

Kicking Your Sugar Habit

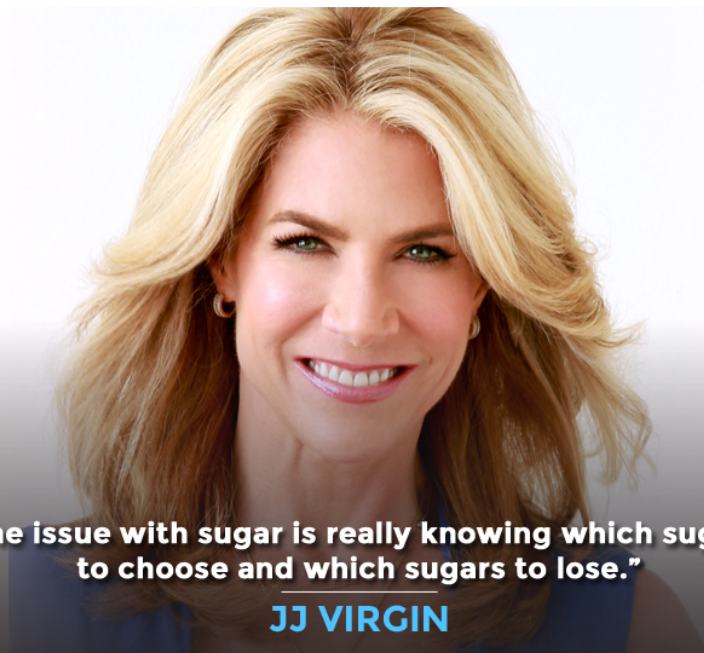
10 Point Checklist

JJ Virgin

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“The issue with sugar is really knowing which sugars to choose and which sugars to lose.”

JJ VIRGIN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Cut my sugar intake as much as possible and avoid food that is high in processed sugar such as soda, fruit drinks, and candy.
- Be aware of the different types of sweeteners and understand what they can really do to my body. The more I know about them, the better my health choices will be.
- Get my blood sugar tested. It's good to know my blood sugar levels so that I can be proactive about my health.
- Give my kids all natural produce. A box of apple juice has too much sugar for a child to handle.
- Regularly drink green juice with some chia seeds to regulate my blood sugar levels.
- Use sugar alternatives such as stevia or monk fruit as sweeteners.
- Always check labels. Read the ingredients on the food I buy and see how much sugar is in them.
- Create a meal plan and limit my eating to only 3 times a day, snacks included.
- Be disciplined enough to form a habit of eating less sugar. Get rid of all the junk and learn how to stop myself from eating outside of my schedule.
- Grab a copy of JJ Virgin's books, The Virgin Diet and The Sugar Impact Diet.