








Let's make food easier for you! Let's start with the magic that you can make happen at Cosco. Or a Cosco like store. I have several videos in an [iCloud album](#) of food prep from things I bought at Cosco. Below in the chart are the things that you should go get at COSCO. The foods are listed in the order of how you will find them in the store. :-). After the chart, there will be two meal suggestions and two snacks suggestions listed with the foods I've suggested you go get. The meals are basic, making them easy to make and easy to sub things out if you do not like my suggestion. KEEP THE CLEAN 15 AND THE DIRTY DOZEN IN MIND WITH REGARD TO VEGGIES AND FRUITS. Why this matters: Pesticides muck up your endocrine system. This messes with your metabolism, which messes with your waistline. Stay budget friendly by eating clean 15 items like avocados, onions and asparagus, while using your dollars with organic berries, spinach and colored peppers. Wash your veggies, including avocados, so that when you cut into them, you aren't bringing the pesticides from the skin into the item. [COSCO ICLOUD ALBUM](#)








**Each section is numbered in this chart and flows the way the store flows. Gather items from #1, such as fresh veggies then move on to section#2, with pre-made quinoa salad, and other cold items etc. Make your way all the way to #8 Snack Bars.**

1. FRESH VEGGIES: FROM THE COOLER SECTION NEAR THE BAKERY		2. COLD SECTION BEFORE THE EGG/DAIRY CUT OUT SECTION	
ORGANIC SPINACH in a bag - the bag is cheaper than the rectangle container		Cold quinoa salad ready to go! About 5 servings.	
ORGANIC CUCUMBERS - A SNACK WITH YOUR HUMMUS		ORGANIC Hummus Cups	
PICK A FRESH VEGGIE FOR A SNACK	EXAMPLE: CARROTS	ORGANIC Guac Cups	

PICK A FRESH VEGGIE FOR A SNACK	EXAMPLE: CELERY	Organic Eggs	
<b>3. Frozen Section</b>		<b>3B. Frozen Section</b>	
<b>PROTEIN (WITH HEALTHY FAT)</b>		<b>ORGANIC VEGGIES PICK 2 BAGS</b>	
Wild Alaskan Salmon Burgers		Broccoli	
Grass Fed Beef Burgers		Brussel Sprouts	
Chipotle Black Bean Burgers		Green Peas	



<p>Two kinds of Organic Chicken - hormone free &amp; antibiotic free: Frozen breasts OR in the bag</p>		<p>Green Beans</p>	
<p>This kind of chicken is in a frozen bag and budget friendly</p>		<p>Riced Cauliflower</p>	
<h3>3A. Frozen Berries</h3>			
<p>Organic Berries</p>			

## 4. SLOW DIGESTING CARBOHYDRATES (WITH PROTEIN) - Pick ONE

Quinoa - boil it just like pasta. This bag will last you a LONG time!



COCONUT MILK



Alternative to quinoa: Six bags that are pre cooked. Not as cost effective BUT time effective.










## 6. Cooking Agent

Quinoa Pasta



Coconut Oil



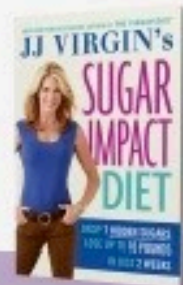
Mary's Gone Crackers			
<b>7. HYGIENE PRODUCTS</b>		<b>8. SNACK BARS PICK ONE</b>	
SHAMPOO - Avalon Organics		Found in the middle of the store near the front by the cash registers	
Shampoo - Honest Company		Mini Kind Bars	
Deodorant - Aluminum Free		Made Good Granola	

Health  
Warrior





When you eat according to the **SUGAR IMPACT PLATE**, with balanced meals of clean, lean protein, healthy fats, colorful non-starchy veggies, and some slow carbs, you're not going to be chased by cravings all day, and you'll eat less overall, plus, what you do eat will be food that heals and honors your body, and burns fat fast.



