

AADI Traditional Asian Diet 10-Day Sample Menu (Based on a 2150 kcal Diet)

This 10-day sample menu was used in a study conducted by Joslin's Asian American Diabetes Initiative. This study showed that a traditional Asian diet could help in reducing body weight and improving the sensitivity to insulin.

Reference: Hsu WC, Lau KHK, Matsumoto M, Moghazy D, Keenan H, King GL. Improvement of Insulin Sensitivity by Isoenergy High Carbohydrate Traditional Asian Diet: A Randomized Controlled Pilot Feasibility Study. PLoS ONE 9(9): e106851. doi:10.1371/journal.pone.0106851

Day 1

Breakfast

Aojiru Juice
Brown Rice
Miso Soup
Apple



Lunch

Brown Rice
Sweet Potatoes
Hoisin Pork with Broccoli
Grapes



Dinner

Chicken Soba with Mushroom Sauce



Snack

Oranges
Carrot Juice

Total Day Nutrition:

2144 kcal, 78g Protein, 40g Fat, 384g Carbohydrates, 39g Fiber

Day 2

Breakfast

Aojiru Juice
Brown Rice
Seaweed, dried
Roasted Chicken Thigh
Teriyaki Sauce, low sodium



Lunch

Pork Somen
Oranges



Dinner

Shrimp Fried Rice



Snack

Apple
Carrot Juice

Total Day Nutrition:

2142 kcal, 86g Protein, 34g Fat, 380g Carbohydrates, 37g Fiber

Day 3

Breakfast

Korean Spicy Tofu Stew
Brown Rice
Soymilk
Grapes



Lunch

Pok Choy Tofu with Garlic Sauce
Brown Rice
Oranges



Dinner

Stir Fry Noodles with Shrimps



Snack

Cantaloupe
Aojiru Juice

Total Day Nutrition:

2158 kcal, 78g Protein, 38g Fat, 388g Carbohydrates, 35g Fiber

Day 4

Breakfast

Tofu Wakame Udon



Lunch

Sesame Chicken
Brown Rice
Grapes
Aojiru Juice



Dinner

Teriyaki Shrimp Soba
Grapes



Snack

Asian Pear
Carrot juice

Total Day Nutrition

2061 kcal, 83g Protein, 22g Fat, 390g Carbohydrates, 34g Fiber

Day 5

Breakfast

Teriyaki Chicken
Brown Rice
Oranges



Lunch

Hoisin Pork with Snap Peas
Brown Rice
Grapes



Dinner

Stir Fry Noodles with Shrimps



Snack

Apple
Aojiru Juice

Total Day Nutrition:
2154 kcal, 82g Protein, 37g Fat, 386g Carbohydrates, 38g Fiber

Day 6

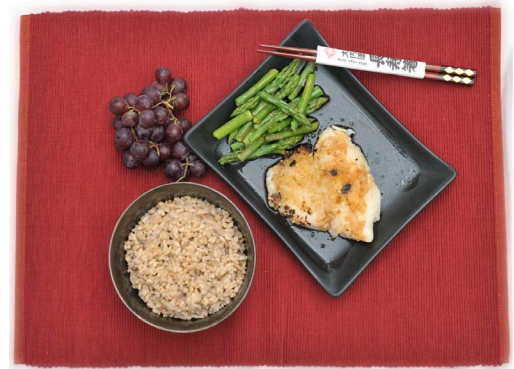
Breakfast

Miso Soup
Brown Rice
Apples
Aojiru Juice



Lunch

Tilapia and Asparagus
Brown Rice
Grapes



Dinner

Garlic Chicken over Chinese Broccoli
Sweet Potato Juice



Snack

Orange
Plums

Total Day Nutrition:
2151 kcal, 78g Protein, 37g Fat, 398g Carbohydrates, 38g Fiber



Day 7

Breakfast

Chicken Teriyaki
Brown Rice
Grapes
Aojiru Juice



Lunch

Garlic Pork with Spinach
Brown Rice
Orange



Dinner

Chicken Udon



Snack

Carrot Juice
Pears

Total Day Nutrition

2158 kcal, 86 g Protein, 35 g Fat, 375 g Carbohydrates, 34 g Fiber

Day 8

Breakfast

Soy milk
Brown Rice Congee
Grapes



Lunch

Chicken Wonton Soup
Chinese Broccoli
Apple
Sweet Potato Juice



Dinner

Shrimp Somen
Oranges



Snack

Aojiru Juice
Pears

Total Day Nutrition:
2203 kcal, 91 g Protein, 37 g Fat, 388 g Carbohydrates, 33 g Fiber



Day 9

Breakfast

Tofu Seaweed Udon Soup



Lunch

Chicken Pad Thai
Spinach
Orange



Dinner

Mushroom Soup
Tilapia and Seafood Sauce
Chinese Broccoli
Brown Rice



Snack

Aojiru Juice
Apple

Total Day Nutrition

2139 kcal, 80 g Protein, 38 g Fat, 376 g Carbohydrates, 29 g Fiber

Day 10

Breakfast

Chicken Teriyaki
Brown Rice
Oranges



Lunch

Shrimp Fried Rice
Grapes
Carrot Juice



Dinner

Stir Fry Noodles with Shrimps
Edamame and Tomatoes
Sweet Potato Juice



Snack

Aojiru Juice
Plums

Total Day Nutrition

2148 kcal, 81 g Protein, 35 g Fat, 392 g Carbohydrates, 39 g Fiber