

**\*\*Please note: This sample menu is for Pre Diabetic & Diabetic individuals only**

**2010 Sample Corporate Fast Week Menu (Lower Carbohydrate Version for Insulin Resistant Members)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Creamy Fruit Smoothie w/ Tofu	Cinn Hot Apples	Sweet Potato Hash w/ chopped walnuts	Brown Rice & Beans	Sweet Potato Hash w/ chopped pecans	Brown Rice & Beans	Creamy Fruit Smoothie w/ Tofu
	Nut mix	Peanut on celery		Tomatoes Slices		Tomatoes Slices	Nut mix
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Fruit - Apple	Peanut Butter & Apple	Fruit Salad & Nuts	Peanut Butter & Apple	Fruit - Apple	Fruit - Apple	Fruit - Apple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Grilled Salmon	Hearty Garden Salad	Vegetable Chili	Grilled Salmon over Garden Salad	Black Bean Soup	Tuna Salad w/ Mustard & Sage	Vegetable & Brown Rice Soup
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Fruit Salad	Mashed Sweet Potatoes w/ Caramelized Onions	Garden Salad w/ Apple Slices	Baked Sweet Potato
	Low Sugar Apple Juice (natural)	Low Sugar Orange Juice (natural)	Low Sugar Cranberry Juice (natural)	Low Sugar Apple Juice (natural)	Low Sugar Orange Juice (natural)	Low Sugar Cranberry Juice (natural)	Home made Lemonade
<b>Snack</b>	Fresh Fruit	Baby Carrots & Walnuts	Fresh Fruit	Celery Sticks w/ Peanut butter dip	Tortilla Chips & Salsa	Marinated Cucumbers	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Brown Rice & Lentil Stew	Grilled Tilapia	Poached Salmon w/ Sweet Bell Peppers	Jamaican Bean	White Bean Chili	Mexican Pizza w/ Refried Beans & Grilled Vegetables	Cod Fish Tacos w/ Salsa
	Side salad w/vinaigrette dressing	Brown rice & Vegetable Stir Fry	Seasoned Navy Beans Soup	Baked Yams	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Corn	Wild Rice
	Sliced peaches	Coleslaw w/apples	Grilled Peaches	Side Salad	Fruit Salad	Cucumber & Tomato Salad	Broccoli Mandarin Orange Salad
	Water	Water	Water	Water	Water	Water	Water

**Guidelines/Suggestions**

**Whole Grains:** Brown Rice, Wild Rice; (not white rice)  
**Legumes:** Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh  
**Vegetables:** ALL vegetables, except white and red potatoes  
**Fruits:** ALL, except bananas, all berries (cherry, blueberry, cranberry, etc), grapes, melons  
**Fish:** Salmon, Tilapia, Tuna, Cod, etc; no scavenger fish or seafood (i.e., shrimp, crabs, etc)  
**Nuts:** Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)  
**Oils:** Olive oil (or Canola, Sunflower, Safflowers)  
**Liquids:** Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk  
**Sweetener:** Pure Agave Sweetener  
**All natural herbs, spices and seasonings, Miso**  
**Property of Eastern Star Church, New Horizons Church & New Beginnings Fellowship Church**

**The Sacrifice: Foods and Ingredients to Avoid**

Scavenger fish and seafood  
 White/Red potatoes, white rice  
 Berries, bananas, melons, grapes  
 Caffeine, carbonated beverages, whole fruit juice  
 Sugar, sugar substitutes  
 Grains: flour, oatmeal, barley, bran  
 Margarine, shortening  
 Milk, milk products, butter  
 Honey roasted nuts, containing sugar  
 High fat (fried) foods  
 Foods containing preservatives/additives