One of the fastest ways to calm your sugar cravings is by eating protein. Every meal should include 1 serving of clean, lean protein. 4-6 ounces for women, 6-8 ounces for men.

#### JJ's TOP TEN:

Wild Salmon, Wild Alaskan Halibut, Grass-fed Beef, JJ Virgin's All-in-One Shake, Sardines, Wild Scallops, Pastured Eggs\*, Grass-fed Bison, Grass-fed Lamb, Pastured Chicken Breast

\*if not sensitive

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.

#### JJ's TOP TEN:

Grass-fed Ghee, Walnuts, Chia Seeds, Macadamia Nut Oil, Avocado, Freshly Ground Flaxseed Meal, Malaysian Palm Fruit Oil, Grass-fed Beef, Wild Salmon, Sardines

**LEAN PROTEIN**

**HEALTHY FATS**

**LOW IMPACT CARBS**

**NON-STARCHY VEGETABLES**

The more non-starchy veggies you eat, the better. I want you to get 2 or more servings at every meal (using 1/2 cup cooked or 1 cup raw as a serving size).

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, Raspberries, Kabocha Squash, Cranberries, Wild Rice

#### JJ's TOP TEN\*:

Brussels Sprouts, Red Peppers, Broccoli, Cabbage, Arugula, Garlic, Kale, Artichoke, Cauliflower, Spinach

\*While these are JJ's 10 favorites, ALL non-starchy vegetables are great and the more, the merrier!

#### 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 canteen close by and sip throughout your day.

JJ VIRGIN'S  
**SUGAR  
IMPACT  
DIET**

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[www.sugarimpactdiet.com](http://www.sugarimpactdiet.com)



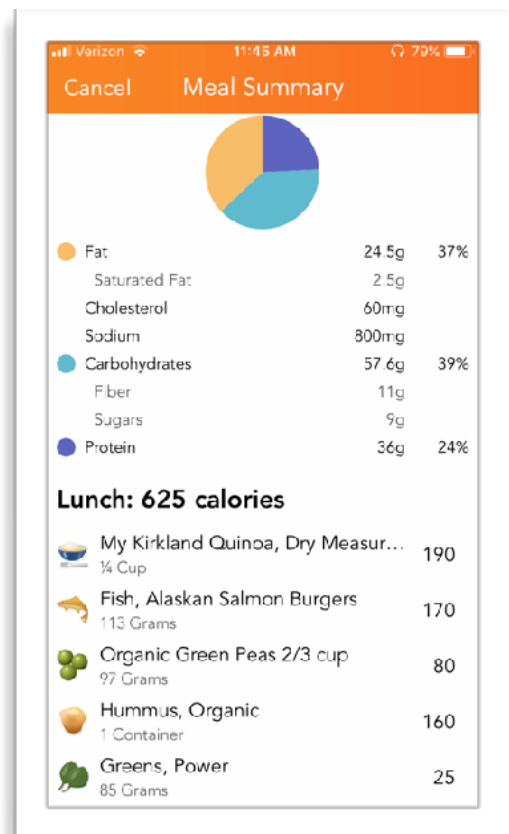
## **MEAL SUGGESTIONS:**

### **Meal #1:**

1. Salmon Burger
2. 1/4 cup cooked quinoa
3. 2/3 Cup frozen organic peas
4. On a bed of organic spinach
5. Top all with a hummus cup

Cook meal however you like.

Suggestions: Salmon burger on a flat pan on the stove, while you boil water and cook your salmon. Peas can be heated in the microwave OR put in the oven on broil. The world has evolved in terms of the microwave. You are I are real people and microwaves are part of our lives. It's cool. You're cool. Be cool :-)



Go to the "Cosco" iCloud album to find a video of this meal.

