

2012 Fast Sample Menu for Most Men, Women, & Young Adults

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Creamy Fruit Smoothie	Fried Potatoes, onions	Cinn Hot Apples	Rice & Beans	Hash Brown Potatoes	Rice & Beans	Fried Potatoes
	Fried Potato w/tofu	Tomatoes Slices	Baked Pineapple Rings w/ walnuts	Tomatoes Slices	Melon	Tomatoes Slices	Light Apple Juice
	Water	Soy Milk	Water	Soy Milk	Water	Soy Milk	Water
Snack	Almonds & Raisins	Peanut Butter & Apple	Hummus Dip w/Chips	Popcorn	Fruit - Apple	Fruit Salad & Nuts	Fruit - Apple
	Water	Water	Water	Water	Water	Water	Water
Lunch	Broccoli Spears	Hearty Salad	Tempeh or Tofu Chili	Chunky Minestrone	Black bean & Wild Rice Soup	Rice & Mushroom Salad	Vegetable & Rice Soup
	Baked Potato w/ grilled BBQ Tempeh, Tomato & mushrooms	Soup (potato, veggie, minestrone, or lentil)	Rice	Oven French Fries	Mashed Potatoes w/ Mushrooms & Vegetables	Cabbage & Diced Potato Soup	Baked Sweet Potato
	Soy Milk	Apple Juice	Grape Juice	Soy Milk	Papaya Juice	Soy Milk	Soy Milk
Snack	Tortilla Chips & black bean spread	Baby Carrots & Walnuts	Banana w Peanut Butter	Celery Sticks w/ Peanut butter dip	Fruit salad w/ fruit dip	Marinated Cucumbers	Fresh Fruit
	Soy Milk	Water	Soy Milk	Water	Soy Milk	Water	Soy Milk
Dinner	Brown Rice & Lentil Stew	New Orleans Red beans	Seasoned Navy Beans Stew	15-Bean Soup	Black Beans & Fried Rice	Corn and Navy Bean Chowder	Stuffed Green Peppers w/ Portabella Mushrooms
	Side salad w/vinaigrette dressing	Rice	Grilled new potato & green bean w/ garlic	Seasoned Mixed Greens	Mexican Corn	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Wild Rice
	Sliced peaches	Coleslaw w/apples	Baked Banana & Passion Fruit	Sweet Potato Salad	Sliced Pears & Peaches Salad	Cucumber & Tomato Salad	Broccoli Mandarin Orange Salad
	Water	Water	Water	Water	Water	Water	Water
Snack	Stove popped popcorn	Fresh apple w/ soy butter	Roasted Honey covered Nuts	Potato Chips	Tortilla Chips & Salsa	Nuts, seeds ad raisins	Carmel Popcorn w/ nuts
	Papaya Juice	Soy Milk	Cranberry Juice	Soy Milk	Soy Milk	Orange juice	Soy Milk

Guidelines/Suggestions

Whole Grains: Brown Rice, **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)

Liquids: All water excluding flavored or sweetened, Soymilk

Proteins: Tofu, Tempeh

Sweeteners: Honey, Maple syrup (or pure agave sweetener)

All natural herbs, spices and seasonings, Miso



The Sacrifice: Foods/Ingredients to Avoid

Meat, poultry, fish, meatless Soy burgers w/ dairy added

Caffeine, carbonated beverages

Sugar: sugar, fructose, sugar substitutes, etc

Grains: flour, oatmeal, barley, bran

Margarine, shortening

Milk, milk products, butter

Honey roasted nuts, containing sugar

High fat (fried) foods

Foods containing excessive preservatives/additives

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