

# SSF Fasting-Mimicking Diet Grocery List

This list includes everything you need to start the five-day SSF FMD.

A food scale is required.

- Almonds
- Apple
- Barley flakes
- Barley, dry
- Beets
- Bell peppers
- Blueberries
- Broccoli
- Cabbage, shredded
- Carrots, diced
- Celery
- Chia seeds
- Flax seeds, ground
- Garlic
- Hazelnuts
- Hemp seeds
- Kale
- Mushrooms
- Nori (seaweed)
- Olive oil
- Onion, yellow
- Orange
- Peas
- Poppy seeds
- Potato, small
- Pumpkin seeds
- Radishes
- Sauerkraut or kimchi
- Sesame seeds
- Spinach
- Strawberries
- Sunflower seeds
- Tomato
- Vegetable broth
- Walnuts
- Zucchini

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## Ingredient Substitutions

While the listed ingredients should be followed as closely as possible, there is some flexibility for substitutions that will not significantly impact the overall nutritional or caloric balance. Suitable substitutions include:

- Pumpkin seeds or sunflower seeds.
- Spinach or kale.
- Beets, radishes, turnips, squash, or rutabaga.
- Tomato or cherry tomato.

## Recommended Seasonings

- *Spices:* Black pepper, cumin, paprika, red pepper flakes, turmeric.
- *Herbs:* Basil, bay leaf, cilantro, oregano, parsley, rosemary, thyme.
- *Condiments:* Apple cider vinegar, lemon juice, white vinegar.

## More Information

[ss.fitness/#fasting-mimicking-diet](https://ss.fitness/#fasting-mimicking-diet)

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