### **Meal #2:**

1. Grass Fed Beef Burger
2. Frozen organic riced cauliflower
3. Seeds of change quinoa and brown rice
4. On a bed of organic spinach
5. Top all with 1/4 avocado

### **Lunches for the Week #1:**

1. Nitrate free turkey lunchmeat
2. Bread of choice - preferred gluten free or Ezekiel and both are found in the frozen section.
3. Mustard, flavor of choice
4. Tons of spinach
5. Avocado or a guac cup

Make enough sandwiches for the week and freeze them in sandwich bags. Take them out the night before and put them in your refrigerator.

### **Lunches for the Week #2:**

Cosco has pre-made meals by the butcher section. Grab one or two of your choice. Suggestions: Meatloaf and stuffed peppers.

1. In four glass containers, separate the meatloaf into four sections. Add a scoop of the mashed potatoes. Top with TONS of frozen organic veggies. Put the lid on and freeze two of them. Put the other two in your fridge so they are ready to grab and go.
2. Use the same process as above with the stuffed peppers. Add your veggies on top of the grab and go meals so that you have to eat through the veggies to get to the rest of the meal.

## **ON THE GO!!!!**

### **FAST FOOD THAT ISN'T FROM THE DRIVE - THRU**

Hey, you are a “normal” person, correct? So you are down with using your microwave or toaster? If so, here are super fast meals that are plenty healthy and very budget friendly.

The basic recipe is to heat a 1. Frozen organic veggie, 2. Add a protein like a frozen burrito or a frozen black bean burger or veggie burger, or Amy’s lentil soup, or Amy’s black bean chili, and top with 3. A healthy fat like a guac cup or nut butter. 4. Add spinach to as many things as possible for the bonus nutrition.

#### **“Fast Food” #1:**

##### **Heat this in the microwave for about four minutes:**

1. Frozen organic *burrito* of choice such as a chicken and cheese or a bean and cheese. Amy’s is a great brand.
2. Frozen organic vegetable of choice
3. Top with a hummus cup or guac cup

Dessert Option: SO Delicious Ice Cream

#### **“Fast Food” #2: Use the microwave & the toaster**

1. Take one Chipotle Black Bean Burger and put it your toaster. It will take two rounds of heating most likely.
2. In a bowl, put a handful of spinach in and then on top with a frozen organic vegetable of choice. Heat in the microwave.
3. Top the heated veggies with the toasted black bean burger and then add a delicious scoop of almond butter or a guac cup for nutritious fat.

Dessert Option: ‘Enjoy Life’ chocolate bar - dairy free, soy free, gluten free



Pick the Approach for YOUR Lifestyle & Health Goals		
30 Minute Meals ↓ ‘Willing to Cook’	5 Minute Meals ↓ “Non lunchmeat Sandwich”	Microwave Meals ↓ ‘Soup N Dippers’
Roasted Veggies	Organic Frozen Veggies	Organic Frozen Veggies
*Wild Caught Alaskan Salmon OR *Organic, hormone free chicken *Organic Grass Fed Beef	*Black Bean Burgers *Veggie Burgers *Nature’s Path Gluten free waffles Amy’s Frozen Anything: Burrito, meal, etc.	Amy’s Soup: e.g. Lentil, lentil vegetable, black bean chili
1. Quinoa Presoak in water for up to 8 hours/overnight Cook quinoa in organic bone broth vs. in water 2. Non white Pasta Edamame, chickpea, red lentil, black bean	*Ezekiel bread or wrap *Gluten free Bread of wrap	Mary's Gone Crackers for Dipping
Fresh avocado Squeeze lime choose on it for extra flavor, add cilantro and garlic powder	*Guac cup on top *Nut Butter on top	Hummus cup/ scoop Guac cup Nut butter cup

