Kale
Watercress
Mustard greens
Chard
Cucumber
Brussels sprouts
Celery
Radicchio
Okra
Sprouts
Escarole
Onions
Leeks
Snow peas
Sugar snap peas
Spaghetti squash
Kale chips
Maca
Carrots
Pumpkin
Acorn squash
Butternut squash
Kabocho squash
Jicama
Water chestnuts
Ginger Root
Turnips

MEDIUM SUGAR IMPACT

Yams
Sweet potatoes
White potatoes
Beets
Parsnips
Rutabaga
Plantain

HIGH SUGAR IMPACT

Potato chips
Root veggie chips
Carrot juice
Beet juice
French fries
Sweet potato fries
Mashed potatoes



THE VIRGIN SUGAR IMPACT SCALE

FRUITS

LOW SUGAR IMPACT

Blueberries
Strawberries
Raspberries
Cranberries
Guava
Grapefruit
Cantaloupe
Nectarines
Peaches
Starfruit
Persimmon
Oranges
Acai berries (no sugar added)
Olives*
Tomatoes*
Gazpacho*
Limes*
Lemons*
Avocado*

* 0-1 grams fructose -safe
for Cycle 2

MEDIUM SUGAR IMPACT

Papaya
Bananas
Honeydew
Kiwi
Plums
Apricots
Tangerines
Tomato juice
Tomato paste
Tomato sauce
Cherries
Pomegranate
Fresh Figs
Apples
Pears
Dates
Grapes
Mango
Watermelon
Pineapple
Sun dried tomatoes
V8 Juice

HIGH SUGAR IMPACT

All dried fruit
Fruit leather
Fruit juices
Jams
Preserves and conserves Nectar
Sorbet
Fruit juice concentrates Canned
fruit cocktail
Fruit juice Popsicles



THE VIRGIN SUGAR IMPACT SCALE

LOW FAT AND NO FAT DAIRY & DIET FOODS

LOW SUGAR IMPACT

No sugar added coconut, cashew or almond milk
Organic plain full fat Greek-style yogurt
Plain cultured coconut yogurt (no sugar)
Full fat plain cottage cheese
Organic creamer
Plain dairy or coconut kefir
Flax milk - unsweetened
Full fat cheeses (avoid blue cheese due to gluten)
Monkfruit sweetened coconut ice cream
Full fat cream cheese
Ricotta cheese
Mozzarella
Protein Powder (following my parameters)
No sugar added coconut creamer
No sugar added cultured coconut milk
Nut cheese

MEDIUM SUGAR IMPACT

Full fat grass fed milk
Full fat organic milk
Unsweetened rice milk
Organic low fat or nonfat plain Greek-style yogurt
Plain coconut yogurt, sweetened
Sweetened coconut milk creamer
Half & half
Low fat cream cheese spread
Cream cheese spread
Whipped cream cheese
Neufchatel cheese
Soy cheese
Part skim mozzarella
Low fat cheese
Part skim ricotta

Pineapple cottage cheese

HIGH SUGAR IMPACT

Strawberry cream cheese
Sweetened coffee creamers
Hot cocoa
Sweetened whipped cream
Non-fat cheeses
Blue cheese
Nonfat cream cheese
Reduced fat peanut butter
Granola bars
Protein bars
Dried fruit snacks
Reduced fat macaroni and cheese
Low fat Oreos
Low fat and fat free cookies
Low/Reduced fat crackers
Fat free pudding
Fat free muffins
Pretzels
Reduced fat Pringles
Low fat graham crackers
Snack packs
Fat free Twizzlers
Reduced fat crackers
Nestle's Quik
Carnation Instant Breakfast
Low fat or Fat free Ice cream
Low fat or Fat free ice cream bars
Fat free sugar free Jello
94% fat free microwave popcorn
Low fat or Lite Frozen Dinners
Lite Cool Whip
Ensure
Flavored coconut yogurt
Flavored almond milk yogurt
Breakfast bars
Fat free baked chips
Snackwells low fat and fat free cookies and treats
Fruit added cream cheese
Nonfat cream cheese
94% fat free microwave kettle corn
Whey protein



