

# 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





- 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**

Buckle  
THROUGH

WEIGHTS & MEASUREMENT

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

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## 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.

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



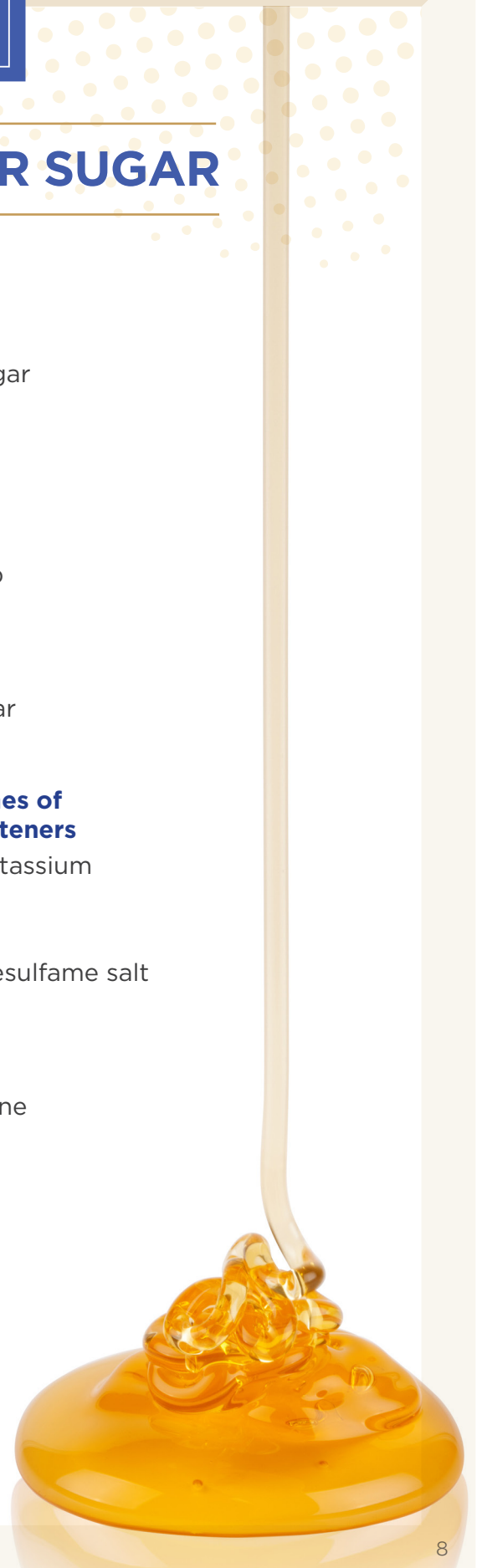
## THE MANY NAMES FOR SUGAR

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  
 Kabocha 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

#### HIGH SUGAR IMPACT

Pineapple cottage cheese  
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





## 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!

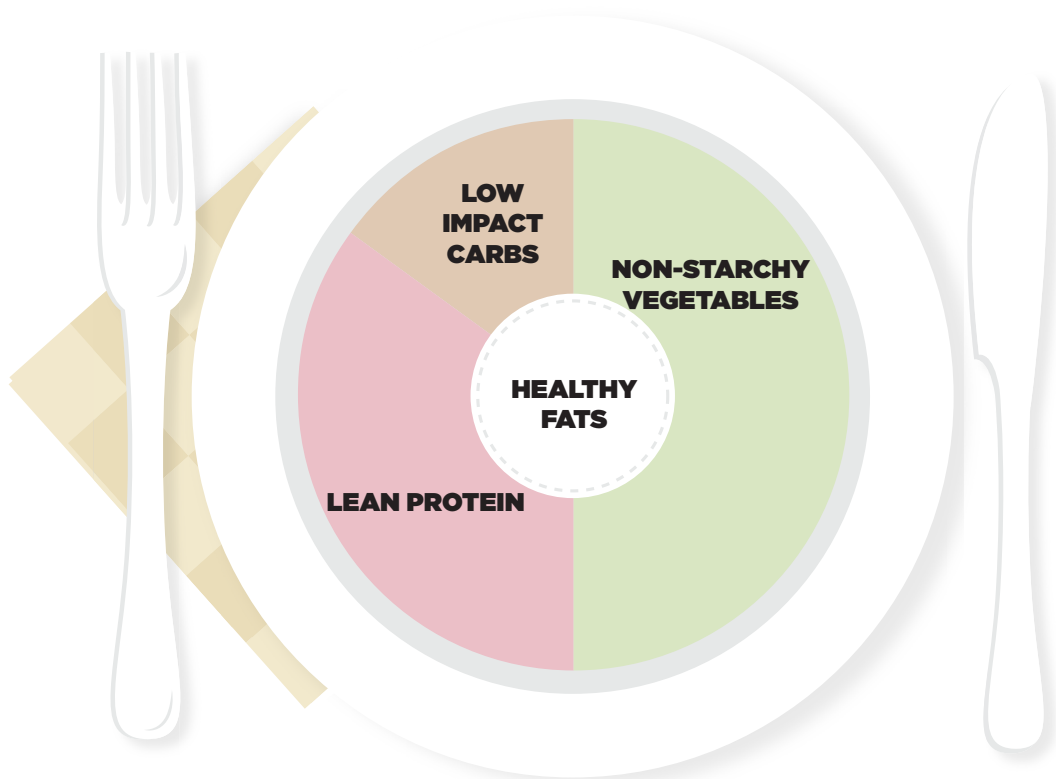


MAKES 1 SERVING

- 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!

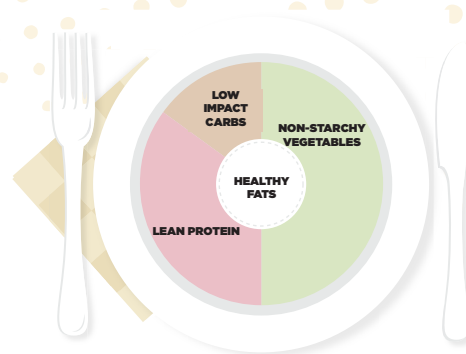
## SUGAR IMPACT PLATE



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!

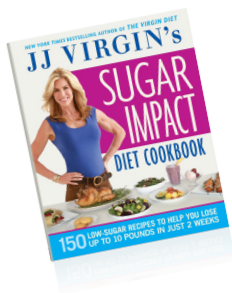
One final note: tiny tummies have different needs. Young children need to eat more often, so the 3-meal rule doesn't apply. Check with your pediatrician for help determining your kiddo's nutritional needs, but rest assured that all the suggestions below are healthy choices for any age.

## 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



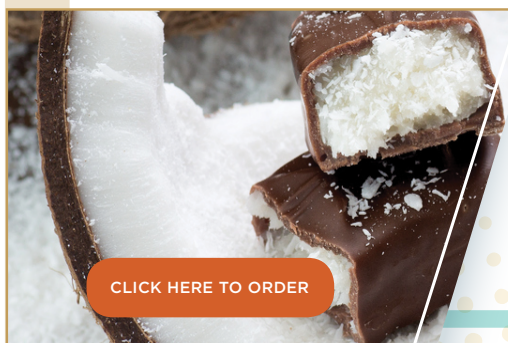
### WHERE TO GET RECIPES

[The Sugar Impact Diet](#)

[The Sugar Impact Diet Cookbook](#)

[The Virgin Diet Cookbook](#)

Hundreds of free low-sugar impact recipes at [jjvirgin.com/recipes](http://jjvirgin.com/recipes)



[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

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