

## Robin's DIY FMD Menu and Recipes

### Menu Notes:

- I recommend you use a food scale to weigh your food for accuracy.
- Up to 1 tsp. combined of salt, herbs, and spices may be added to soups and salads to enhance flavor.
- If you don't like the vegetables chosen below or want variety on some days you can substitute the items on this list for other vegetables of an equal calorie amount without it likely impacting the fast: carrots, cucumber, tomato, asparagus, bell peppers, zucchini, spinach, cauliflower, celery, broccoli, zucchini, mushrooms, lettuce, radish.

### Shopping List\*

*\*Modify if including alternate vegetables.*

- Walnuts (40g, about 25 halves)
- Raw carrots (400g, about 40 baby carrots)
- Raw cucumber (908g, about 8.25 c. sliced)
- Avocado (523g, about 3.3 avocados)
- Cooked brown rice (640.5g, about 3.25c.)
- Lemon juice (150 g, about 5 fl. oz.)
- Tahini (7.5g, about .5T)
- Raw kale (126g, about 6c. chopped)
- Black olives (144g, about 36 medium)
- Red bell pepper (180g, about 1.5 medium pepper)
- Tomato (352g, about 20 cherry tomatoes)
- Raw broccoli (177.5g, about 2.5c.)
- Vegetable broth, low sodium (1105g, about 5c.)
- Raw onion (60g, 5T chopped)
- Olive oil (56g, 14 tsp.)
- Raw garlic (15g, about 5 clove)
- Raw asparagus (469g, about 3.5c chopped)
- Raw sweet potato (625g, about 3.95 potato)
- Raw cashews (40g, about 4)
- Rolled oats (30g, about 6T)
- Blueberries (25.2g, about 48 berries)
- Inulin powder (15g, 5tsp) - *optional*
- Glycerol drink - food grade vegetable glycerin - *optional*
- Omega 3/Omega 6 supplement
- 1 multivitamin/multimineral supplement

- Sugarless tea (up to 3-4 c.) - non-caffeinated herbal teas preferred, but up to 16oz caffeinated tea OR 8oz coffee allowed daily.
- Water unlimited

*Notes:* I've found the easiest way to have cooked brown rice ready is to buy it frozen. It's available at most grocers in the freezer section. Tahini is available online if it's not available in your local grocery store.



### Breakfast Day 1-5

#### *Nuts, Rice, and Raw Vegetables*

- Walnuts (8g, about 5 halves)
- Raw carrots (80g, about 8 baby carrots)
- Raw cucumber (114g, about 1 c.)
- Avocado (78.5g, about half an avocado)
- Cooked brown rice (15.6g, about 1.2T)

<i>Nutrition Info</i>	Calories	Carbs (g)	Net Carbs (g)	Fat (g)	Sat Fat (g)	Protein (g)	Fiber (g)	Sugar (g)
Nuts, Rice, and Raw Vegetables	250	23.4	13.8	17.7	2.2	4.5	9.6	5.8



### Lunch Day 1

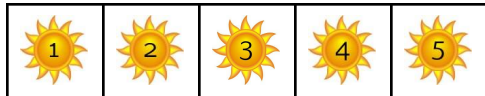
#### *Lunch Salad 1*

- *Dressing*

- lemon juice (30 g, about 1 fl. oz.)
- tahini (7.5g, about .5T)
- Raw kale (42g, about 2c. chopped)
- Black olives (40g, about 10 medium)
- Red bell pepper (60g, about .5 medium pepper)
- Raw cucumber (130g, about 1.25c. sliced)
- Avocado (50.5g, about .3 avocado)
- Tomato (148g, about 8 cherry tomatoes)
- Raw broccoli (35.5g, about .5c.)
- Cooked brown rice (26g. about 2T)

*Instructions:* Mix the lemon juice and tahini and apply as a dressing. Add water if you desire it to be thinner. Add herbs and spices if desired.

<b>Nutrition Info</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
Lunch Salad Day 1	300	34.8	22.3	17.8	2.9	8.4	12.5	10.4



## Dinner Day 1-5

### *Dinner Rice and Vegetable Soup*

- Vegetable broth, low sodium (221g, about 1c.)
- Raw broccoli (35.5g, about .5c.)
- Raw onion (12g, 1T chopped)
- Olive oil (8g, 2 tsp.)
- Raw garlic (3g, about 1 clove)
- Raw asparagus (93.8g, about .7c chopped)
- Raw sweet potato (61.2g, about .3 potato)
- Cooked brown rice (94.9g, just under ½ c.)

*Instructions:* Combine ingredients in pot and heat until cooked, about 20 minutes. Add herbs and spices up to the 1 tsp. daily limit to taste. I recommend some curry powder, or parsley, rosemary, and thyme.

<b>Nutrition Info</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
Dinner Soup	300	46.7	40	10.4	1.7	7.7	6.7	7.1

---

				
---	--	--	--	--

## Snack Day 1

### Snack 1

- Cashews, raw (8g)
- Rolled oats (10g, about 2T)
- Raw sweet potato (163g, about 1.25 potato)
- Black olives (24g, about 6 olives)

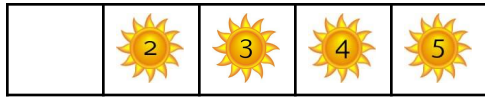
*Instructions:* You can eat the oats raw with the cashews like a trail mix or add about 4T of water, then microwave for 30 seconds to a minute to make a hot cereal. Eat cooked sweet potato and olives on the side. The easiest way to cook sweet potato is to chop it in bite sized chunks and microwave on the “potato” setting if available, or for a minute at a time on high until soft.

