

Fasting Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Hash Browns V-8 Juice	Rice Banana	Fried Potatoes Strawberries	Rice Pink Grapefruit Water	Tator Tots Watermelon	Cinn Hot Apples Rice Water	Fruit Smoothie Water
	Water	Water	Water	Water	Water	Water	Water
Snack	Mar Cauliflower	Dried Cranberries	Fresh Fruit	Asst. Sliced Fruit	Raisins	Fresh Fruit	Baby Carrots
	Water	Water	Water	Water	Water	Water	Water
Lunch	Steamed Broccoli Spears	Health Salad	Grilled Vegetables	Chunky Minestrone	Carrot/Zucchini & Potato Shreds	Fruit Salad	Vegetable & Rice Soup
	Baked Potato w/ Olive Herbs & Gilled Tomato	Potato Soup	Diced Potato	French Fries	Mashed Potato w/ Mushrooms	Cabbage & Diced Potato Soup	Baked Sweet Potato
	Fresh Lemonade	Apple Juice	Grape Juice	Pineapple Juice	Orange Juice	Cranberry Juice	Grapefruit Juice
Snack	Fresh Fruit	Baby Carrots	Fresh Fruit	Celery Sticks Water	Fresh Fruit	Marinated Cucumbers Water	Fresh Fruit Water
	Water	Water	Water	Water	Water	Water	Water
Dinner	Brown Rice & Lentil Soup	New Orleans Red Beans	Seasoned Navy Beans	Black-eyed Peas	Re-Fried Beans & Fried Rice	Lima Beans	Jamaican Beans
	Side Salad w/Vinaigrette Dressing	Rice	Grilled New Potato & Green Bean w/Garlic	Seasoned Mixed Greens	Mexican Corn	Glazed Carrots	Wild Rice
	Sliced Peaches	Coleslaw w/Apples	Baked Banana & Passion Fruit	Candied Yams	Tropical Fruit Salad	Cucumber & Tomato Salad Water	Broccoli & Mandarin Oranges Water
	Water	Water	Water	Water	Water	Water	Water

Guidelines: (Foods We May Eat)

Whole Grains, Brown Rice, White Rice

Legumes: Dried Beans, Pinto Red, Black, Kidney & Lima Bean, Split Peas, Lentils, Black-eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Papayas, Peaches, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chili Peppers, Collards Greens, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squash, Sweet Potato, Tomatoes, Turnips, Watercress, Yams, Zucchini

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Juices

Oils: Olive Oil; Salad Dressing: Vinaigrette, Homemade Using Vinegar, Olive Oil and Herbs

Sweeteners: Honey, Maple Syrup

All Herbs and Spices

(Foods to Avoid)

Meat, Poultry, Fish, Seafood, Eggs, Cheese, Caffeine, Carbonated Beverages, Foods containing preservative or additives. Refined sugars, sugar substitutes, white flour and all products using it, bread – white, wheat, rye cracked, crackers, cereals – hot and cold, Margarine, Butter, Shortening, High Fat Products, Milk and Milk Products.