

JJ VIRGIN'S

GO-TO GROCERY GUIDE

AND
SHOPPING
CHECKLIST

JJ VIRGIN'S

SUGAR
IMPACT

DIET COOKBOOK



"What does JJ buy?"

Someone will occasionally ask. Part of my job entails test-driving brands for efficacy, taste, quality, and overall value. Honestly, it's one of my favorite things to do, and I love sharing my favorites with you.

From that evaluation comes my Sugar Impact Diet Personal Shopping Guide. I've compiled my go-to brands with links to buy. These are the products I use myself and stand by, and I'm certain you'll feel the same way.

My favorite brick-and-mortar store, hands down, is Whole Foods. Their 365 and 365 O brand redefine generic to combine affordability with the highest quality products on everything from green tea to dish soap. Whole Foods created this fabulous line to compete against national grocery store brands, and the 365 brand often surpasses big names for price and quality.

If online shopping is more your thing, you can find pretty much any health-minded product imaginable on Amazon or my new favorite, Thrive Market. Both promise convenience and value with discount prices on fabulous products delivered straight to your door. Sign me up!

Regardless where you shop, I'm certain you'll love everything here, and I'd love to hear from you about your favorites or if I'm missing any cool low-sugar impact products on this list. Share your thoughts on my Facebook fan page!



JJ'S GO-TO GROCERY GUIDE

FOR YOUR FREEZER

Pittman Farms Meats (free-range chickens)	www.marysturkeys.com
Petaluma Poultry	http://www.petalumapoultry.com
Vital Choice Wild Seafood & Organics (grass-fed meats & seafood)	www.vitalchoice.com
Pete's Paleo Bacon	http://petespaleo.com
Wild Things Seafood and Meats (grass-fed meats & seafood)	http://www.wildthingsseafood.com
Pete's Bone Broth	bonebrothheals.com
So Delicious Dairy Free No Sugar Added Ice Creams	amazon.com So Delicious Ice Cream
Whole Foods 365 Frozen Berries	www.wholefoodsmarket.com

FOR YOUR FRIDGE

Kerrygold Unsalted Butter	amazon.com Kerrygold
Purity Farms Organic Ghee	ThriveMarket.com /Purity
Bulletproof Ghee	https://www.upgradedself.com/bulletproof-ghee
Kevita Coconut Probiotic Drink	www.amazon.com Kevita
So Delicious Dairy Free Unsweetened Coconut Milk	amazon.com So Delicious
So Delicious Dairy Free Unsweetened Almond Protein Plus Milk	amazon.com /almond milk
So Delicious Dairy Free Unsweetened Cashew Milk	amazon.com /cashew milk
So Delicious Dairy Free Unsweetened Cultured Coconut Milk	amazon.com So Delicious/Unsweetened
So Delicious Dairy Free Culinary Milk	amazon.com SDDF Culinary Milk
So Delicious Dairy Free No Sugar Added Frozen Dessert	amazon.com SDDF
Hampton Creek Just Mayo	amazon.com Just Mayo
Artisana 100% Organic Raw Nut Butters	ThriveMarket.com Artisana
Nuttzo Seed and Nut Butters	amazon.com Nuttzo
Melissa's Produce	http://www.melissas.com
Pete's Paleo Meals	www.petespaleo.com
HINT Water	https://www.drinkhint.com
Pacific Natural Foods Organic Hummus	amazon.com Pacific Natural
Kite Hill Farms Nut Cheeses	http://www.kite-hill.com

JJ'S GO-TO GROCERY GUIDE

FOR YOUR PANTRY

Andean Dream Quinoa pasta products

[ThriveMarket/Quinoa pasta](#)

Andean Dream Quinoa Cookies

[amazon.com Andean Dream Cookies](#)

Jovial Brown Rice Pasta

[amazon.com Jovial](#)

Heintzman Farms Golden Flax

<http://heintzmanfarms.com>

Nutiva Chia Seeds

[ThriveMarket/Nutvia](#)

Mario Batali Marinara Sauce

[amazon.com Mario Batali](#)

Mezzetta Homemade Style Marinara Sauce

[amazon.com Mezzetta](#)

Thai Kitchen Curry Paste

[ThriveMarket/Thai Kitchen](#)

Green and Black's Organic Chocolate

[ThriveMarket/Green&Blacks](#)

Nativa Raw Cacao Nibs

[ThriveMarket/Cacao Nibs](#)

Farmhouse Culture Krauts

<http://farmhouseculture.com>

ImprovEat Pure Coconut Wraps

[amazon.com ImprovEat](#)

Julian Bakery Paleo Wraps

[ThriveMarket/Paleo Wraps](#)

Luke's Multigrain & Seed Crackers

[amazon.com Lukes](#)

Mary's Gone Crackers

[ThriveMarket/Marys Gone](#)

Coconut Secret Coconut Aminos

[ThriveMarket/Coconut Aminos](#)

Lundberg Wild Rice

[ThriveMarket/Lundberg](#)

Bob's Red Mill Almond Meal

[ThriveMarket/Bobs Almond Meal](#)

Bob's Red Mill Coconut Flour

[ThriveMarket/Bobs Coconut Flour](#)

TruRoots Sprouted Lentils

[ThriveMarket/TruRoots](#)

Tolerant Food Organic Red Lentil Penne Pasta

[amazon.com Tolerant Food](#)

Pacari Ecuadorian Organic Raw Chocolate 85% - 100% Cacao

[amazon.com Pacari](#)

Aztec Sea Salt

get.realgoodsalt.com/thevirgindiet

Whole Foods 365 brand Spices

www.wholefoodsmarket.com

Wild Planet Wild Sardines

[ThriveMarket.com/Wild Planet](#)

SUGAR IMPACT DIET STAPLES SHOPPING CHECKLIST

These are the things I like to keep on hand to be able to make **Sugar Impact Diet** meals in minutes. You may have some others you would like to add as well. Print these out to use as your grocery shopping guide, so you stay on the straight and narrow.