THE VIRGIN SUGAR IMPACT SCALE

DRESSINGS

LOW SUGAR IMPACT

Mustard
Salsa
Tabasco
Vinegar
Coconut aminos
Hot sauce
Nutritional Yeast
Olive oil
Macadamia nut oil
Malaysian palm fruit oil
Sesame oil
Walnut oil
Avocado oil
Tapenade
Olives
Pesto
Sour dill pickles
Checca Sauce
Wheat free tamari*
Bragg's Liquid Aminos*
*if not intolerant to soy

MEDIUM SUGAR IMPACT

Fish sauce
Italian dressing
Green curry sauce
Red curry sauce
Caesar dressing
Marinara sauce (no sugar added)
Pickle relish
Sweet pickle relish
Sweet pickles
Bread & butter pickles
Tomato sauce

HIGH SUGAR IMPACT

BBQ sauce
Balsamic vinegar
Balsamic vinaigrette
Marinara sauce (sugar added)
Teriyaki sauce
Worcestershire sauce
Steak sauce
Hoisin Sauce
Sweet chili Sauce
Brown sauce
French dressing
Raspberry vinaigrette
Asian dressing
Honey mustard
Honey mustard dressing
Ketchup
Tartar sauce
Blue cheese dressing
Ranch dressing
Thousand Island
Catalina Dressing
Cocktail sauce
Hot and Sour sauce
Peanut sauce



THE VIRGIN SUGAR IMPACT SCALE

DRINKS

LOW SUGAR IMPACT

Green tea (no sugar added)
 Unsweetened fruit essence teas
 Teachino
 Hint water
 Water
 Sparkling mineral water
 Organic coffee & decaf coffee
 All teas
 Green drinks* (greens only no fruit, carrot or beet added)

*Do not drink on their own - add fiber (and preferably protein)

MEDIUM SUGAR IMPACT

Dry red wine
 Dry white wine
 Gluten-free beer
 Tequila
 Vodka
 Gin
 Tomato juice
 V8 (not with fruit juice)
 Kombucha tea (no sugar added)

HIGH SUGAR IMPACT

Beer
 Wines - sweet, dessert
 Champagne
 Port
 Mixed drinks
 Rum
 Brandy
 Soda
 Diet Soda
 "Enhanced" waters (that have sweeteners)
 Fruit juices
 Carrot juice
 Sweet tea
 Commercial "smoothies"
 Fuze
 Gatorade
 Sobe
 Vitamin Water
 Rockstar
 PowerAde
 Coconut water
 Kool-Aid
 Crystal Light
 Capri Sun
 Nestle's Quik
 Carnation Instant Breakfast
 Slim Fast



THE VIRGIN SUGAR IMPACT SCALE

SWEETENERS & ARTIFICIAL SUGARS

LOW SUGAR IMPACT

Monkfruit
Stevia
Xylitol
85% dark chocolate*
100% dark Chocolate
Raw Cacao (powder and nibs)
Erythritol
Chicory
Inulin

*Stay off in Cycle 2 unless made with low SI sweetener

MEDIUM SUGAR IMPACT

Glucose (non GMO)
Rice syrup
Cane syrup (non GMO)
Raw brown sugar (non-processed)
70% or higher dark chocolate
Coconut sugar
Local organic raw honey
Blackstrap molasses
Sorbitol
Mannitol
Coconut palm sugar
Agave

HIGH SUGAR IMPACT

Honey (processed)
Maple syrup
Molasses
Fruit juice concentrate
Processed brown sugar
Aspartame
Neotame
Cyclamates
Splenda
Sucralose
Acesulfame-K
Saccharin
Milk chocolate
<70% dark chocolate
Maltodextrin
Crystalline fructose
HFCS (High Fructose Corn Syrup)
Corn syrup
Caramel sauce
Chocolate syrup
Candy
Marshmallows
Licorice

BREAKTHROUGH CARB INTOLERANCE



WHAT TO LOOK FOR IN A SHAKE

Replacing one or two meals a day with a protein shake is my number one choice for supporting fast fat loss, optimal nutrition, and sustained energy.

Smoothies (a.k.a. protein shakes) take all the effort out of food prep, and they guarantee you'll never skip breakfast again. If you have 5 minutes, a few grocery staples, and a blender, you've got a meal!

Protein shakes also make it simple to cut gluten, dairy, soy, eggs, corn, peanuts, and sweeteners out of your diet while you test your sugar impact and find your new normal.

