

SAMPLE MEALS FOR THE OKINAWA DIET

Breakfast

Brown rice



Miso soup



Jasmine tea



Lunch

Baked purple
sweet potato



Stir-fried vegetables
& tofu



Jasmine or Green tea



Dinner

Miso soup with tofu
& vegetables



Buckwheat noodles with
spinach & pumpkin



Jasmine tea



Snacks

Seaweed salad



Rice cakes



Fresh fruit

