

2011 Sample Fast Menu for Insulin Resistant Members

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------------------------------------|---|---|---------------------------------------|--|---|-----------------------------------|
| Breakfast | 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 |
| Snack | Fruit - Apple | Peanut Butter & Apple | Fruit Salad & Nuts | Peanut Butter & Apple | Fruit - Apple | Fruit - Apple | Fruit - Apple |
| | Water | Water | Water | Water | Water | Water | Water |
| Lunch | 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 |
| Snack | 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 |
| Dinner | 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 |
| Snack | 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 |
|-------------------------------|--|
|-------------------------------|--|

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, Pollock, White fish

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



Scavenger fish

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