

DRAFT Men's Sample Menu Plan

Meals	Sunday	Monday	Tuesday
Breakfast 1 protein 1 fruit 1 dairy 1 grain or starchy vegetable	3 eggs 1 large orange 1 c. non-fat or 1% milk 1 c. oat bran	6oz. tofu ½ (6") cantaloupe ½ c. low fat cottage cheese 1 c. brown rice hot cereal	1 c. black beans 1 c. pineapple 1 c. low fat yogurt 1 c. grits
Lunch 1 protein 1 c. cooked vegetable 1 c. salad/raw vegetable 1 grain, starchy vegetable or fruit ½ oil portion	5 oz. hamburger 1 c. broccoli 1 c. lettuce, tomato, onion 1 medium apple 1 T. mayonnaise	6 oz. shrimp 1 c. asparagus 1 c. cucumber 1 c. brown rice 1 T. oil and 1 T. vinegar	6 oz. tempeh 1 c. beets 1 c. kale salad 1 large orange 1 T. oil and 1 T. vinegar
Dinner 1 protein 1 c. cooked vegetable 1 c. salad/raw vegetable 1 grain or starchy vegetable ½ oil portion	6 oz. chicken 1 c. string beans 1 c. salad 6 oz. potato 1 T. oil and 1 T. lemon	5 oz. pork chops 1 c. brussels sprouts 1 c. tomato and onion 1 medium ear of corn 1 T. oil and 1 T. vinegar	6 oz. tofu 1 c. bok choy 1 c. salad 1 c. brown rice 1 T. oil and 1 T. vinegar
Metabolic Adjustment (MA) 1 dairy or 2 oz. protein 1 fruit	1 c. low fat yogurt 1 c. blueberries	1 c. soy milk 1 large pear	½ c. low fat cottage cheese 1 large nectarine

- T. = tablespoon; tsp. = teaspoon; c. = cup; oz. = ounce;
- Read the ingredient list on all products and ask questions about ingredients when dining out.
- The suggested meal plan allows for 1c. of clear broth before lunch or dinner. Some examples are:
 1 tsp. liquid amino and 1 tsp. salt free seasoning in 1c. of hot water, vegetable stock, chicken stock, or miso.

	Wednesday	Thursday	Friday	Saturday
B	3 eggs 1 large peach 1 c. buttermilk 3 brown rice cakes	6 oz. chicken 1 medium apple 1 c. non-fat or 1% Milk 1 c. buckwheat hot cereal	6 oz. salmon 3 small kiwi 1 c. soy milk 1 c. steel cut oats	1 egg 3 oz. sausage ½ large grapefruit 1 c. low-fat yogurt 6 oz. potato
L	1 c. kidney beans 1 c. turnip 1 c. mixed greens 6 oz. potato ½ T. oil and ½ T. vinegar	6 oz. turkey sausage 1 c. onion, mushroom, peppers 1 c. mixed greens ½ c. corn ½ T. oil and ½ T. vinegar	5 oz. hot dogs 1 c. zucchini 1 c. broccoli coleslaw 6 oz. yam ½ T. mayonnaise	1 c. garbanzo beans (chickpeas) 1 c. carrots 1 c. lettuce, tomato, red cabbage 1 c. brown rice ½ T. oil and ½ T. vinegar
D	4 oz. fish 1 c. collard greens 1 c. salad 6 oz. sweet potato ½ T. oil and ½ T. vinegar	5 oz. steak 1 c. spinach 1 c. mixed greens 1 c. quinoa ½ T. oil and ½ T. lemon	6 oz. chicken 1 c. stir-fry vegetables 1 c. beansprouts ½ c. peas ½ T. oil	6 oz. salmon 1 c. cauliflower 1 c. spinach salad ½ c. butternut squash ½ T. oil and ½ T. vinegar
MA	2 oz. chicken 1 c. watermelon	3 oz. tofu 1 c. blackberries	1 c. buttermilk 2 small tangerines	1 egg 1 c. strawberries

- This chart is meant to be suggestive only. Ask for assistance from your sponsor and other members of FAA. Keep in mind that your tastes will change as you go through detox.
- Take time to learn what different foods taste like. Learning how to cook may be more beneficial than seeking out “recipes”.
- Study the entire “Guide to Abstinence.” It contains valuable suggestions about planning, herbs and spices, condiments, fats and rotation of foods.

