

Version: Feb 2020 FMD Whole Foods Equivalent

**Keep this chart handy to view meal options throughout the day...**

**FMD MEALPLAN Days 1-5**

|           |   |
|-----------|---|
| Breakfast | Tea<br>Granola  |
| Lunch     | Soup<br>Salad/Dressing<br>Seed bread                    |
| Snacks    | Tea<br>Quinoa/Kraut<br>Olives<br>Granola<br>Blueberries |
| Dinner    | Soup<br>Seed bread<br>Olives                            |

This chart is just a guide, foods can be combined

however you want, mix and match for variety

Limit daily feeding window to 10 hours or less

Add up to 2t spices/herbs to food as needed

Drink 2+ Pronon bottles (quarts) of water daily

Unlimited herbal tea (no cream or sweetener)

Day 6 Transition: start with liquids and/or light,  
primarily plant based, meals