HOW TO CHOOSE YOUR PROTEIN

Avoid soy, egg, or dairy/whey protein powders. They contribute to inflammation and food intolerance symptoms that can prevent weight loss and make you feel miserable.

Go high protein. Each serving of protein shake powder should contain 20-25 grams of clean, lean protein.

Stay natural. Look for protein that's GMO- and hormone-free (no recombinant bovine growth hormone, or rGBH). Avoid artificial colors, preservatives, and other additives.

Aim for low sugar impact. Your protein powder should have no more than 4-5 grams of sugar per serving derived from natural sweetener or sugar alcohols (i.e. stevia, xylitol, erythritol, glycine, or mannitol). NO fructose or agave!

For vegetarians and vegans... Look for a blend of plant-based proteins. My preferred sources are pea, chia, cranberry, chlorella, hemp, and/or brown rice.

For Paleo dieters or omnivores... My favorite protein is made up of defatted beef protein and collagen. It's got all the power of bone broth without any of the hassle or mess! (And don't worry, it comes in vanilla and chocolate...)



BREAKTHROUGH BASIC SHAKE

CREATING THE PERFECT SHAKE

(IN 5 MINUTES OR LESS!)

1. Select your protein.
2. Add your fiber.
3. Add your fruit.
4. Add your leafy greens.
5. Add your healthy fat.
6. Add liquid, ice, and blend!

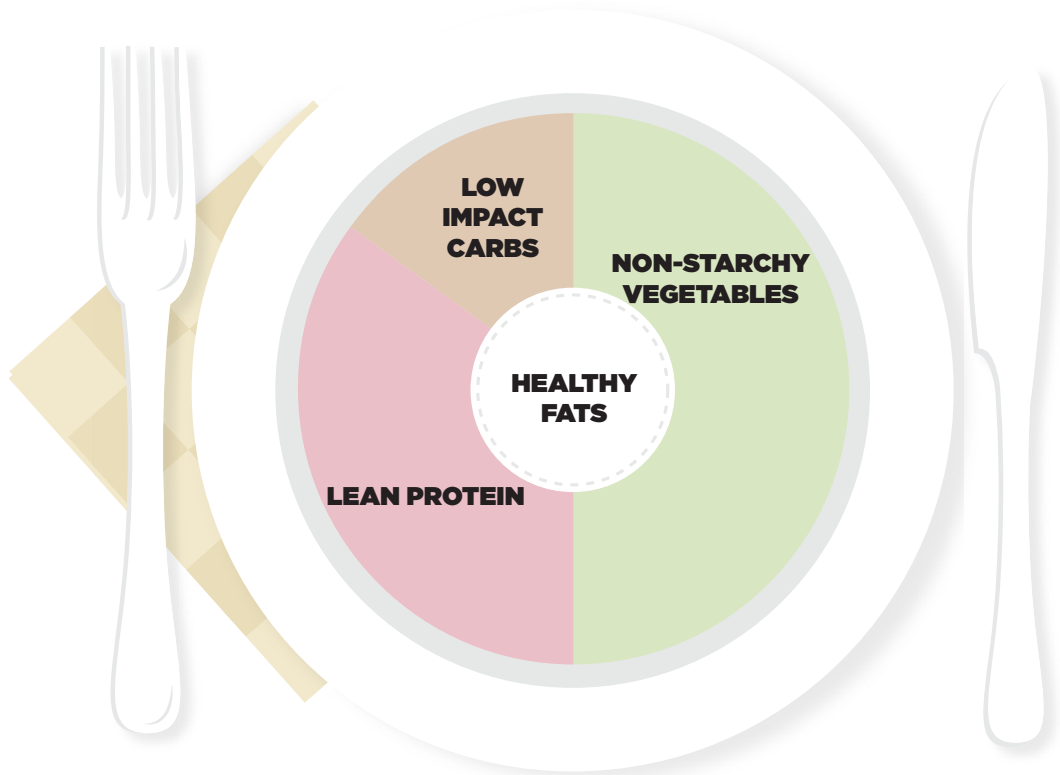


MAKES 1 SERVING

- 2 scoops **JJ Virgin All-In-One Protein Shake** (your choice of flavor and protein type)
- 2 tsp **JJ Virgin Extra Fiber** or 1 Tbsp chia seeds
- 1/2 cup frozen mixed berries
- 1/2 cup organic frozen spinach
- 1 Tbsp coconut oil
- 8 oz. unsweetened coconut or almond milk

Blend ingredients well in blender. You can thin your shake by adding water or thicken it by adding ice cubes. Enjoy!

