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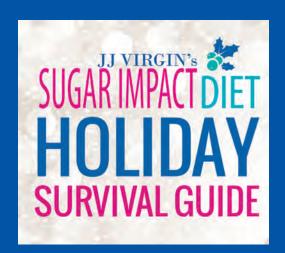
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Yes, You Can Do
The Sugar Impact
Diet During the
Holidays!



"Since when did the holidays become synonymous with one giant food party?" my friend recently asked. She had just left a school Halloween party where every high-Sugar Impact delight imaginable existed. "And this was October 15!" she continued, exasperated. "This fiesta – more like a fiasco – goes through New Year's Day!"

Children aren't the only vulnerable ones here. Dinner parties, mandatory after-work company cocktails, in-laws from hell, and your aunt's annual family gathering with various deep-fried, high-Sugar Impact concoctions encompasses a hectic season where you max out your credit cards, stress over looming end-of-year deadlines, and of course, pile on the food.

That's why I created my **Sugar Impact Diet Holiday Survival Guide**. I can't help you with credit cards or deadlines, but I've got all kinds of tools and strategies to get and stay lean and healthy while everyone else is shoveling in second helpings of buttered rum cake.

For over 25 years, I've helped people get fast, lasting fat loss. The Sugar Impact Diet Holiday Survival Guide pulls together the top strategies I give celebrities, models, and other clients who tell me repeatedly, "JJ, I can't get fat over the holidays." Shooting a film or doing a magazine cover just does not give you that option.

In this manual you'll get 5 fundamental rules to make The Sugar Impact Diet work with even the most perilous holiday gathering. Eating low-Sugar Impact during the holidays can become a challenge, but think about what dividends your efforts will pay when everyone else makes the diet resolution on New Year's Day and you're stepping out in a fabulous little black dress!

I've also provided 29 tried-and-true strategies to navigate parties and other social obligations with complete ease. Employ these strategies and you'll have all the ammunition you need to effortlessly eat low-Sugar Impact during the holidays.

To, um, sweeten the deal, I've gathered fabulous low-Sugar Impact recipes from friends, Sugar Impact community members, and colleagues sure to become a hit at your holiday gathering that spell indulgence, not deprivation. Combined with my best tips to bypass temptation and actually burn fat during the holidays, you've got the to-go manual to stay fit, fabulous, and have fun all season and wake up with your dignity intact come January 1st.



Since when did the holidays become an ultimatum to go face down in the chocolate-caramel pecan pie? Let's buck the trend this year and actually lose weight during the holidays.

In *The Sugar Impact Diet*, I give you the tools to evaluate where you're getting the most sugar in your diet and guide you through the transition from high Sugar Impact foods to low Sugar Impact foods. At the same time, you'll be retraining your taste buds to key back into the subtle sweetness of nature's treats.

I've developed the **Sugar Impact Scale**, which rates a food according to the amount of sugar in it and the effect it has on your body. It takes into account a food's fructose levels, nutrient density, fiber, and glycemic load. Sugar Impact Scale, like everything else in my program, is simple and easy to understand.

With the book and this guide, you can navigate high-Sugar Impact filled parties, social occasions, family gatherings, and other holiday events with complete ease. I can't help you pick a gift for your difficult-to-buy-for father-in-law, but I've removed the guesswork out of holiday eating.

Sneaky Sugars Hide Everywhere During the Holidays

Sneaky sugars hide in places you'd never suspect—whole foods, diet foods, packaged fruit, drinks, dressings . . . even sugar substitutes. Even the most health-conscious among us struggle to know everywhere they hide or how to avoid them. It can feel incredibly daunting.

Fortunately, many high-Sugar Impact holiday culprits are completely obvious. You know your neighbor's blackberry-apple pie becomes a no-no on The Sugar Impact Diet, right?

Other foods become trickier. Maybe your hostess serves a fabulous salad at Thanksgiving drizzled with vinaigrette and topped with dried cranberries. Or your beautiful organic turkey comes covered in some kind of brown sticky glaze. That's where you want to employ my 5 fundamentals to do The Sugar Impact Diet correctly.



The Sugar Impact Diet in a Nutshell

If you've ever completely eliminated sugar all at once, you know the miserable aftermath. Headaches, fatigue, and mental fogginess are among the symptoms that usually follow going cold turkey.

Especially if your diet consists of those and other sneaky-sugar sources I discuss in The Sugar Impact Diet, you don't want to go completely off the wagon at once. I've developed a saner strategy that helps you gradually transition off sugar. You get all the benefits of removing unhealthy sugars in your diet without the miserable crash.

I've explained the 7 food categories in my book and the 4 factors that account for a food's Sugar Impact: Fiber, nutrient density, fructose, and glycemic load all contribute to this impact.

The plan falls into 3 cycles. Here's a brief overview of each. Again, if you haven't already, please read The Sugar Impact Diet so you know you're doing each cycle correctly.



- Take the Sneaky Sugar Inventory to identify how much sugar you are actually eating
- Take the Sugar Impact Quiz to identify the impact sugar is having on you
- Trade your high Sugar Impact foods for medium Sugar Impact foods
- Take your starting weight and measurements
- Focus on following the portions of the Sugar Impact Plate and eating by the Sugar Impact Clock

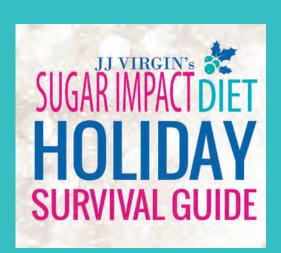


- Trade your medium Sugar Impact foods for low Sugar Impact foods and avoid any low Sugar Impact foods that are asterisked (i.e., most fruit)
- Hide or toss the medium and high Sugar Impact foods
- Take the Sugar Impact Quiz weekly
- Take your weight and measurements weekly
- Check in with the Sugar Impact Quiz at the 2-week mark to determine if you should stay in Cycle 2 or shift into 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
- 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."

The Sugar Impact Diet gradually transitions you from high-Sugar Impact foods to low-Sugar Impact foods. You don't do this overnight, and skipping Cycle 1 can leave you in the same dead-end as when you went cold turkey.