<b>Nutrition Info</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
Snack Day 1	250	42.7	35.8	7.6	1.6	5.7	6.9	7.1

**Notes:** In addition to the snack above, you can also consume the following on Day 1:

- Inulin powder (3g, 1tsp) - *optional*
  - The commercial FMD product contains inulin to help you feel more satiated
- Omega 3/Omega 6 supplement
- 1 multivitamin/multimineral supplement

- Sugarless tea (up to 3-4 c.) - non-caffeinated herbal teas preferred, but up to 16oz caffeinated tea OR 8oz coffee allowed.
- Water unlimited, including calorie-free sparkling water.



## Lunch Day 2-5

### Lunch Salad 2

- *Dressing*
  - Lemon juice (30 g, about 1 fl. oz.)
  - Olive oil (4g, about 1 tsp.)
- Raw kale (21g, about 1c. chopped)
- Black olives (20g, about 5 medium)
- Red bell pepper (30g, about .25 medium pepper)
- Raw cucumber (52g, about .5c. sliced)
- Avocado (20g, about 1 slice)
- Tomato (51g, about 3 cherry tomatoes)
- Blueberries (6.3g, about 12 berries)
- Cooked brown rice (13g. about 1T)

*Instructions:* Mix the lemon juice and olive oil and apply as a dressing. Add herbs and spices if desired.

<b>Nutrition Info</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
Lunch Salad Day 2-5	150	14.6	9.8	10.5	1.6	2.7	4.8	4.6



## Snack Day 2-5

### Snack 2

- Raw Cashews (8g, about .5T)
- Rolled oats (5g, about 1T)
- Raw sweet potato (39g, about .3 potato)

*Instructions:* You can eat the oats raw with the cashews like a trail mix or add about 4T of water, then microwave for 30 seconds to a minute to make a hot cereal. Eat cooked sweet potato and olives on the side. The easiest way to cook sweet potato is to chop it in bite sized chunks and microwave on the “potato” setting if available, or for a minute at a time on high until soft.

<b>Nutrition Info</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
Snack Day 2-5	100	13.6	11.2	4.5	1	3	2.4	2

**Notes:** In addition to the snack above, you can also consume the following each day on Day 2-5:

- Inulin powder (3g, 1tsp) - *optional*
  - The commercial FMD product contains inulin to help you feel more satiated.
- Glycerol drink - *optional*
  - The commercial FMD product contains a 25 calorie per serving glycerol drink. You are supposed to have about 50 calories of it per 100 calories of body weight. Per their website: “The L-Drink contains glycerol and it is intended to preserve lean body mass and support hydration.” Here’s an online calculator: [https://longevity.com/diy-fmd/#Vegetable\\_Glycerine\\_Daily\\_Quantity\\_Calculator](https://longevity.com/diy-fmd/#Vegetable_Glycerine_Daily_Quantity_Calculator)
  - The drink is made of vegetable glycerin and flavorings. Glycerin is a sweetener that doesn’t affect blood sugar. You can purchase food-grade vegetable glycerin at many nutritional supplement stores or online.
- Omega 3/Omega 6 supplement
- 1 multivitamin/multimineral supplement
- Sugarless tea (up to 3-4 c.) - non-caffeinated herbal teas preferred, but up to 16oz caffeinated tea OR 8oz coffee allowed.
- Water unlimited, including calorie-free sparkling water.

<b>Robin's DIY FMD Menu</b>	<b>Calories</b>	<b>Total Carbs (g)</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>
<b>Day 1-5 - Breakfast</b>	250	23.4	13.8	17.7	2.2	4.5	9.6	5.8
Nuts, Rice, and Raw Vegetables	250	23.4	13.8	17.7	2.2	4.5	9.6	5.8
<b>Day 1 - Lunch</b>	300	34.8	22.3	17.8	2.9	8.4	12.5	10.4
Lunch Salad Day 1	300	34.8	22.3	17.8	2.9	8.4	12.5	10.4
<b>Day 1-5 - Dinner</b>	300	46.7	40	10.4	1.7	7.7	6.7	7.1
Dinner Soup	300	46.7	40	10.4	1.7	7.7	6.7	7.1
<b>Day 1 - Snack</b>	250	42.7	35.8	7.6	1.6	5.7	6.9	7.1
Snack Day 1	250	42.7	35.8	7.6	1.6	5.7	6.9	7.1
Inulin powder* (3g, 1tsp)	5	2.7	0.2	0	0	0	2.5	0
Omega 3/Omega 6 supplement	5	0	0	1	0	0	0	0
1 multivitamin/ multimineral supplement	0	0	0	0	0	0	0	0
Sugarless tea (up to 3-4.)	0	0	0	0	0	0	0	0
Water unlimited	0	0	0	0	0	0	0	0
<b>Day 2-5 - Lunch</b>	150	14.6	9.8	10.5	1.6	2.7	4.8	4.6
Lunch Salad Day 2-5	150	14.6	9.8	10.5	1.6	2.7	4.8	4.6
<b>Day 2-5 - Snack</b>	100	13.6	11.2	4.5	1	3	2.4	2
Snack Day 2-5	100	13.6	11.2	4.5	1	3	2.4	2
Inulin powder (3g, 1tsp)*	5	2.7	0.2	0	0	0	2.5	0
Glycerol Drink*	25	5	0	0	0	0	0	5
Omega 3/Omega 6 supplement	5	0	0	1	0	0	0	0

1 multivitamin/ multimineral supplement	0	0	0	0	0	0	0	0
Sugarless tea (up to 3-4.)	0	0	0	0	0	0	0	0
Water unlimited	0	0	0	0	0	0	0	0

*\*optional menu items*

Please contact me at [learnthinkgro@gmail.com](mailto:learnthinkgro@gmail.com) if you find any errors in this document or have questions.

© Robin Murphy