SHAKES

____ Vanilla protein powder

____ Chocolate protein powder

____ Chai protein powder

____ Fiber Blend

OILS & VINEGARS

____ Extra-virgin olive oil

____ Coconut oil

____ Palm fruit oil

____ Macadamia nut oil

____ Asian sesame oil

____ Red wine vinegar

____ Rice wine vinegar (no sugar added)

SPICES

____ Sea salt

____ Freshly ground black pepper

____ Cumin

____ Chili powder

____ Cinnamon

____ Nutmeg

____ Curry powder

- ___ Oregano
- ___ Basil
- ___ Cayenne pepper
- ___ Crushed red pepper flakes
- ___ Chipotle pepper
- ___ Onion powder
- ___ Garlic powder
- ___ Turmeric
- ___ Paprika
- ___ Rosemary
- ___ Mexican seasoning blend

GRAINS / NUTS/SEEDS

- ___ Wild rice
- ___ Chia seeds
- ___ Flax seeds
- ___ Dry quinoa
- ___ Almond flour
- ___ Coconut flour
- ___ Shirataki noodles
- ___ Dry sprouted lentils
- ___ Almonds, walnuts, cashews, etc
- ___ Long-cooking or steel cut oats
- ___ Groats
- ___ Coconut Wraps
- ___ Kale Chips

CYCLES 1 & 3

- ____ Quinoa flakes
- ____ Quinoa pasta (corn-free)
- ____ Brown rice
- ____ Brown rice wraps
- ____ Rice pasta
- ____ Amaranth, Buckwheat, Millet
- ____ Rice crackers/chips (not cakes)
- ____ Bean chips
- ____ Arrowroot (small amounts allowable Cycle 2)

JARRED & CANNED

- ____ Organic tahini paste (optional for snack)
- ____ Jarred roasted red peppers (optional for snack)
- ____ Cashew or almond butter
- ____ Dijon mustard
- ____ Coconut aminos
- ____ (15-oz) cans organic no salt cannellini beans (or dried)
- ____ (15-oz) cans organic no salt black beans (or dried)
- ____ (15-oz) cans organic no salt pinto beans (or dried)
- ____ (15-oz) cans organic no salt added garbanzo beans (or dried)
- ____ Lentils – I like TruRoots sprouted
- ____ (14.5 oz) cans organic diced tomatoes
- ____ Organic low sodium chicken broth
- ____ Organic low sodium vegetable broth
- ____ Tobasco or Hot Sauce
- ____ Kalamata olives
- ____ (7-ounce) jars marinated artichoke hearts
- ____ Braggs liquid aminos (if not soy sensitive)
- ____ Wheat free tamari (if not soy sensitive)
- ____ Salsa

CYCLES 1 & 3

- ____ Tomato sauce, marinara – no sugar added
- ____ Tomato juice

MISC

- ____ Espresso powder
- ____ Organic coffee
- ____ Green tea
- ____ Sparkling water
- ____ Erythritol
- ____ Xylitol
- ____ Pure stevia
- ____ Monk fruit
- ____ Chicory
- ____ Inulin
- ____ 100% dark chocolate
- ____ Raw cacao nibs
- ____ Vanilla extract

CYCLES 1 & 3

- ____ 85% dark chocolate

FRUITS & VEGGIES

- ____ Avocado
- ____ Lemons
- ____ Limes
- ____ Lettuces (spinach, arugula, romaine, baby, kale)

- ___ Cabbages
- ___ Onions
- ___ Garlic
- ___ Peppers
- ___ Broccoli
- ___ Asparagus
- ___ Spaghetti squash
- ___ Cauliflower
- ___ Zucchini
- ___ Winter squashes
- ___ Brussels sprouts
- ___ Mushrooms
- ___ Celery
- ___ Tomatoes
- ___ Ginger
- ___ Fresh cilantro

CYCLES 1 & 3

- ___ Berries – organic frozen for shakes
- ___ Grapefruit
- ___ Yams, sweet potatoes
- ___ Beets

MILKS/DAIRY

- ___ Unsweetened coconut, cashew, almond milk
- ___ Goat cheese*
- ___ Coconut kefir
- ___ Plain whole Greek style yogurt*
- ___ Raw cheeses*
- ___ Kerrigold butter

____ Grass fed ghee

PROTEINS

____ Grass fed beef

____ Pastured pork

____ Pastured eggs*

____ Wild seafood – salmon, halibut, shrimp, scallops, sole, sardines

____ Free range chicken

____ Bison

____ Wild game

____ Uncured nitrate free bacon

____ Turkey breast slices

* if not sensitive