29 STRATEGIES FOR HOLIDAY SUCCESS







Curb your Appetite & Cravings

Holiday parties and gatherings practically become synonymous with high-Sugar Impact foods. The good news is once you get your cravings under control, you're less likely to succumb to whatever gooey concoction awaits you. I get it: Especially during the holidays, averting temptation can become a real monster. Minimize your risk with these strategies.

- **Drink 8 10 glasses of water.** This becomes effortless when you carry a Sigg or other canteen and sip throughout your day. (Grab my optimal water schedule here.) Banish all excuses: If filtered water isn't your thing, slice some fresh orange or lemon and make spa water. If that leftover red velvet cheesecake beckons come 11 p.m. (see rule number 3!), have a glass of water instead. One study in The University of Washington found just one 8-ounce glass of water before bed completely curbed cravings. The only time I don't want you drinking too much water is during meals, when too much liquid can dilute stomach enzymes that break down protein. Otherwise, drink up!
- Increase your fiber. Fiber is my go-to appetite suppressant. (I call it my secret weapon for fat loss and fast metabolism.) High-fiber, water-rich foods slow down stomach emptying, reduce a food's Sugar Impact, and take longer to move through our digestive tract, so they make us feel full on fewer calories than foods with very little fiber (like refined grains). I want you to aim for 50 grams of fiber daily, which becomes easy when you implement low-Sugar Impact foods. Don't do it all at once or you'll have, um, unpleasant reactions. Instead, gradually boost fiber-rich foods until you've met that quota. If that becomes a challenge (hey, it happens with the best of intentions), use Extra Fiber. Every serving contains 4 grams of fiber from 12 sources. If you want to meet your fiber and greens quota, try my great-tasting Green Balance, which combines Extra Fiber with alkalinizing, antioxidant-rich greens.
- Banish your enemy. Whatever edible concoction becomes your holiday frenemy has to go. No "testing your willpower," because willpower suddenly dissipates around 9 p.m. and turns into a high-Sugar Impact nightmare from there. Any "problem" food yeah, even healthy ones like almond butter lurking in your cabinets or fridge is fair game to devour during a momentary lapse of judgment. Keep trigger foods out of the house and you'll be far less likely to succumb when temptation strikes.
- Try my favorite Digestive Enzymes. If sampling your grandma's Brown Sugar-Bourbon Bundt becomes mandatory, come prepared with my Digestive Enzymes. This unique, cutting-edge supplement helps your body efficiently break down protein and fat while slowing carbohydrate absorption so you don't get that blood sugar spike and crash. It doesn't give you permission to deep-dive into the rum-glazed sweet potato cakes, but my Digestive Enzymes could become that "extra insurance" to make sure a few bites of dessert don't become 2 extra pounds on the scales.





It's All in the Timing

You've been there and so have I. You have an 8 p.m. dinner party, you know the hostess will serve lavish fare, and you arrive promptly with a ferocious appetite. By 8:30, there's no sign of dinner, yet the very handsome server walks around with petit quiche. You've had a glass of pinot noir, feel a little relaxed, so you figure just one couldn't hurt. Next thing you know, you're reaching for a fourth pastry and figure you may as well have a high-Sugar Impact dinner.

Meal timing helps such deviations. Rather than "save up" your calories (always a bad idea) or skip meals, you'll have steady, sustained energy all day with low-Sugar Impact foods.

- Have an All-in-One Shake within an hour of waking. Your body shifts into fasting mode when you sleep. Because you can't store protein, getting it at breakfast becomes especially important to prevent muscle breakdown. That's why I want you to have a low-Sugar Impact breakfast within an hour of waking up. I know: most people aren't hungry that early, so my All-in-One Shake provides the perfect breakfast to curb cravings and hunger and keep you full and focused all morning. I've had clients do nothing else and still get amazing results by ditching their sugar-bomb breakfast for a fast, easy Sugar Impact Shake.
- Eat every 4 6 hours. You can predict the likely aftermath: you get caught up in Macy's One-Day holiday sale and forget lunch. You arrive home mid-afternoon exhausted and famished, when you suddenly discover your daughter brought freshly baked gingerbread cookies home from school so you decide you'll sample just one bite... Prevent that potential diet debacle by eating every 4 6 hours. (A few exceptions who can eat more often: athletes and people with reactive hypoglycemia or other medical condition.) Follow The Sugar Impact Plate with lean protein, healthy fats, lots of leafy and cruciferous veggies, and slow-release high-fiber starches. (For a more comprehensive Plate breakdown, check out this blog.) If a meal just doesn't fit your super-busy holiday schedule, get those same hunger-busting nutrients in my All-in-One Shake. With a protein shake, you never have an excuse to skip a meal.
- Put the brakes on eating 3 hours before bed. Breakfast and even lunch get preferential treatment for your body to burn rather than store. But later in the day, why should it bother since you're unlikely to become sedentary as bedtime arrives? Besides, you're far likelier to make high-Sugar Impact eating choices (looking at you, salted fudge brownies) around 11 p.m. watching National Lampoon's Christmas Vacation for the zillionth time. Instead, take a hot bath and read a trashy novel rather than a late-hour kitchen detour. If you're hungry before bed, make sure you did dinner right: too many medium- or high-Sugar Impact foods can trigger late-night cravings.
- One snack if you need it. Holidays provide ample opportunity to graze, but how often do you snack out of genuine hunger? Do your meals correctly to optimize fat burning and you won't need to snack. Some days you do everything correctly and then your coworker brings in freshly baked cinnamon bun cookies or you're stranded in the mall food court. To take the edge off temptation, keep Virgin Diet Bars and other low-Sugar Impact snacks in your bag or purse for those occasions. Snack smartly and only when you need to.



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While You're At the Party

Some functions you attend out of obligation, while others are actually fun. Regardless, almost every social event revolves around food. That doesn't mean you need to go hog-wild in the all-you-can-eat buffet,, nor does it mean you need to piously abstain from decadent desserts. Just don't let a glass of pinot noir or a few bites of something become a free-for-all high-Sugar Impact debacle. Employ these strategies at your next holiday social function for a no-regrets next morning (at least about the food!).