DRAFT Women's Sample Menu Plan

Meals	Sunday	Monday	Tuesday
Breakfast 1 protein 1 fruit 1 dairy 1 grain or starchy vegetable	2 eggs 1 large orange 1 c. non-fat or 1% milk 1 c. oat bran	6oz. tofu ½ (6") cantaloupe ½ c. low fat cottage cheese 1 c. brown rice hot cereal	1 c. black beans 1 c. pineapple 1 c. low fat yogurt 1 c. grits
Lunch 1 protein 1 c. salad/raw vegetable 1 c. cooked vegetable ½ oil portion	4 oz. hamburger 1 c. broccoli 1 c. lettuce, tomato, onion ½ T. mayonnaise	4 oz. shrimp 1 c. asparagus 1 c. cucumber ½ T. oil and ½ T. vinegar	6 oz. tempeh 1 c. beets 1 c. kale salad ½ T. oil and ½ T. vinegar
Dinner 1 protein 1 c. salad/raw vegetable 1 c. cooked vegetable 1 grain or starchy vegetable ½ oil portion	4 oz. chicken 1 c. string beans 1 c. salad 6 oz. potato ½ T. oil and ½ T. lemon	4 oz. pork chops 1 c. brussels sprouts 1 c. tomato and onion 1 medium ear of corn ½ T. oil and ½ T. vinegar	6 oz. tofu 1 c. bok choy 1 c. salad 1 c. brown rice ½ T. oil and ½ T. vinegar
Metabolic Adjustment (MA) 1 dairy or 2 oz. protein 1 fruit	1 c. low fat yogurt 1 c. blueberries	1 c. soy milk 1 large pear	½ c. low fat cottage cheese 1 large nectarine

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- Read the ingredient list on all products and ask questions about ingredients when dining out.
- The suggested meal plan allows for 1c. of clear broth before lunch or dinner. Some examples are: 1 tsp. liquid amino and 1/2 tsp. salt free seasoning in 1c. of hot water, vegetable stock, chicken stock, or miso.

	Wednesday	Thursday	Friday	Saturday
B	2 eggs 1 large peach 1 c. buttermilk 3 brown rice cakes	4 oz. chicken 1 medium apple 1 c. non-fat or 1% milk 1 c. buckwheat hot cereal	4 oz. salmon 3 small kiwi 1 c. soy milk 1 c. steel cut oats	1 egg 2 oz. sausage ½ large grapefruit 1 c. low-fat yogurt 6 oz. potato
L	1 c. kidney beans 1 c. turnip 1 c. mixed greens ½ T. oil and ½ T. vinegar	4 oz. turkey sausage 1 c. onion, mushroom, peppers 1 c. mixed greens ½ T. oil and ½ T. vinegar	4 oz. hot dogs 1 c. zucchini 1 c. broccoli coleslaw ½ T. mayonnaise	1 c. garbanzo beans (chickpeas) 1 c. carrots 1 c. lettuce, tomato, red cabbage ½ T. oil and ½ T. lemon
D	4 oz. fish 1 c. collard greens 1 c. salad 6 oz. sweet potato ½ T. oil and ½ T. vinegar	4 oz. steak 1 c. spinach 1 c. mixed greens 1 c. quinoa ½ T. oil and ½ T. lemon	4 oz. chicken 1 c. stir-fry vegetables 1 c. beansprouts ½ c. peas ½ T. oil	4 oz. salmon 1 c. cauliflower 1 c. spinach salad ½ c. butternut squash ½ T. oil and ½ T. vinegar
MA	2 oz. chicken 1 c. watermelon	3 oz. tofu 1 c. blackberries	1 c. buttermilk 2 small tangerines	1 egg 1 c. strawberries

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