SUGAR IMPACT PLATE

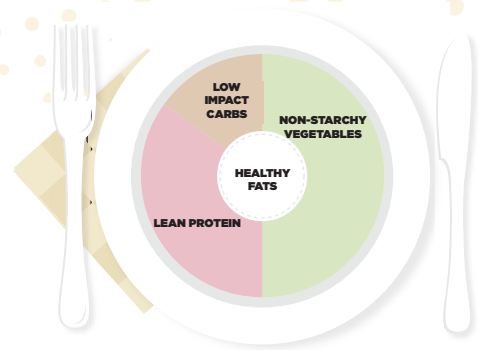


BREAKTHROUGH CARB INTOLERANCE

When you eat according to the **Sugar Impact Plate**, you get balanced meals of clean, lean protein, healthy fats, colorful non-starchy veggies, and a few slow-low carbs.

That means you're not going to battle symptoms of high sugar impact, like weight gain, brain fog, blood sugar issues, constant hunger, or cravings. You'll also eat less overall. Plus, what you do eat will be food that heals and honors your body and burns fat fast!

WHAT TO EAT SUGAR IMPACT PLATE



LEAN PROTEIN

One of the fastest ways to burn fat and feel energized is by eating protein. Every meal should include 1-2 servings of clean, lean protein. A serving is 4-6 ounces for women, 6-8 ounces for men.

JJ's Top Ten: Wild Salmon, Grass-Fed Beef, JJ Virgin's All-in-One Protein Shake, Legumes, Wild Scallops, Pastured Eggs (if not sensitive), Quinoa, Grass-fed Lamb, Pastured Organic Chicken Breast, Flaxseed or Chia Seeds

HEALTHY FATS

Fat doesn't make you fat – sugar makes you fat! Ideally, you should have 2-3 servings of healthy fats at every meal. (Men and athletic women can go up to 4.) Remember, many proteins like wild salmon and grass-fed beef also contain healthy fats.

JJ's Top Ten: Macadamia Nut Oil, Avocados or Avocado Oil, Red Palm Fruit Oil, Hemp Seeds, Almond Butter, Olive Oil

NON-STARCHY VEGETABLES

The more non-starchy veggies you eat, the better! I want you to get 2 or more servings at every meal. A serving size is 1/2 cup cooked or 1 cup raw.

JJ's Top Ten: Brussels Sprouts, Red Peppers, Broccoli, Cabbage, Arugula, Garlic, Kale, Artichokes, Cauliflower, Spinach

LOW IMPACT CARBS

Aim to get 1-2 servings of high-fiber starchy carbs per meal. Larger or more athletic men can have 3.

JJ's Top Ten: Lentils, Quinoa, Butternut Squash, Tomatoes, Black Beans, Hummus, Pumpkin, Raspberries, Avocados, Wild Rice

EAT BY THE CLOCK

Eat a substantial breakfast within 1-2 hours of waking up

Stop eating three hours before bed
(NO- this does not mean going to bed later!)

Eat every 4-6 hours, which means you'll be eating three balanced meals a day, plus 1 snack ONLY IF NECESSARY!



DON'T FORGET YOUR WATER

Aim for at least 8 glasses a day of filtered water, beginning with a glass of lemon water when you wake up.

The only time to limit water consumption is during meals, when too much liquid can dilute your stomach enzymes and prevent protein digestion. Otherwise, keep that water bottle close by and sip throughout your day.

8
GLASSES
A DAY



BREAKTHROUGH SNACK IDEAS

I know it's a funny way to start a snack article, but I don't actually recommend snacking...

One of the biggest nutrition myths I've ever heard is the idea that a healthy diet is made up 5-6 small meals a day!

The opposite is actually true.

WHY I DON'T SNACK

In order for your body to burn fat for energy instead of sugar, it's important that you go 4-6 hours between each meal, as well as have a 12-14 overnight fast between dinner and breakfast.

Those gaps between meals tell your body that it can't rely on a steady supply of carbs/sugars for energy. So it naturally turns to burning your stored fat and the healthy fats you eat for sustained energy instead.