- **Double shakes on party day.** Big holiday office party or best friend's gathering tonight where you know you'll indulge? I repeat, because it's that important: no skipping meals! Instead make breakfast and lunch The Sugar Impact Diet Shake. Combine my **All-in-One Shake** with So Delicious unsweetened coconut milk, avocado, frozen raspberries (unless you're in Cycle 2), kale, and freshly ground flaxseed or **Extra Fiber** to keep you full and focused all day so you're not diving into the petite quiche pastries as you await dinner that's already an hour late.
- No freebies. "I've eaten really well all week, so I'll just splurge at brunch with my girlfriends on Sunday." You know the routine: a cheat meal becomes a high-Sugar Impact day. Take the word "cheat" out of your vocabulary. You're setting yourself up for psychological disaster, and the hormonal imbalances trigger further cravings. Stick to my 3-bite rule but otherwise eat clean. You'll thank me January 1st when everyone else is dieting but your skinny jeans fit perfectly.
- **Keep tabs on your enemies.** Abandoning all logic and diving into one of those tiny coffee-shop doughnuts becomes far more difficult once you know your numbers. That little cup of eggnog packs a whopping 350 calories. Ditto the stuffing. Pumpkin pie, you're packing around 400 calories before the whipped cream. Those high-Sugar Impact foods can take a toll on your health and your waistline. Once you realize how easy it is to devour several thousand calories at one meal, you'll reconsider what's allowed on your plate.
- Observe my 3-bite rule. A world-renowned pastry chef catered your office party with his dark chocolate petit fours. Have 3 polite bites we're talking how you would eat it on live TV, not in your living room and step away from the dessert. You'll appease your sweet tooth without coming off as a wet blanket. Just be warned: not every baked good your coworker brings in and other holiday indulgences constitute the 3-bite rule. Choose judiciously.
- Go for the healthy stuff first. Holidays are synonymous with buffets and endless potluck dinners. Just because you have an all-you-can-eat invitation doesn't mean you need to do so. One trip through the line and call it quits. Fill up on low-Sugar Impact foods and you'll be less likely to devour or want to devour candied walnut sweet potato casserole.

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- **Bring your own.** Potluck dinners make the perfect opportunity to "sneak" in a low-Sugar Impact veggie dish or that new chicken recipe you've been dying to prepare. Better yet, become the host, which gives you hands-on abilities to make succulent yet healthy dishes that even your most carb-crazy girlfriend will enjoy. Trust me: your Brussels sprouts sautéed in olive oil, garlic, and onions will be a far bigger hit than another green bean casserole.
- **Eat before you go.** Take control and go to your next social function pleasantly full. Even if your server remains notorious for gargantuan portions, nothing ever begins on time and taking control before you go ensures you get low-Sugar Impact foods. You can still enjoy the food but you'll bypass the temptation to devour stale fruitcake cookies as you wait for dinner.
- Wear fitted clothing. Elastic waistbands have no business at holiday social functions. If nothing else, they give you permission to include in second helpings of cranberry-walnut stuffing. Instead, wear your most fitted little black dress or the slimmest (and slimming) top and skinny jeans you can find. You'll think twice before devouring that gooey cinnamon-raisin bread.
- No free hands. You know the routine: you've got a Cosmo in one hand and the next thing you know, your other hand is grabbing a pecan cranberry torte from your handsome server. Keep both hands out of trouble by carrying a sexy clutch. You won't have free hands and you wouldn't dare set down that sleek new Gucci bag to grab a turtle brownie. (Guys, you can employ the same strategy with your iPhone and mineral water.)
- Don't become the party lush. Indulging at the beginning makes you a more relaxed party guest, but it can also create lapse of judgment where you absent-mindedly nibble on Brie and crackers while making small talk. If you drink, save the pinot noir till dessert and you'll reduce your risk of caloric overload, not to mention bypassing tipsy-ville. By the way, sugar with alcohol is a surefire strategy for fat gain. Any drink with the word "nog" or served with an umbrella is a high-Sugar Impact bomb ready to go off tomorrow morning on the scales.
- **Keep my 2:1 rule.** Hangovers happen because, well, you drink too much, but also because you're dehydrated. For every glass of pinot noir or shot of tequila you drink at your best friend's cocktail party, have 2 glasses of water to match. You'll meet your water quota and put the brakes on the booze. You'll thank me in the morning.





More Than Just Food: Other Strategies to Stay Lean & Healthy During the Holiday

You know the right foods determine whether your store or burn fat. Eat high-Sugar Impact foods and you'll curse the scales. Dine on low-Sugar Impact foods and you'll feel awesome the next morning. As you master these principles, you know exactly what you can and can't eat to stay lean and healthy.

As you learned in The Sugar Impact Diet, numerous other factors contribute to fat loss. Many of those come into play during the stressed out, sleep-deprived holidays and can undo your best effort. Consider these strategies a reminder that lean and healthy go far beyond what goes on your plate.

- Meet your sleep quota. Even one night of crappy sleep can create hormonal hell that plays out as hunger, craving, and snapping at your receptionist for making an innocuous comment. Optimal sleep becomes especially crucial to reduce stress and stay on top of your game during the holidays. Party down early and flip off those sitcom reruns to meet your 7 9 hour sleep quota. (Grab more optimal-sleep strategies here.)
- Indulge in non-food rewards. You got your bonus so you head to happy hour with your office girlfriends. Or you've had a hard afternoon shopping so you're tempted to treat yourself to one of those high-Sugar Impact 600-calorie hot chocolates. Holidays present all kinds of food obstacles to appease stress and reward yourself. Make a mental shift to nonedible rewards. If you can't indulge in a massage, schedule yes, schedule! a hot bath with a trashy novel before bed. Write thank-you cards or volunteer. Find your brain's feel-good reward mechanisms and you won't be as tempted to devour hot chocolate and a coffee-shop stale pastry.



