

**\*\*Please note: This sample menu is for Pre Diabetic & Diabetic individuals only**

**Sample Corporate Fast Week Menu (Lower Carbohydrate Version for Insulin Resistant Members)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fruit Smoothie w/Tofu	Cinn Hot Apples	Grits	Acai Bowl	Oatmeal	Brown Rice & Beans	Chai Pudding
	Almond and Cashew Mix	Peanut on celery	Baked Pineapple Rings w/ walnuts	Natural Granola	Pineapples 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	Pineapple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Baked Flounder	Hearty Garden Salad	Vegetable Chili	Grilled Salmon over Garden Salad	Steamed Vegetables	Tuna Salad w/ Mustard & Sage	Side Salad
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Fruit Salad	Baked Sweet Potato	Grilled Asparaus	Spaghetti Squash w/Marinara Sauce
	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	Low Sugar 100% Natural Orange Juice
<b>Snack</b>	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	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	Grilled Tilapia	Baked Orange Roughy	Taco Soup	Grilled Haddock	Blackeye Peas	Cod Fish Tacos w/ Salsa
	Corn Tortilla Chips	Brown rice & Vegetable Stir Fry	Mixed Vegetables	Spanish Rice	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Hot Water Corn Bread	Spanish Rice
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple Bake without Blueberry	Fruit Salad	Broccoli Salad	Orange and Grapefruit Salad
	Water	Water	Water	Water	Water	Water	Water

<b>Guidelines/Suggestions</b>	<b>The Sacrifice: Foods and Ingredients to Avoid</b>
<p><b>Whole Grains:</b> Brown Rice, Wild Rice; (not white rice)      <b>Other Grains:</b> Oatmeal, Quinoa, Grits, Barley</p> <p><b>Legumes:</b> Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh</p> <p><b>Vegetables:</b> ALL vegetables, except white and red potatoes</p> <p><b>Fruits:</b> ALL, except bananas, all berries (cherry, blueberry, cranberry, grapes, melons)</p> <p><b>Fish:</b> Salmon, Tilapia, Tuna, Cod, etc; no scavenger fish or seafood (i.e., shrimp, crabs, etc)</p> <p><b>Nuts:</b> Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)</p> <p><b>Oils:</b> Olive oil (or Canola, Sunflower, Safflowers)</p> <p><b>Liquids:</b> Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk, Low Sugar 100% Juice</p> <p><b>Sweetener:</b> Pure Agave Sweetener</p> <p><b>Others:</b> tofu, soy products, vinegar, seasonings, salt, herbs and spices.</p>	<p>Scavenger fish and seafood</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,</p> <p>Margarine, shortening</p> <p>Milk, milk products, butter</p> <p>Honey roasted nuts, containing sugar</p> <p>High fat (fried) foods      Foods containing preservatives/additives</p>