

# 2009 Sample Fast Menu for Insulin Resistant Members

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Yellow Rice w/ Tofu	Cinn Hot Apples	Potato Hash w/ chopped walnuts	Brown Rice & Beans	Fried Potatoes w/ mushrooms	Brown Rice & Beans	Creamy Fruit Smoothie w/ Tofu
	Nut mix	Peanut on celery		Tomatoes Slices		Tomatoes Slices	Nut mix
	Soy Milk	Soy Milk	Soy Milk	Soy Milk	Soy Milk	Soy Milk	Soy Milk
<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 White Fish	Black Bean Soup	Tuna Salad w/ Mustard & Sage	Vegetable & Brown Rice Soup
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Garden 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	Soy Milk	Soy Milk	Water	Water	Water	Soy Milk
<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 or Pollock
	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	Brown 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
<b>Snack</b>	Tortilla Chips w/refried beans	Celery Sticks w/peanut Butter	Roasted Nuts	Popcorn w/	Tortilla Chips & Salsa	Nuts, seeds ad raisins	Stove popped popcorn
	Soy Milk	Soy Milk	Cranberry Juice	Soy Milk	Soy Milk	Orange juice	Papaya Juice

Guidelines/Suggestions	The Sacrifice: Foods/Ingredients to Avoid
<p><b>Whole Grains:</b> Brown Rice, Wild Rice; (not white rice)</p> <p><b>Legumes:</b> Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh</p> <p><b>Vegetables:</b> ALL vegetables, except white and red potatoes</p> <p><b>Fruits:</b> ALL, except bananas, all berries (cherry, blueberry, cranberry, etc), grapes, melons</p> <p><b>Fish:</b> Salmon, Tilapia, Tuna, Cod, Pollock, White fish</p> <p><b>Nuts:</b> Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)</p> <p><b>Oils:</b> Olive oil (or Canola, Sunflower, Safflowers)</p> <p><b>Liquids:</b> Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk</p> <p><b>Sweetener:</b> Pure Agave Sweetener</p> <p><b>All natural herbs, spices and seasonings, Miso</b></p> <p><b>Property of Eastern Star Church, New Horizons Church &amp; New Beginnings Fellowship Church</b></p>	<p>Scavenger fish</p> <p>White/Red potatoes, white rice</p> <p>Berries, bananas, melons, grapes</p> <p>Caffeine, carbonated beverages, whole fruit juice</p> <p>Sugar, sugar substitutes</p> <p>Grains: flour, oatmeal, barley, bran</p> <p>Margarine, shortening</p> <p>Milk, milk products, butter</p> <p>Honey roasted nuts, containing sugar</p> <p>High fat (fried) foods</p> <p>Foods containing preservatives/additives</p>