Practice gratitude. A study in the journal Psychiatry showed people who kept a gratitude journal experienced more joy and optimism. In the frenzy of food and festivities, we forget the holidays' true meaning. Make your own gratitude list: Remind your family and friends who've gathered how much you appreciate them. Surprise someone who's shown you kindness not only with gifts, but also with a thank-you phone call or email. You'll feel great, with no lingering regrets like you'd have with that second piece of caramel pecan pie.





- Schedule in bliss time. Why is this so hard for many people? We go out of our way to take care of others all day and yet won't take 30 minutes for deep breathing, meditation, yoga, or otherwise unwinding. Chronic stress does more than just make you miserable and cranky: it revs up cortisol, which does a fabulous job storing fat and breaking down muscle. Just what you don't need during the holidays! Treat stress management as a priority, add it to your iPhone reminders, and make relaxation as important a part of your day as clean eating and exercising. Check out my Huffington Post blog about 5 science-based ways to reduce stress, plus the number-one thing I do every morning to manage stress.
- Work it out. Juggling shopping, preparing for your in-laws, and a multitude of other stresses holidays bring might mean exercise goes on the back burner. Don't let that happen. Hire a trainer and ask them to charge you double if you bale. Otherwise, you might drive right past your gym for the shopping mall. If you'd rather work out at home, my free 4X4 Workout provides a fast, effective 15-minute workout: far less time than it takes to find a parking space at the mall on a December Saturday.
- Journal daily, weigh/ measure weekly. Surely you've heard me mention that study about people who wrote everything they ate down lost twice as much weight as those who didn't. If a supplement made those claims, the line would be longer than for those new iPhones. A food journal keeps you honest and helps you pinpoint any trouble areas. (You'll be far clearer about why you gained 2 pounds.) While you're writing down your food, make sure you weigh and measure yourself once weekly and write those numbers down. Grab those journal pages and lots of other free helpful resources for fast fat loss here.







Social Support

They come out in full-force during the holidays. Many have good intentions, though every family has one who seems deliberately to want to trip up your efforts. This is where I need you to commit. Put it in writing. Set your goals, vow nobody and no situation will persuade you to deviate, and commit that at least through New Year's Day, you won't let a girls' night out become an excuse to nose-dive into high-Sugar Impact Cosmos and chips and salsa.

Publicly proclaim your intention and circle the wagons. Stay away from anyone or anything that will sabotage your efforts. Steer clear of sugar pushers and situations you know you can't handle. If you know a holiday bake sale becomes a siren call to devour 3 gingerbread cookies, stay away from the gathering! You don't need to make this hard on yourself.

Find an accountability partner, recruit a friend or coach to help, or join a support group. Surround yourself with love and lots of cheerleaders. Foremost, stay accountable to your goals with these strategies.

Have a serious bathroom talk. Lean on your friends, but never underestimate your own ability to attain your goals. Maybe you've reached an excruciating dilemma: go for that second apple cinnamon pastry or respect yourself in the morning? Stop the cognitive dissonance and proceed to the bathroom or nearest private space immediately. You're going to need to have that talk with yourself in the mirror: are you going to let a wimpy pastry be your undoing? Hopefully in your clutch you have your mission statement and that picture of who you want to look like. (Just position your head on a picture of your ideal body.) Time for some tough love: pull those out and talk your way through this temptation.



- Bring your best friend to call you out. Nothing like a tell-it-like-it-is girlfriend to give you the Oh no you don't! look when you're about ready to nosedive in the turtle cheesecake or smell the wonderful waft of cinnamon buns in the mall. Face it: even the best of us lapse in judgment sometimes, and brutal honesty from a bestie can be your best defense against succumbing to a pear-cranberry streusel.
- Stick with the skinnies. Think about the 5 people you spend the most time with. Guess what? You are a conglomerate of those people. So if your best girlfriend's idea of a night out involves a chain restaurant with high-Sugar Impact entrees and oversized margaritas, chances are you're making a New Year's resolution about now for fast fat loss. During the holidays, hang out with friends who skip pumpkin lattes to sip green tea and prefer manicures instead of manicotti Neapolitan.





Make lateral shifts. Holidays typically trigger a favorite food or drink that takes us back to childhood. Hot cocoa is one of my favorites. I make my own version by warming unsweetened almond or coconut milk and stirring in my All-in-One chocolate powder. Delicious, satisfying, without the calorie or sugar overload; and so rich, you won't need marshmallows or whipped cream! Rather than tell people not to eat something, I've developed what I call lateral shifts: healthier satisfying substitutes for your favorite foods without the excess calories, sugar, other carbs, or lingering guilt. Some other examples include:

Instead of ... Substitute this Low-Sugar Impact Choice

Cow's milk Unsweetened coconut or almond milk

Hot cocoa powder Virgin Diet All-in-One Shake chocolate powder

Ketchup Salsa

Barbeque sauce alla Checca Sauce

Yogurt Coconut milk yogurt

Peanuts Slow roasted or dehydrated almonds

Peanut butter Almond butter

White potatoes Pumpkin or squash

Pasta Spaghetti squash

Flour Almond or coconut flour

Bleu cheese (if you can tolerate dairy)

Ranch dip Hummus

Holiday chocolates Dark chocolate (low-sugar/ at least 85% cacao)

Gooey desserts Celery with almond butter



Party Day Schedule

"How do I put all that into action?" someone will occasionally ask. Let's say you've got an extravagant dinner party Saturday night. You want to maintain a light eating schedule throughout the day so you can let loose a little at dinner. Here's what your party-day plan might look like:

7 a.m. 16 oz. water

7:30 a.m. All-in-One Shake

10 a.m. 16 oz. water

Noon All-in-One Shake

2 p.m. 4 x 4 Workout

3 p.m. Virgin Diet Bar

5 p.m. 16 oz. water

7 p.m. Dinner party

don't forget 2 glasses of water for every alcoholic beverage and to restrict water around your meal

Before bed 8 oz. water



IIs Gift Ideas

Stressing out over what to buy takes all the fun out of gift giving. Let's face it: Even buying a gift card can become a challenge for some people.