When you eliminate snacking, you also give your hunger hormones time to regulate properly. Eating less often actually makes you feel less hungry.

The key is to be sure you get excellent nutrition at every meal, so you stay full and energized for the entire 4-6 hours until you eat again. (That's why it's so important to eat by the [Sugar Impact Plate](#) guidelines provided in this program.)

HOW TO SNACK RIGHT

That said, there are times when you just need an extra boost. Especially when you first start the program, you may still find you have cravings or increased appetite. Better to satisfy those with the healthy options listed below than those awful 100-calorie snack packs!

Whether you need a little extra energy before a workout or something to get you through the long commute home, the ideas and recipes below are all healthy options.

Just do me a favor and try drinking a glass of water first when you get a snack attack...

As you shift from being a sugar burner to a fat burner and eliminate the cravings that come from exposure to food intolerance, you'll find you need to eat less often. Soon snacking will be a thing of the past!

One final note: tiny tummies have different needs. Young children need to eat more often, so the 3-meal rule doesn't apply. Check with your pediatrician for help determining your kiddo's nutritional needs, but rest assured that all the suggestions below are healthy choices for any age.

BREAKTHROUGH SNACK IDEAS



HEALTHY SNACK OPTIONS

- fresh veggie dippers with hummus (recipe in Breakthrough Family Guide)
- fresh berries and nut butter (recipe in Breakthrough Family Guide)
- unsweetened cultured coconut yogurt with fresh berries or apple chunks
- lentil or bean chips with guacamole
- kale or seaweed chips
- roasted chickpeas or nuts (recipe in Breakthrough Family Guide)
- protein cookie bites (recipe in Breakthrough Family Guide)
- protein popsicles (recipe in Smoothie Guide)
- chia seed pudding (recipe in Breakthrough Family Guide)
- 1/2 a quality, low-sugar impact protein or fiber bar

WHERE TO GET RECIPES

[*The Sugar Impact Diet*](#)

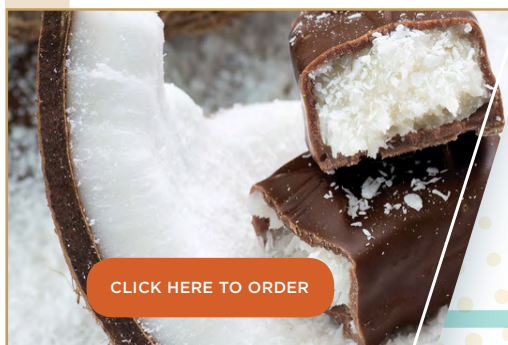
[*The Sugar Impact Diet Cookbook*](#)

[*The Virgin Diet Cookbook*](#)

Hundreds of free low-sugar impact recipes at jjvirgin.com/recipes



BREAKTHROUGH CARB INTOLERANCE



[CLICK HERE TO ORDER](#)

Dark Chocolate Coconut Fiber Bars

1 GRAM SUGAR

11 GRAMS FIBER • MCT OILS



BREAKTHROUGH RESTOCK LIST

It's not enough just to toss the bad guys - you need to be sure your kitchen is full of yummy, healthy options so you can create nutritious meals without worrying or checking ingredient labels.

FOR YOUR PANTRY

JJ Virgin Store

- JJ Virgin All-In-One Protein Shake** (available in Plant-Based or Paleo Inspired)
- JJ Virgin Extra Fiber** (if desired)
- Unsweetened coconut, almond, or cashew milk
- Cacao nibs
- Chia seeds
- Beans and lentils (low-sodium canned and/or dried beans in bulk; black beans, white navy/cannellini beans, kidney beans, garbanzo beans)
- Organic chicken & vegetable broths
- Organic brown Basmati rice
- Quinoa (red or white)
- Gluten-free pasta (Look for brands made with quinoa or lentils - no corn!)
- Organic brown rice cakes (Flavored are fine, as long as they're still gluten- and corn-free.)
- Nuts (raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, or pistachios)
- A little dark chocolate (Note to self: a LITTLE dark chocolate = 1 oz per serving)
- Unsweetened green tea
- Canned artichoke hearts in water
- Canned diced green chiles
- Ready-made sauces (Make sure you read labels to avoid the 7 Hi-FI foods, including hidden sugars and artificial sweeteners.)
- Coconut aminos
- Marinara sauce (no sugar added; organic if available)
- Coconut oil
- Olive oil (for cooking)
- Extra virgin olive oil (for raw use in dressings)
- Malaysian palm fruit oil or avocado oil
- Vinegars with no added sugars (try red wine vinegar, rice wine vinegar, or champagne vinegar)

Spices

Purchase organic, non-irradiated spices.

