

## 2022 Corporate Fast Sample Week Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fruit Smoothie	Fried Potatoes, onions	Grits	Acai Bowl	Oatmeal	Hashbrowns	Chai Pudding
	Almond and Cashew Mix	Tomatoes Slices	Baked Pineapple Rings w/ walnuts	Natural Granola	Banana and Walnuts	Grapefruit	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Edamame	Apple with Nut Butter	Avacado Cilantro Hummus/Carrots	Popcorn	Tomatos with pesto and olive oil	Fruit Salad & Nuts	Fruit - Apple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Broccoli Spears	Fresh Fruit	Vegetables & Rice	Friut Salad	Steamed Vegetables	Fresh Fruit	Side Salad
	Baked Potato w/Vegan Chili	Southwest Salad	Tomato Soup	Smoky Chickpea, Red Lentil & Vegetable Soup	Baked Sweet Potato	Roasted New Potatos with Grilled Asparaus	Spaghetti Squash w/Marinara Sauce
	100% All Natural Pink Grapefruit Juice	Water	100% All Natural Grape Juice	Water	100% All Natural Pineapple Juice	Water	100% All Natural Grapefruit Juice
<b>Snack</b>	Fruit salad	Guacamole and Corn Tortilla Chips	Banana w/Nut Butter	Popcorn	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	New Orleans Red beans	Veggie Burger	Taco Soup	Side Salad	Blackeye Peas	Vegatable soup
	Corn Tortilla Chips	Rice	Crunchy Baked Fries	Spanish Rice	Stuffed Peppers	Hot Water Corn Bread	Rice
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple and Blueberry Bake	Sliced Pears	Broccoli Salad	Fruit Smoothie
	Water	100% All Natural Apple Juice	Water	100% All Nautral Orange Juice	Water	100% All Nautral Cranberry Juice	Water

### Guidelines/Suggestions

**Whole Grains:** Brown Rice **Staples:** White Rice, Wild Rice  
**Other Grains:** Oatmeal, Quinoa, Grits, Barley  
**Legumes:** Any dried (or canned) bean, Lentils, Soybeans (edamame), Tempeh, Peas  
**Vegetable** ALL  
**Fruits** ALL (excluding canned in syrup)  
**Nuts:** All nuts and seed (excluding candy coated or honey roasted)  
**Oils:** olive, canola, grape seed, peanut, coconut, sesame oil  
**Liquids:** Spring Water, Distilled water, 100% All-natural fruit juices, 100% All-natural vegetables juice, 100% All-natural low sugar fruit juice, soy milk, almond milk  
**Sweeteners:** Honey, Maple syrup (or pure agave sweetener)  
**Others:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

### The Sacrifice: Foods/Ingredients to Avoid

Meat, poultry, fish  
 Caffeine, carbonated beverages  
 Sugar: sugar, fructose, sugar substitutes, etc  
 Grains: flour, bran  
 Margarine, shortening  
 Milk, milk products, butter  
 Honey roasted nuts, containing sugar  
 High fat (fried) foods  
 Foods containing preservatives/additives