Pick the Approach for YOUR Lifestyle & Health Goals		
30 Minute Meals	5 Minute Meals	Microwave Meals
'Willing to Cook'	"Non lunchmeat Sandwich"	'Soup N Dippers'
SNACKS	SNACKS	SNACKS
<p>Prep on one day:</p> <p>5 days worth of portioned out <b><i>fresh veggies</i></b>, washed and sliced, into zip lock baggies.</p> <p>Pair with a hummus cup/ guac cup/nut butter cup/or1 serving of nuts of choice</p>	<p>Prep on one day:</p> <p>1. 5 days worth of <b><i>pre-cut veggies</i></b> into zip lock baggies.</p> <p>Pair with a hummus cup/ guac cup/nut butter cup/or1 serving of nuts of choice</p>	<p><u>Grab &amp; Go:</u></p> <ol style="list-style-type: none"> <li>1. Snack packets containing nuts, protein, cheese</li> <li>2. Beef jerky sticks</li> <li>3. <u>Bars:</u> <ol style="list-style-type: none"> <li>i. JJ Virgin -online</li> <li>ii. RX</li> <li>iii. Bulletproof - online</li> <li>iv. Go Macro</li> <li>v. RX KIDS</li> <li>vi. Health Warrior full -cosco &amp; online</li> <li>vii. Health Warrior Mini -Amazon</li> <li>viii. KIND mini's - Cosco</li> <li>ix. Wella Bars</li> </ol> </li> </ol>

Pick the Approach for YOUR Lifestyle & Health Goals		
30 Minute Meals	5 Minute Meals	Microwave Meals
‘Willing to Cook’	“Non lunchmeat Sandwich”	‘Soup N Dippers’
DESSERT	DESSERT	DESSERT
<p>Freshly cut apple slices, almond butter, and cinnamon sprinkles, baked in the oven while you eat your dinner</p>	<p>Heat unrefined coconut oil with cacao powder in a coffee mug in the microwave 1 min. Pour onto frozen organic berries and it creates a chocolate shell. Frozen berries can be in a parchment cupcake paper. You can make many of these and put them in a glass container and into the freezer for later.</p>	<ol style="list-style-type: none"> <li>1. Enjoy Life Chocolate Bar - In gluten free aisle</li> <li>2. Pamela’s cookies - gluten &amp; dairy free</li> <li>3. Glutino cookies</li> <li>4. Loren’s Gluten Free cookie dough - by the tin rolls of pillsbury biscuits</li> </ol>

**Below are pictures of the products mentioned in the meals/snacks/ desserts above**





## Pick the Approach for YOUR Lifestyle & Health Goals

30 Minute Meals

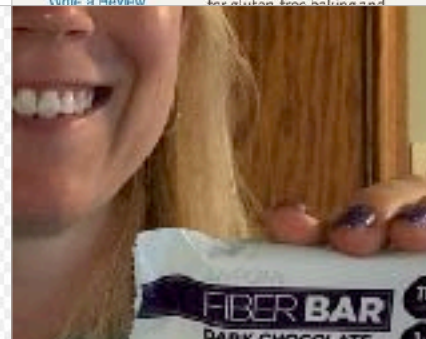
5 Minute Meals

Microwave Meals

‘Willing to Cook’

“Non lunchmeat Sandwich”

‘Soup N Dippers’



## Pick the Approach for YOUR Lifestyle & Health Goals

**30 Minute Meals**

**5 Minute Meals**

**Microwave Meals**

**‘Willing to Cook’**

**“Non lunchmeat  
Sandwich”**

**‘Soup N Dippers’**



## **GOING OUT TO EAT**

### **Basic Recipe: A burger - salad**

- Choose your protein like a burger, salmon or an egg
- Dressing, like balsamic vinegar, is either on the side or use olive oil with lemon.
- If you are using cheese, opt for goat or feta versus cheddar

Things to SKIP - Tell the server to skip these so they don't temp your when brought to the table. I know I like bread too and if it is already on my plate, I might think about eating it.