- Sea salt
- Black peppercorns (best flavor when freshly ground)
- Italian spice blend
- Mexican spice blend
- Dried herbs de Provence
- Dried or fresh rosemary
- Dried or fresh thyme
- Dried oregano
- Dried or fresh basil
- Ground cayenne pepper or chipotle pepper
- Smoked paprika
- Ground cumin
- Ground cinnamon

FOR YOUR FREEZER:

- Grass-fed beef, bison, and lamb
- Organic chicken and turkey sausage
- Organic free-range chicken and turkey breast
- Wild-caught fish (My favorites are sole, salmon, and halibut.)
- Wild-caught scallops
- Wild-caught shrimp
- Frozen berries (Blueberries, strawberries, and raspberries are wonderful.)
- Frozen veggies (Have a wide variety, and use them for sides, soups, and stir-fry.)
- Frozen fire roasted peppers and onions

FOR YOUR FRIDGE:

- Sliced turkey (Be sure it's gluten-, corn-, soy-, and nitrate-free.)
- Sliced grass-fed roast beef (Be sure it's gluten-, corn-, soy- and nitrate-free.)
- Roasted whole chicken
- Uncured, nitrate-free bacon (Wonderful added to salads!)
- Unsweetened nut butters (almond, pecan, walnut, macadamia, and cashew)
- Guacamole
- Fresh salsa
- Dijon or prepared yellow mustard (no sweeteners, including honey)
- Salad greens
- Flaxseed (grind fresh before use)

FOR YOUR FRUIT & VEGGIE BINS

Get all the non-starchy veggies you can store and eat in a week. I like to get containers of precut, fresh, washed veggies. Be sure to read below about how to choose fruits and veggies safely!

HOW TO CHOOSE YOUR FRUITS & VEGGIES SAFELY

Organic is always the best. Next, buy locally farmed or at the very minimum stateside- farmed produce. Other countries do not have the regulations regarding pesticides that we do, so while you may save a few pennies, you could be placing your health at risk.

The following is the EWG's 2017 **Dirty Dozen List™**. These are the items that should always be purchased organic because they grown with the most pesticides.



- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears

- Cherries
- Grapes
- Celery
- Tomatoes
- Bell peppers
- Potatoes

YOUR BREAKTHROUGH JOURNAL

Print and fill out 21 of these pages for every day of Cycle 1, then do the same when you get to Cycle 2. (How long you're in Cycle 2 will depend on when/how you react to the foods you're testing.)

Date: _____ **Weight:** _____

MEALS

BREAKFAST **Time:** _____

What you ate: _____

LUNCH **Time:** _____

What you ate: _____

DINNER **Time:** _____

What you ate: _____

SNACKS **Time:** _____

What you ate: _____
Time: _____

What you ate: _____

WATER

Check the box each time you drink 8 oz:

GI/BMs: _____

SYMPTOMS: (Record any symptoms you are noticing and how often/how severe.)

NOTES

WEIGHT & MEASUREMENT TRACKER

Throughout the program, weigh yourself daily to be sure you stay on track. Once a week, take your waist, and hip measurements, and record both those and your weight on the sheet below.

Starting Measurement Date: _____ Measurement Date: _____

Starting Weight _____ lbs Weight _____ lbs

Starting Waist Measurement _____ inches Waist Measurement _____ inches

Starting Hip Measurement _____ inches Hip Measurement _____ inches

Measurement Date: _____ Measurement Date: _____

Weight _____ lbs Weight _____ lbs

Waist Measurement _____ inches Waist Measurement _____ inches

Hip Measurement _____ inches Hip Measurement _____ inches

Measurement Date: _____ Measurement Date: _____

Weight _____ lbs Weight _____ lbs

Waist Measurement _____ inches Waist Measurement _____ inches

Hip Measurement _____ inches Hip Measurement _____ inches

JJ VIRGIN

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