



Fasting Mimicking Diet

DR. SARAH WHITE, ND

MON



SNACK 1
Green Tea

BREAKFAST
Coconut Pesto, Cucumber Slices

LUNCH
Avocado, Walnuts

DINNER
Curried Cauliflower Soup

TUE



SNACK 1
Green Tea

BREAKFAST
Coconut Pesto, Cucumber Slices

LUNCH
Avocado

DINNER
Curried Cauliflower Soup

WED



SNACK 1
Green Tea

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Coconut Pesto, Cucumber Slices

LUNCH
Avocado

DINNER
Curried Cauliflower Soup

THU



SNACK 1
Green Tea

BREAKFAST
Coconut Pesto, Cucumber Slices

LUNCH
Avocado

DINNER
Curried Cauliflower Soup

FRI



SNACK 1
Green Tea

BREAKFAST
Coconut Pesto, Cucumber Slices

LUNCH
Avocado

DINNER
Curried Cauliflower Soup

FRUITS

- 2 1/2 Avocado
- 1 1/16 cups Lemon Juice

BREAKFAST

- 5 cups Green Tea

SEEDS, NUTS & SPICES

- 1 tsp Coriander
- 2 tsps Curry Powder
- 1 1/2 tsps Garam Masala
- 1/2 tsp Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/4 cup Walnuts

VEGETABLES

- 8 2/3 cups Basil Leaves
- 1 head Cauliflower
- 1/4 cup Cilantro
- 5 Cucumber
- 20 1/4 Garlic
- 2 tbsps Ginger
- 1 Yellow Onion

BOXED & CANNED

- 1 3/4 cups Canned Coconut Milk
- 3 cups Vegetable Broth

BAKING

- 1 1/2 cups Nutritional Yeast
- 4 1/3 cups Unsweetened Shredded Coconut

CONDIMENTS & OILS

- 2 cups Extra Virgin Olive Oil

Green Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Green Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

LIKE IT SWEET

Add sweetener of choice to taste.

Coconut Pesto

4 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Basil Leaves (packed)
3/4 cup Unsweetened Shredded Coconut
3 Garlic (large cloves, crushed)
1/4 cup Nutritional Yeast
1/3 cup Extra Virgin Olive Oil
3 tbsps Lemon Juice
1/4 tsp Sea Salt (to taste)

DIRECTIONS

01 Add all ingredients in a food processor and process until smooth and creamy. If needed, add one tablespoon of water at a time and process to your desired consistency. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately three tablespoons.

DIFFERENT FLAVORS

Swap the basil for any fresh herb or greens such as parsley, cilantro, kale, chard, or spinach. Swap the shredded coconut for any nut or seed such as pine nuts, hemp seeds, sunflower seeds, or pumpkin seeds. Swap out the nutritional yeast for parmesan cheese.

SERVE IT WITH

Use on vegetables, in bowls, on a protein of choice, combine with yogurt or sour cream to make a dip, or add water to create a salad dressing.

Cucumber Slices

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cucumber

DIRECTIONS

01 Slice the cucumber and enjoy!

NOTES

STORAGE

Cucumber can keep up to one week in the fridge if stored in water.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Walnuts

DIRECTIONS

01 Add walnuts to a bowl and enjoy!

Curried Cauliflower Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 3 Garlic (clove, minced)
- 2 tbsps Ginger (fresh, minced)
- 1 head Cauliflower (sliced into florets)
- 2 tps Curry Powder
- 1 1/2 tps Garam Masala
- 1 tsp Turmeric
- 1 tsp Coriander
- 3 cups Vegetable Broth
- 1 3/4 cups Canned Coconut Milk (plus more for garnish)
- 1 tsp Sea Salt
- 1/4 cup Cilantro (optional, garnish)
- 1/2 tsp Red Pepper Flakes (optional, garnish)

DIRECTIONS

- 01 Heat the oil in a large pot over medium-high heat. Add the onion, garlic, and ginger and cook until the onions are translucent about five minutes.
- 02 Add the cauliflower and spices and stir to combine. Add the vegetable broth and bring it to a boil. Simmer for 30 minutes or until the cauliflower is fork-tender.
- 03 Using a blender, food processor, or immersion blender, blend until smooth.
- 04 Transfer back to the pot and add the coconut milk and sea salt. Warm through and divide between bowls. Garnish with cilantro, red pepper flakes, and additional coconut milk (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup of soup.

MORE FLAVOR

Add cooked white beans for extra protein and fiber.