

2019 Fast Sample Menu for Most Men, Women, & Young Adults

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Rice & Beans	Fried Potatoes, onions, green/red peppers	Tofu Scramble	Grits	Hash Brown Potatoes w/ tofu scramble	Green Veg & fruit smoothie	Peanut Butter on Fresh Apples
	Tomatoes Slices	Cinnamon Hot Apples	Baked Pineapple Rings w/ walnuts	Fresh fruit	Melon	Fried Potato w/tofu	Fast and free smoothie
	Soy Milk	Soy Milk	Water	Soy Milk	Water	Soy Milk	Water
Lunch	Fried Apples	Dirty Rice w/ almonds	Black bean & corn taco Salad	Red Bean & Rice	Quinoa Stuff Peppers	Rice & Grilled Mushroom	Vegetable, tofu & Rice Soup
	Veggy Stir Fry over rice or Soba Noodles	Minestrone Soup	Tortilla Chips/ salsa	French Fries	Mashed Potatoes w/ Mushrooms	Cabbage & Diced Potato Soup	Baked Sweet Potato
	Soy Milk	Apple Juice	Almond Milk	Grape Juice	Rice Milk	Papaya Juice	Coconut Milk
Dinner	Cannellini Bean & tomato soup	Grilled Tofu & Asparagus	Meatless Rice Spaghetti w/ tomato sauce	Red Lentil Soup	Carrot, corn and Potato Soup	African Peanut Soup	Beans w/Grilled Portobello Mushrooms & tomatoes
	Side salad w/vinaigrette dressing	Brown Rice	Tossed green salad	Wild Rice salad	Spicy Stir fried Broccoli & Peanuts	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Rice and carrot
	Grapes	Sliced Strawberries	Kiwi	Sweet Potato Salad	Sliced Pears & Peaches Salad	Cucumber & Tomato Salad	Broccoli Mandarin Orange Salad

<b style="color: red;">Guidelines/Suggestions	<b style="color: red;">The Sacrifice: Foods/Ingredients to Avoid
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Whole Grains: Brown Rice, Quinoa **Staples:** White Rice, Wild Rice
Legumes: Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh
Vegetables ALL, 100% vegetable juice
Fruits ALL (excluding canned in syrup), 100% juices
Nuts/Seeds: Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)
Oils: Olive oil (or Canola, Sunflower, Safflower, peanut oil, salad)
Liquids: All water excluding flavored or sweetened, Soy milk, almond, coconut and rice milk
Proteins: Tofu, Tempeh, Quinoa
Sweeteners: Honey, Maple syrup (or pure agave sweetener)
All herbs, spices and seasonings, Miso

Meat, poultry, fish, meatless Soy burgers w/ dairy added
 Caffeine, carbonated beverages
 Sugar: cane, fructose, sugar substitutes, etc.
 Grains: flour, oatmeal, barley, bran
 Margarine, shortening
 Dairy products
 Honey roasted nuts containing sugar
 High fat (fried) foods
 Foods containing excessive preservatives/additives

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Snack Suggestions

Popcorn	Fresh fruits	Smoothies	Tortilla Chips	Nuts/Seeds	Peanut Butter	Soy/almond butter	Fresh Vegetables
Hummus	Dried fruit	100% Juices	Potato/corn Chips	Salsa/guacamole	Rice cakes	Avocado Dip	Soy/rice/almond milk