Great health is the best gift you can give. With these vendors, hand-selected by me to provide the highest quality products, you can rest assured your friends, family, and colleagues are getting delicious, guilt-free, low-Sugar Impact choices. Click on the link to order from any of these and check out my personal favorites.

Chocolatree

Your one-stop shop for all things chocolate, including a 78% cacao Raw Love Bar and Velvet Chocolate Coconut Oil/ Butter. Lower sugar and higher fiber means you can enjoy many of Chocolatree's foods guilt-free. Chocolatree also has a wide selection of Sugar Impact Dietfriendly non-chocolate foods including nut butters and kale chips.

Soma Chocolatemaker

Made in small batches from premium-grade cacao, this Canadian chocolatier creates some of the richest, healthiest chocolate on the planet absolutely worth seeking out. Soma Arcana 100% is a premium, delicious 100% cacao dark chocolate created with 4 types of flavor grade cacao beans, without any sugar, emulsifiers, or flavorings. Just pure, healthy dark chocolate that kicks up flavor in shakes or blended with almond butter.

Vital Choice

Buying fish can be confusing. Vital Choice makes it easy because I know they only sell the highest-quality wild and organic seafood, delivered right to my door. I especially love their Alaskan salmon, which—like all their fish—is cleaned and flash-frozen within hours of harvest. The fish is delivered on dry ice. I also encourage you to venture beyond their fabulous seafood selection. Vital Choice also sells other organic and wild foods, including nuts, berries, teas and my favorite, dark chocolate. Check out my JJ Virgin Diet Pack, which combines yummy seafood with 80% cacao dark chocolate for a gift box sure to please your favorite seafood or dark chocolate lover.

Wild Things Seafood & Steaks

I never knew that chef-ready premium quality seafood, grass fed beef and lamb, free range chicken and other fabulous clean and lean protein could be so affordable! For nearly 40 years, Wild Things Seafood parent and partner company West Coast Prime Meats have been providing premium protein to the most discriminating chefs at restaurants and luxury resorts across the United States. Now available direct to your kitchen. I have been impressed with everything Wild Things has sent me. Wild Things prices are consistently 20-40% lower than anywhere I have shopped online. I love sending gifts of Wild Things WOW to my friends and colleagues. You will love them too.

X-iser

Trash your treadmill and those time excuses. With the X-iser, you can get a full cardio workout in just minutes. The secret is science-based, high-intensity burst training, which cranks up your metabolism and boosts fast fat loss. The X-iser is affordable, portable, incredibly durable and perfect for all fitness levels. For far less than what you'd spend on a year gym membership, you can give yourself or someone you care about the gift of an amazing at-home workout in just minutes a day.

The Virgin Diet One-on-One Coaching

Nearly everyone who excelled at something hired a coach at some point. Customize your food and nutrient plan with one of my rock star wellness coaches who I've personally trained based on my philosophy. Based on your needs, preferences, budget, and other restrictions, they can develop a plan that works specifically for you to achieve and maintain your goals. They can also provide support and troubleshoot potential issues that arise along your journey. With 3 plans to choose from, give yourself or someone you care about the gift of personalized optimal health through coaching.

REGIPES



Hot Cocoa

1/2 scoop Virgin Diet All-In-One Shake Chocolate 1 cup of unsweetened almond or coconut milk

Heat up the milk, add the shake mix and mix thoroughly. (add more or less shake mix to your taste and desired consistency)

Cappuccino

Add to espresso:

1/4 cup heated unsweetened coconut or almond milk

1/4-1/2 scoop Virgin Diet All-In-One Shake vanilla (add more or less shake mix to your taste and desired consistency)

Mix the protein powder in with the heated coconut or almond milk, add to espresso and sprinkle cinnamon on top

Egg Nog

Serves 4-6

12 egg yolks

4 cups coconut milk (so Delicious

Culinary Coconut Milk)

2 teaspoon freshly grated nutmeg

1 teaspoon pure vanilla

1/4 teaspoon Virgin Sprinkles

Using an electric mixer, beat egg yolks until light in color, about 3 minutes.

In a saucepan over medium heat, warm the coconut milk, nutmeg, vanilla and Virgin Sprinkles for a couple minutes.

Temper the eggs with a little of the warm milk (about 1/3 cup) and then add eggs to saucepan and reduce heat to medium low.

Cook, stirring constantly about 3 minutes until mixture thickens. Remove from heat, transfer to a pitcher or bowl and let cool in refrigerator.

Garnish with more nutmeg before serving.

Mocha

Add to your espresso:

1/4 cup heated unsweetened coconut or almond milk

1/2 scoop Virgin Diet All-In-One Shake Chocolate

(add more or less shake mix to your taste and desired consistency)

RECIPES - Breakfast & Shakes

BAKED PUMPKIN CHAI OATMEAL FOR ONE

Virgin Lifestyle Community Member Tammy Blumenthal

Ingredients:

1/2 cup gluten-free quick oats or old fashioned oats

1/4 teaspoon vanilla extract

1/2 teaspoon cinnamon

1 ½ packets xylitol or stevia (to taste)

1/4 cup canned pumpkin

1/4 cup plus 1 tablespoon unsweetened coconut milk

1/8 tsp. salt

1 scoop The Virgin Diet All-In-One Chai Shake Powder Optional: Almond butter for spreading

Preheat oven to 380 degrees. Combine all ingredients in a medium bowl. Pour into a greased 1-cup ramekin or a miniloaf pan. Cook for 20-30 minutes, or until it gets firm. Let cool and then place in refrigerator for several hours to set. Can make it the night before and then it is ready for breakfast in the morning. It can be served warm right out of the oven. It's almost like a very warm - gooey oatmeal cookie or chill to set and then slice and top with almond butter, which is my favorite.