- Skip the croutons
- Skip the Bun/Bread
- Skip the candied cranberries or fruits - sugar bombs
- Skip the creamy dressing - seriously hidden bad fat and sugar

#### **Drinks:**

- Water with no ice - ice machines are not cleaned and the ice sits in filth. If you opt for lemon that you did not wash and do not know who did, squeeze it and ditch it. Do not put that thing in water to add further dirt.
- Hot Tea or Coffee
- Clear liquor and club soda
- Red Wine



Here is an additional eating out guide from a trusted source.

OptimizeCEO

# Eating Out... Optimized

## The Busy Businessman's Guide to What to Order

Don't Let Your Health Choices  
Ruin Your Negotiations


**"The Purpose of This Guide is to  
Make Sure you Don't Lose Clients  
by Skipping Those Important  
Lunches" ~ Thomas DeLauer**

Let's face it, eating out is not the best option when you're trying to lose weight or optimize your body and your mind. But the secret lies in learning what to order and the sequence in which to eat certain foods. It's taken me years to learn the dos and don'ts of going out to eat, but I have finally perfected it into an easy to read checklist.

It's one thing to be on your own performance mission, but it's an entirely different story to successfully bring those that you're at lunch or dinner with on the mission with you. Although it may be the right thing to do for your health and energy, it can put others in a state of defense, and that's not always the best thing when going into heavy-handed negotiations.


This guide is designed to illuminate what you can choose when you don't want to deviate from your plan, but don't want to come off as a "too good for you" jerk.

Thomas DeLauer is the Founder and CEO of OptimizeCEO. He's gone from being an overweight executive to being on the covers of magazines and a leader of one of the largest ancillary service providers in the healthcare industry. He created OptimizeCEO to train go-getter businessmen increase their bottom line through body and business.



### In this Guide

- Steakhouse American** What to order at a steakhouse or traditional American restaurant
- Chinese Sushi Asian** Come out of a Sushi restaurant HEALTHIER than when you went in.
- Mexican** It's not about skipping the chips. There ARE choices.
- Italian** Keep brain power high and stomach fat low with the right Italian Meals.



## American Food/Steakhouses

### If No Carbs/Starch

- ☐ Burger with No Bun
- ☐ Steak of Any Kind (High Fat Okay)
- ☐ Veggie Burger No Bun
- ☐ Chicken Sandwich (No Bun)
- ☐ Chicken Thigh or Half Chicken
- ☐ Salmon
- ☐ Oysters
- ☐ Cheese Okay if no carbs
- ☐ Butter (Preferred Organic)
- ☐ Asparagus
- ☐ Broccoli
- ☐ Carrots (No more than 1/2 cup)
- ☐ Salad (NO CROUTONS)
- ☐ Ranch Dressing/Caesar
- ☐ Blue Cheese Dressing
- ☐ Olive Oil/Vinegar

### If You Want Carbs - Eat This

- ☐ Lean Steak (sirloin, filet)
- ☐ Turkey Burger (No Bun)
- ☐ Chicken Breast or Sandwich with no Bread
- ☐ Baked Potato with NO BUTTER
- ☐ Fruit
- ☐ Salad with No Croutons
- ☐ Italian Dressing
- ☐ Honey Mustard Dressing
- ☐ Vinaigrette
- ☐ Any Potatoes without added fat
- ☐ Rice/Quinoa with No Oil

### Drinks (Applies to All Categories)

- ☐ Iced Tea with Lemon (Stevia or the occasional Splenda Ok)
- ☐ IF WITH CARBS - Apple Cider Beer or Ginger Beer
- ☐ Sparkling Water
- ☐ Alcohol - Small Red Wine or Vodka/Club Soda

### Bottom Line

DO NOT mix your carbs and fats. Either have high fat, zero carbohydrate, or moderate carbohydrate and low fat/leaner proteins. The safer choice is always to go for the low carb option.

