

Food Composition for Fasting Mimicking Diet

Food	Calories	Protein	Carbohydrate	Fat
1 cup dry lentils	675	50	115	
1 cup carrots	50	1	9	
1 cup celery	14	1	3	
1 cup onion	<u>92</u>	<u>3</u>	<u>11</u>	
Total	831	55	138	
Divided by 5	166	10	27	
2 TBL. tomato paste	30	.7	4	
2 TBL. Miso	68	2.2	12	
¼ cup almonds	132	5	7	11
¼ cup cashews	200	5	11	15
¼ cup pecans	88	2	3	20
1 cup dry split peas	693	47	126	2
3 cups canned black beans	675	45	120	4
3 cups canned pinto beans	735	45	135	4
3 cups canned navy beans	765	45	140	4
1 large egg	72	7	.4	5
Fruit				
Nectarine	60	1.5	15	.5
Banana	105	1	27	
Cherries x 10	13		10	
Watermelon 1 Cup Balls	46		12	
Apricot	17		4	
Grapes x 10	36		9	
Blueberries x 10	8		2	
Raspberries x 10	10		2	
Avocado Haas	227	2.7	12	21
Avocado	322	4	17	29
Peach	51	1.2	12	
Vegetables				
Zucchini 1 medium	33	2	6	
Cauliflower 1 cup raw	25	2	5	
Kale 1 cup raw	8	.7	1.4	
Cucumber 1 medium	30	1.3	7.3	
Cherry Tomato 5	15	1	3.5	