PUMPKIN ALMOND CHAI SHAKE

Virgin Lifestyle Community Member Karen Kidd

Ingredients:

2 scoops Virgin Diet All-In-One Shake Chai

1 cup unsweetened coconut milk

1/2 cup canned pumpkin

1 tablespoon almond butter

1 tablespoon flax seed, ground

1/2 teaspoon chia seeds

1/4 teaspoon cinnamon

1/4 teaspoon freshly ground nutmeg

Dash allspice

Ice

Blend. Add water if too thick

PUMPKIN PIE PROTEIN SHAKE

Jeanne Peters, RD

Ingredients:

½ cup unsweetened coconut milk

½ cup canned pumpkin

1 teaspoon pumpkin pie spice

1 teaspoon no sugar added vanilla extract

2 scoops of Virgin Diet All-In-One Shake Vanilla

1 serving Virgin Diet Extra Fiber

¼ cup cold water

approx 3/4 cup crushed ice cubes or 8-10 ice cubes



HERB & CITRUS ROASTED TURKEY BREAST

Serves 8

Ingredients:

½ cup chopped onion

Zest of one lemon

Zest of one orange

2 tablespoons chopped fresh sage leaves

2 tablespoon chopped fresh parsley

2 tablespoons chopped fresh thyme leaves

1 tablespoon chopped fresh rosemary leaves

2 teaspoons chopped garlic

3-4 tablespoons olive oil, plus extra for roasting pan

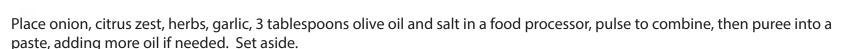
1/2 teaspoon salt

3 tablespoons ghee

4 lb. boneless, skin-on turkey breast

Salt and pepper

Preheat oven to 450°F.



Melt ghee in a small skillet over medium heat.

Place turkey on an oiled roasting pan and season with salt and pepper. Gently lift the skin and rub the herb mixture under the skin and on top of the skin. Brush breast with half the ghee and place it in the oven.

After 5-8 minutes reduce heat to 400°F.

After an additional 10 minutes, baste with remaining melted ghee, and continue cooking for another 25-35 minutes until juices run clear and breast is cooked through to 165°.

Remove from oven and let rest 10-15 minutes before carving.



BLACK BEAN AND BUTTERNUT SQUASH CHILI

The Sugat Impact Diet 2-Week Cookbook Serves 4

Ingredients

2 tablespoons extra virgin olive oil

1 medium yellow onion, chopped

1 celery stalk, chopped

1 medium carrot, diced

1 tablespoon chopped shallot

1 jalapeno pepper, seeded and chopped

2 teaspoons chopped garlic

2 cups peeled, diced butternut squash

2 ½ cup vegetable broth

3 15-oz cans black beans, drained and rinsed

2 cups chopped tomato

2 tablespoons chili powder

1teaspoon cumin

1 teaspoon coriander

1 tablespoon lime juice

Salt & pepper to taste

Pinch cayenne, optional



Heat oil in a large saucepan over medium heat. Add onion, celery, carrot and shallot and sauté 4-5 minutes until softened.

Add jalapeno pepper and garlic and cook 2 minutes, stirring occasionally.

Add butternut and saute for 2 minutes, stirring occasionally.

Stir in the veg broth, beans, tomatoes, chili powder, cumin and coriander.

Bring to a boil, reduce heat, cover and simmer 15-20 minutes, until butternut squash is tender. Stir in lime juice and season to taste with salt, pepper and cayenne, if using.

THANKSGIVING TURKEY WRAP WITH CRANBERRY SAUCE

CYCLES 1 & 3

The Virgin Diet Cookbook Makes 2 servings

- 2 brown rice tortillas
- 2 tablespoons Sugar Impact Mayommaise (see next page)
- 4 tablespoons Nutty-Cranberry Orange Sauce
- 1 cup baby kale
- 8 ounces deli-sliced nitrate free turkey breast or leftover roast turkey
- 1/2 apple, cut into 8 slices
- 2 tablespoons thinly sliced red onion

Heat a large nonstick skillet over medium heat. Working one at a time, place wrap in skillet and cook, turning several times, until heated through, about 45 seconds total.

Lay the wraps on a work surface and spread each with 1 tablespoon mayonnaise and 2 tablespoons cranberry-orange sauce. Top with kale, turkey, apple slices, and onion. Roll up tightly.

NUTTY CRANBERRY-ORANGE SAUCE

CYCLES 1 & 3

Makes 1 1/2 cups

2 cups fresh or frozen cranberries

1/2 cup fresh or frozen raspberries

3/4 cup water

3 tablespoons monk fruit extract, such as Nectresse

1/3 cup walnuts, coarsely chopped

1 tablespoon grated fresh orange zest

Combine the cranberries, raspberries, water and monk fruit extract in a medium saucepan over medium-high heat. Bring the mixture to a boil, reduce the heat to medium and cook, stirring occasionally, until all of the cranberries pop and the mixture has thickened slightly, about 6-8 minutes. Remove the heat and stir in the walnuts and zest. Cool completely and chill for at least 3 hours before serving. Can be refrigerated for up to 1 week.

TURKEY, BACON, LETTUCE AND TOMATO ROLL-UP

The Sugar Impact Diet Makes 2 servings

- 2 slices uncured nitrate free bacon
- 2 medium romaine lettuce leaves
- 4 teaspoons Sugar Impact Mayonnaise,
- 4 ounces nitrate free sliced turkey breast
- 1 plum tomato, cut into 8 slices
- 1/4 ripe avocado, sliced

Heat a small nonstick skillet over medium. Add the bacon and cook, turning once, until crisp, about 6-7 minutes. Transfer to a plate covered with paper towel and drain.

Place a lettuce leaf on each of 2 plates. Spread each down the center lengthwise with the mayonnaise. Top with the bacon, turkey, tomato slices and avocado.

