

2019 Sample Fast Menu for Insulin Resistant Members

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Tofu scramble	Cinn Hot Apples	Potato Hash w/ chopped walnuts	Brown Rice & Beans	Fried Potatoes w/ mushrooms, sliced almonds	Grits w/ tofu	Creamy Fruit Smoothie w/ peanut butter
	Nut mix	Peanut Butter/celery		Tomatoes Slices		Tomatoes Slices	Nut mix
	Soy Milk	Almond Milk	Coconut Milk	Rice Milk	Soy Milk	Almond Milk	Coconut 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 w/ Almonds	Vegetable, quinoa Chili	Grilled White Fish	Black Bean & corn soup	Tuna Salad w/ Mustard & Sage	Vegetable & Brown Rice Soup w/ Tempe
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Garden Salad	Mashed Sweet Potatoes w/cinnamon maple syrup	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	Jamaican Bean Stew	Baked cod/Pollack w/ Sweet Bell Peppers	Grilled Tilapia	White Bean Chili	Sweet and Sour Baked Salmon	Grilled white fish w/ grilled onions and scallions
	Side salad w/vinaigrette dressing	Baked Yams	Seasoned Navy Beans Soup	Brown rice & Vegetable Stir Fry	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Brown Rice and nuts	Brown Rice
	Sliced peaches	Side Salad	Grilled Peaches	Coleslaw w/apples	Fruit Salad	Steamed Green Beans	Broccoli Mandarin Orange Salad
	Water	Water	Water	Water	Water	Water	Water
Snack	Tortilla Chips w/refried beans	Celery Sticks w/peanut Butter	Roasted Garbanzo Nuts	Popcorn	Tortilla Chips & Salsa	Nuts, seeds and 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>Whole Grains: Brown Rice, Quinoa; (not white rice)</p> <p>Legumes: Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh</p> <p>Vegetables: ALL vegetables, except white and red potatoes</p> <p>Fruits: ALL, except bananas, all berries (cherry, blueberry, cranberry, etc.), grapes, melons</p> <p>Fish: Salmon, Tilapia, Tuna, Cod, Pollock, White fish</p> <p>Nuts: Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)</p> <p>Oils: Olive oil (or Canola, Sunflower, Safflowers)</p> <p>Liquids: Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk</p> <p>Sweetener: Pure Agave Sweetener</p> <p>All natural herbs, spices and seasonings, Miso</p> <p>Property of Eastern Star Church</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>Dairy products</p> <p>Honey roasted nuts, containing sugar</p> <p>High fat (fried) foods</p> <p>Foods containing preservatives/additives</p>