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.

doi:10.1371/journal.pone.0106851

Day 1

Breakfast
Aojiru Juice
Brown Rice, Sunstar
Miso Soup
Apple

Lunch
Brown Rice, Sunstar
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, Sunstar  
Seaweed, dried  
Roasted Chicken Thigh  
Teriyaki Sauce, low sodium

**Lunch**
Oranges  
Pork Somen

**Dinner**
Shrimp Fried Rice

**Snack**
Apple  
Carrot Juice

**Total Day Nutrition:**
2142 kcal, 86g Protein, 34g Fat, 380g Carbohydrates, 37g Fiber
<table>
<thead>
<tr>
<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td>Korean Spicy Tofu Stew</td>
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<tr>
<td>Soymilk</td>
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<tr>
<td>Brown Rice</td>
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<tr>
<td>Grapes</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Lunch</th>
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<tbody>
<tr>
<td>Garlic Tofu with Pak Choy</td>
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<tr>
<td>Brown Rice</td>
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<tr>
<td>Oranges</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
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<tbody>
<tr>
<td>Stir Fry Noodles</td>
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<table>
<thead>
<tr>
<th>Snack</th>
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<tbody>
<tr>
<td>Cantaloupe</td>
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<tr>
<td>Aojiru Juice</td>
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</tbody>
</table>

Total Day Nutrition:

2158 kcal, 78g Protein, 38g Fat, 388g Carbohydrates, 35g Fiber
Day 4

Breakfast
Tofu Wakame Udon

Lunch
Sesame Chicken
Grapes
Brown Rice
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, Sunstar
Oranges, sliced

Lunch
Hoisin Pork with Snap Peas
Grapes
Brown Rice

Dinner
Stir Fry Noodles

Snack
Apple
Aojiru Juice

Total Day Nutrition:
2154 kcal, 82g Protein, 37g Fat, 386g Carbohydrates, 38g Fiber
Day 6

**Breakfast**

Miso Soup
Brown Rice, Sunstar
Apples, sliced
Aojiru Juice

**Lunch**

Tilapia and Asparagus
Brown Rice
Grapes

**Dinner**

Garlic Chicken over 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, Sunstar
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

Soymilk
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, cooked
Brown Rice, Sunstar

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, Sunstar
Oranges

Lunch

Shrimp Fried Rice
Grapes
Carrot Juice

Dinner

Stir Fry Noodles
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