SUGAR IMPACT MAYONNAISE

Makes 1 cup

- 1/4 cup unsweetened cashew or coconut milk (such as So Delicious)
- 1/2 cup raw cashews
- 4 teaspoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/2 cup olive or macadamia nut oil

Combine the cashew milk, cashews, lemon juice, mustard and salt in a blender. Puree. With the blender running, add the oil in a slow steady stream until the mixture is thick and creamy. Refrigerate up to 3 weeks

RECIPES - Soup

BUTTERNUT SQUASH & SAGE SOUP

Serves 6

Ingredients:

1 tablespoon olive oil

1 cup chopped onion

2 stalks celery, chopped

1/4 cup chopped sage leaves, plus extra leaves for garnish

1 teaspoon minced garlic

1 3-lb butternut squash, peeled, seeded and cubed

4 cups vegetable broth

1 teaspoon minced ginger

1 teaspoon apple cider vinegar

Salt & pepper to taste

Heat oil in a large saucepan over medium high heat. Add onion and celery and sauté 5-8 minutes until tender; careful not to let them brown. Add sage and garlic and sauté 2 minutes.

Add squash and broth. Bring to a boil, reduce heat, cover and simmer 20 minutes or until squash is tender. Add ginger and vinegar, stirring to combine and cook 5 minutes more.

Transfer to a blender and working in batches, puree until smooth. Season to taste with salt & pepper.

Ladle into bowls and top with chopped sage leaves.

WILD RICE STUFFING

Serves 6

Ingredients:

1 cup wild rice (a multi color blend)

2 cups low sodium vegetable broth

1 tablespoon olive oil

1 large onion, chopped, divided

½ lb. cremini mushrooms, chopped

4 stalks celery, chopped, divided

2 teaspoons chopped garlic

8-10 large sage leaves, chopped

1 can water chestnuts, drained and chopped

1 teaspoon red wine vinegar

½ cup chopped walnuts

Salt and pepper to taste

Cook rice according to package, using vegetable broth instead of water. Remove from heat and let stand covered.

Meanwhile heat oil in a large skillet over medium high heat. Add half the onions, all the mushrooms and half the celery. Cook, stirring occasionally, until onions and mushrooms are lightly browned, about 5-8 minutes. Add garlic and sage and continue cooking 2 minutes.

Add rice, remaining half of onions and celery, water chestnuts, vinegar and walnuts. Stir to combine, cover and cook 3-5 minutes until warmed through. Season to taste with salt and pepper.

GREEN BEANS WITH CRISPY SHIITAKES

Serves 6

Ingredients:

½ lb. shiitakes, sliced 1/4" thin (stems removed)

2 tablespoons coconut aminos

2 lbs green beans, trimmed

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

2 teaspoons minced shallot

1 teaspoon minced garlic

1/4 cup plus 1 tablespoon olive oil

1 cup chopped onion

Sea salt and pepper to taste

Preheat oven to 375°F.

In a medium bowl, toss mushroom slices with coconut aminos and a pinch of salt and pepper.

Place in a single layer on two parchment paper-lined baking sheets, leaving a little space between slices so that they roast rather than steam. Bake until browned, about 25 minutes. Remove from oven and let cool; shiitakes will get crispy as they cool.

Bring a large pot of salted water to boil and prepare a large bowl with ice and cold water. Add green beans to boiling water and cook 1-2 minutes until crisp-tender. Remove from pot and plunge into bowl of ice water. Set aside.

Meanwhile, in a small bowl mix vinegar, mustard, minced shallot and garlic. Slowly whisk in ¼ cup of the olive oil. Season to taste with salt and pepper. Set aside.

Heat remaining 1 tablespoon olive oil in a large skillet over medium high heat. Add onion and sauté, stirring occasionally, until softened and translucent, about 3-5 minutes.

Drain green beans, pat dry and add to skillet. Toss to mix with onions, and continue cooking 1 minute. Drizzle vinaigrette over green beans and toss to coat. Cook an additional 1-2 minutes, until green beans are warmed through.

Place green beans in serving bowl and top with crispy shiitakes.

BUTTERNUT SQUASH "FRIES"

The Virgin Diet Cookbook 4 servings

Ingredients:

2 pound butternut squash, peeled, seeded and cut into 2-inch by 1/4-inch sticks

4 teaspoons olive oil

1/4 teaspoon sea salt

Preheat the oven to 450°F. Lightly oil a large baking sheet.

Combine the squash, oil, and salt in a large bowl and mix well. Arrange squash sticks in a single layer on the prepared baking sheet. Roast squash until browned, turning occasionally, 23-25 minutes.

TIP: The key to getting a crisp exterior on the fries is to make sure there is plenty of room between the sticks in the roasting pan: if the pan is crowded, the squash will steam.

PAN ROASTED BRUSSELS SPROUTS WITH ALMONDS

The Sugar Impact Diet Makes 4 servings

Ingredients:

2 tablespoons olive oil

6 garlic cloves, sliced

1 medium onion, sliced

1/2 teaspoon dried basil

1 pound Brussels sprouts, trimmed and quartered

3 tablespoons slow roasted almonds, see page XX, coarsely chopped

1/4 teaspoon sea salt

1/8 teaspoon ground black pepper

Heat the oil in a large nonstick skillet over medium. Add the garlic, onion and basil; cook, stirring occasionally, until translucent, 3-4 minutes. Increase the heat to medium-high and stir in the Brussels sprouts; cook, stirring occasionally, 3 minutes. Add 1/2 cup water and continue to cook until the liquid evaporates and the Brussels sprouts are lightly browned and tender, 5-6 minutes. Stir in the almonds and cook 1 minute. Remove from the heat season with salt and pepper.

CLASSIC CREAMED SPINACH

The Sugar Impact Diet
Makes 4 servings (1/2 cup per)

Ingredients:

4 (5-ounce) bags baby spinach

3/4 cup + 3 tablespoons organic grass fed whole milk, divided

1/2 small onion, thinly sliced

1/8 teaspoon ground nutmeg

1/2 teaspoon sea salt

1/8 teaspoon ground black pepper

1 tablespoon arrowroot

Heat a large nonstick skillet over medium-high. Add the spinach, in batches, and cook, turning often, until wilted. Transfer to a strainer and let cool. With you hands squeeze as much liquid out of the spinach as possible. Transfer to a cutting board and coarsely chop.

