

Dinner	Taco Bowl	New Orleans Red beans	Veggie Burger	Taco Soup	Side Salad	Black-eyed Peas	
	Corn Tortilla Chips	Rice	Crunchy Baked Fries	Spanish Rice	Stuffed Peppers	Hot Water Corn Bread	
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple and Blueberry Bake	Sliced Pears	Broccoli Salad	
	Water	100% All Natural Apple Juice	Water	100% All Natural Orange Juice	Water	100% All Natural Cranberry Juice	

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Guidelines/Suggestions	The Sacrifice: Foods/Ingredients to Avoid
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<p>Whole Grains: Brown Rice Staples: White Rice, Wild Rice</p> <p>Other Grains: Oatmeal, Quinoa, Grits, Barley</p> <p>Legumes: Any dried (or canned) bean, Lentils, Soybeans (edamame), Tempeh, Peas</p> <p>Vegetables ALL</p> <p>Fruits ALL (excluding canned in syrup)</p> <p>Nuts: All nuts and seed (excluding candy coated or honey roasted)</p> <p>Oils: olive, canola, grape seed, peanut, coconut, sesame oil</p> <p>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</p> <p>Sweeteners: Honey, Maple syrup (or pure agave sweetener)</p> <p>Others: tofu, soy products, vinegar, seasonings, salt, herbs and spices.</p>	<p>Meat, poultry, fish</p> <p>Caffeine, carbonated beverages</p> <p>Sugar: sugar, fructose, sugar substitutes, etc.</p> <p>Grains: flour, 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>
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Sample Corporate Fast Week Menu (Lower Carbohydrate Version for Insulin Resistant Members)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Smoothie w/Tofu	Cinnamon Hot Apples	Grits	Acai Bowl	Oatmeal	Brown Rice & Beans	
	Almond and Cashew Mix	Peanut on celery	Baked Pineapple Rings w/ walnuts	Natural Granola	Pineapples and Walnuts	Grapefruit	
	Water	Water	Water	Water	Water	Water	
Snack							
Snack	Edamame	Apple with Nut Butter	Avocado Cilantro Hummus/Carrots	Popcorn	Tomatoes with pesto and olive oil	Fruit Salad & Nuts	
	Water	Water	Water	Water	Water	Water	
Lunch							
Lunch	Baked Flounder	Hearty Garden Salad	Vegetable Chili	Grilled Salmon over Garden Salad	Steamed Vegetables	Tuna Salad w/ Mustard & Sage	
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Fruit Salad	Baked Sweet Potato	Grilled Asparagus	
	Low Sugar 100% Natural Pink Grapefruit Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	
Snack							
Snack	Fresh Fruit	Guacamole and Corn Tortilla Chips	Apple w/Nut Butter	Celery Sticks w/Nut Butter	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	
	Water	Water	Water	Water	Water	Water	
Dinner							
Dinner	Taco Bowl	Grilled Tilapia	Baked Orange Roughy	Taco Soup	Grilled Haddock	Black-eyed Peas	
	Corn Tortilla Chips	Brown rice & Vegetable Stir Fry	Mixed Vegetables	Spanish Rice	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Hot Water Corn Bread	
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple Bake without Blueberry	Fruit Salad	Broccoli Salad	
	Water	Water	Water	Water	Water	Water	
Guidelines/Suggestions					The Sacrifice: Foods and Ingredients to Avoid		
Whole Grains: Brown Rice, Wild Rice; (not white rice) Other Grains: Oatmeal, Quinoa, Grits, Barley Legumes: Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh Vegetables: ALL vegetables, except white and red potatoes					Scavenger fish and seafood White/Red potatoes, white rice Berries, bananas, melons, grapes		

Fruits	ALL, except bananas, all berries (cherry, blueberry, cranberry, grapes, melons)	Caffeine, carbonated beverages, whole fruit juice
Fish:	Salmon, Tilapia, Tuna, Cod, etc.; no scavenger fish or seafood (i.e., shrimp, crabs, etc.)	Sugar, sugar substitutes
Nuts:	Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)	Grains: flour,
Oils:	Olive oil (or Canola, Sunflower, Safflowers)	Margarine, shortening
Liquids:	Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk, Low Sugar 100% Juice	Milk, milk products, butter
Sweetener:	Pure Agave Sweetener	Honey roasted nuts, containing sugar
Others:	tofu, soy products, vinegar, seasonings, salt, herbs and spices.	High fat (fried) foods Foods containing preservatives/additives