## Asian

### Chinese

The following are WITHOUT Rice or Carbs

- ☐ Kung Pao Chicken
- ☐ Broccoli Beef
- ☐ Cashew Chicken
- ☐ Almond Chicken
- ☐ Hot and Sour Soup
- ☐ Egg Flower Soup

### Thai/Indian

The Following are WITHOUT Rice or Noodles

- ☐ Coconut Curry With NO POTATOES
- ☐ Ginger Chicken
- ☐ Stir Fried Mixed Vegetables
- ☐ Tom Yum Gai

### With Carbs - NO FATS

- ☐ Tom Yum Noodles with Chicken/Lean Beef
- ☐ Steamed Rice
- ☐ Rice Noodles with NO MEAT or NUTS

### Japanese/Sushi

It is CRITICAL That you Order Your Sushi with STEAMED RICE not SUSHI RICE

### SUSHI

- ☐ Salmon Nigiri
- ☐ Mackerel Nigiri
- ☐ Albacore Nigiri
- ☐ Uraagi with NO SAUCE
- ☐ Rainbow Roll with NO AVOCADO
- ☐ Spicy Tuna Roll
- ☐ Spicy Salmon Roll
- ☐ Pickled Ginger Okay
- ☐ Opt for Low-Sodium Soy Sauce or Tamari

### SOUP

- ☐ Miso NO TOFU

### LOW CARB

- ☐ Salmon Collar
- ☐ Salmon Filet
- ☐ Ribeye
- ☐ Kobe Burger (No Bun)

## Mexican

### Low Carb Options

Note that Mexican Food is very high carb and is one of the most difficult kinds of restaurants to eat out at. Avoid Mexican food when possible.

- ☐ Quesadilla
- ☐ Ask for Vegetables instead of chips
- ☐ Salsa
- ☐ Tostada (Don't Eat the Shell)
- ☐ Shredded Chicken
- ☐ Taco Salad - NO RICE or BEANS
- ☐ Cheese is okay with no rice or beans
- ☐ Fajitas with No Tortilla (Perfect for ordering for the table)

## Italian

### Low Carb Options

Italian Food is packed with carbs, so low-carb options are minimal - You're best to keep it low fat and moderate carb (lean meats)

- ☐ Antipasti - Salami, Prosciutto, Olives, Cheeses
- ☐ Minestrone Soup (No Potatoes)
- ☐ Caprese Salad
- ☐ Caesar Salad (No croutons)
- ☐ Salmon and other Fish

### High Carb ZERO FAT

If you go the pasta route, be sure to have little to no fat. Only Carbs and lean protein, and ONLY if they have gluten free pasta

- ☐ RICE Pasta - NO Gluten rich pasta
- ☐ Marinara Sauce
- ☐ Minestrone
- ☐ Lean Fish

## **Chapter 2 Dr. Jennifer Guttman Workbook**

1. Complete Chapter 2 of the workbook by Dr. Jennifer Guttman



## **Jillian Michaels, 30 Day Shred, Hard Body, FitFusion App**

Jillian Michaels has plenty of workout options for you. You can [Youtube](#) her name and plenty of free workouts come up. She also has an app now that has a free trial. The app allows you to customize your workout to the time that you have, the body part(s) you want to work, and the modality in which you want to train (e.g. kickboxing, strength training, etc.).

## ACTION

## LIFESTYLE

1. Write Your Grocery List
2. Try a suggested meal

Going to the grocery store blindly will mean you are buying extra stuff that you neither do not need nor does your budget have room for today. Instead of buying \$20 in chips, cookies, and pop, you are now spending that toward key organic products. Rather than telling yourself that you can't afford organic, make an active decision to change that story. Yes, not only can you afford organic, but also it can be more economical if you know how to do it well. Hence, this is why you are reading this and why you are a total bad ass for taking action to be healthier. If you want additional help with a food budget, please ask! 586.876.2683, [sunshinekelly7953@gmail.com](mailto:sunshinekelly7953@gmail.com).