Combine 3/4 cup of the milk, onion, nutmeg, salt and pepper in a medium saucepan over medium-high heat. Bring just to a simmer, remove from the heat and let stand 10 minutes. Strain the milk into a bowl and discard the solids. Return the milk to the saucepan and bring just to a simmer over medium heat. Dissolve the arrowroot in the remaining 3 tablespoons milk and whisk it into the warm milk Cook, stirring, until the mixture thickens, about 1-2 minutes. Stir in the spinach and cook until hot 1-2 minutes.

For a dairy free version: use 3/4 cup + 3 tablespoons unsweetened coconut milk and make the following modifications:

Combine 3/4 cup of the coconut milk, onion, nutmeg, salt and pepper in a medium saucepan over medium heat. Heat the coconut milk until it is bubbles just begin to form at the edges of the pan and it is hot, remove from the heat and let stand 10 minutes. Strain the mixture into a bowl and discard the solids. Return the coconut milk to the saucepan. Dissolve the arrowroot in the remaining 3 tablespoons milk and whisk it into the warm milk. Bring to a simmer over medium heat, stirring occasionally. Once the coconut milk begins to bubble, cook, stirring, until the mixture thickens, about 1 minute. Stir in the spinach and cook until hot 1-2 minutes.

RECIPES - Apps and Snacks

OLIVE TAPENADE IN ENDIVE SPEARS

Serves 6-8

Ingredients:

1/2 lb. mixed pitted olives, such as green Spanish olives and Kalamata olives

1/4 cup walnuts, roughly chopped

1 tablespoon capers

2 teaspoons chopped fresh basil leaves

2 teaspoons chopped fresh thyme leaves

2 teaspoons chopped parsley

1 teaspoon chopped garlic

1 teaspoon red wine vinegar

2-3 tablespoons extra virgin olive oil

Sea salt and pepper to taste

12-16 endive leaves, from about 2-3 heads, depending on size

2 tablespoons chopped chives

Place the first 8 ingredients in a food processor. Pulse 3-4 times to combine. Drizzle in olive oil and pulse 5-8 times until well blended but still chunky. Season to taste with salt and pepper.

Place a spoonful of tapenade on the rib of each endive spear. Place on a platter and garnish with chopped chives.

RECIPES - Apps and Snacks

KALE STUFFED MUSHROOMS

Serves 6

Ingredients:

18 medium mushrooms, cleaned

1 tablespoon olive oil, plus more for baking sheet

½ cup chopped shallot, about 1 large

4 dino kale leaves, stemmed and roughly chopped

1 teaspoon minced garlic

2 teaspoon fresh thyme leaves

1 teaspoon tamari

Salt & pepper to taste

2 oz goat cheese (optional)

Preheat oven to 375°.

Remove stems from mushrooms, dice and set aside.

Coat parchment paper lined baking sheet with olive oil. Bake mushrooms, stem side down, 10 minutes, until tender. Remove from oven and set aside.

While mushrooms bake, heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté mushroom stems and shallot 3 minutes, until softened. Add kale, garlic, thyme and tamari. Cook until kale is wilted, stirring often. Season to taste with salt and pepper.

Fill mushroom caps, top with cheese, if using, and return to oven to bake 8-10 minutes.

RECIPES - Apps and Snacks

SLOW ROASTED NUTS

The Sugar Impact Diet

Ingredients:

1 1/2 cups raw nuts (cashews, walnuts, almonds, pecans, macadamia)

1/2 teaspoon sea salt

Combine the nuts and enough water to cover by 3-inches then stir in the salt. Let the nuts soak overnight.

Preheat the oven to 140°F. If your oven doesn't go to 140°F you will need to use a dehydrator.

Drain nuts and spread onto a baking sheet or place in a dehydrator. Bake nuts for 8 hours. Remove from the oven or dehydrator and let cool completely (nuts will crisp up as they cool). Store nuts in a resealable plastic bag in the refrigerator for best results.

CUMIN AND CHILI ROASTED CASHEWS

Makes 8 servings (3 tablespoons per serving)

1 1/2 cups Slow Roasted Cashews (use recipe above)

1/2 teaspoon olive oil

1/2 teaspoon ground cumin

1/2 teaspoon chili powder

1/2 teaspoon sea salt

1/8 teaspoon ground chipotle pepper

Preheat the oven to 200°F.

In a medium bowl combine the cashews and oil. Add the cumin, chili powder, salt and pepper; toss well. Place the nuts in a single layer on a shallow baking pan. Bake 15 minutes, remove from the oven and cool 10 minutes before serving. Store in an airtight container.

RECIPES - Dessert



PUMPKIN PIE

Serves 6-8

CRUST

- 2 ½ cups almond meal
- 2 eggs, lightly beaten
- 3 tablespoons coconut oil
- 1 teaspoon pure vanilla extract
- ½ teaspoon salt

FILLING

- 1 3-lb sugar pie pumpkin, halved and seeded
- 2 eggs, lightly beaten
- 1 teaspoon cinnamon
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon ground ginger
- 1 teaspoon Virgin Sprinkles
- ½ teaspoon salt

Preheat oven to 350°.

Place pumpkin halves cut side down in a baking dish. Add 1 cup water and bake until soft, about 45 minutes. Remove from oven and let cool then scoop out the flesh into a small bowl.

Meanwhile, prepare the crust: place almond meal, eggs, coconut oil, vanilla and salt in the bowl of a food processor and blend until dough forms a ball. Press into 9 inch pie pan. Press the tines of a fork into the top edges of the crust for decorative effect.

Clean out the food processor bowl and place 2 cups of the pumpkin puree (reserve any remaining puree for another use), eggs, cinnamon, nutmeg, ginger, Virgin Sprinkles and salt into the bowl. Blend 1 minute, until well combined and smooth. Pour filling into crust and place pie pan on a rimmed baking sheet lined with parchment paper.

Bake 45 minutes, or until firm. If crust begins to brown before filling is cooked, you can cover edges with foil to avoid burning.

Let stand 20 minutes on a cooling rack, then refrigerate 1-2 hours before serving to set.