

# FMD LIFE MASTER FOOD LIST

## VEGETABLES:

---

**1 serving = minimum 2 cups raw**

Artichokes	Kohlrabi
Asparagus	Leafy greens, all types (lettuces, Okra)
Bamboo shoots	Onions, all types
Beans, all types (green, yellow, wax, and legumes), except soy	Parsnips
Beets, all types	Peppers, all types
Broccoli, all types	Radishes, all types
Brussels sprouts	Rhubarb
Cabbage, all types	Rutabaga
Cactus	Sea vegetables/seaweeds, all types
Carrots	Snow peas
Cauliflower	Spinach
Celery, all types	Spirulina
Cucumbers, all types	Sprouts, all types
Cultured/fermented veggies, all types	Squash, all types
Eggplant	Sweet potatoes
Fennel	Taro
Fiddleheads (coiled fern leaves)	Tomatillos
Grape leaves	Tomatoes
Hearts of palm	Turnips, all types
Jerusalem artichoke	Wheatgrass
Jicama	Yucca
Kale	

## FRUITS (FRESH OR FROZEN):

---

**1 serving = 1 to 1 ½ cups or pieces**

Apples, all types	Nectarines
Apricots	Oranges, all types
Berries, all types	Papayas
Cherimoya	Passion fruits
Cherries	Peaches
Dragon fruit	Pears, all types
Figs, fresh only	Persimmons
Grapefruit	Pineapple
Guavas	Plums
Jackfruit	Pluots
Kiwi	Pomegranates
Kumquats	Pomelo
Lemons	Prickly pears
Limes	Quince
Loquats	Star fruits
Lychees	Tamarind
Mangoes	Ugli fruit
Melons, all types	

## COMPLEX CARBS

---

**1 serving = 1/4 to 2/3 cup cooked, or 1 slice or piece**

Amaranth	Oats (old-fashioned, steel-cut)
Barley, all types	Pasta made from all approved grains
Buckwheat	Quinoa
Einkorn	Rice, all types except white
Farro	Rye
Flours made from all approved grains	Sorghum
Freekah	Spelt
Kamut	Sprouted wheat
Milks made from all approved grains (like oat milk)	Tapioca
Millet	Teff
	Wheat berries (sprouted)

## ANIMAL PROTEIN

---

**1 serving = 4 to 5 ounces, or 2 eggs**

Beef	Frog legs
Buffalo	Gelatin
Chicken	Jerky, all types (nitrate-free)
Collagen	Lamb
Cornish game hen	Mollusks, all types
Crustaceans, all types	Organ meats, all types
Cured lean meats, all types (nitrate-free)	Pork, all types
Deli meats, all types (nitrate-free)	Rabbit
Eggs	Turkey, all types
Escargot	Wild game, all types
Fish, all types (wild-caught, raw, smoked, canned)	

## VEGETABLE PROTEIN

---

**1 serving = 1/4 to 1/2 cup cooked, protein powder according to package directions**

Beans/legumes, all types except green peas, peanuts, and soy (although vegans who are at their ideal weight and not currently experiencing hormonal issues may choose to eat fermented soy only, on occasion—see more about soy on page 235)	Lentils, all types Vegetable protein powders (such as from pea, brown rice, etc.— <i>not soy</i> )
---	--

## HEALTHY FATS

---

Avocado, ¼ to ½	Olives, all types, 8 to 10
Cacao butter, 1 to 2 tablespoons	Raw nuts and seeds, all types (including nut flours, raw nut butters, milks, cheeses, and yogurts), ¼ to ½ cup nuts or seeds;
Coconut, fresh or dried (unsweetened), ¼ to ½ cup	1 to 2 tablespoons nut butters
Hummus, ¼ to ½ cup	
Mayonnaise (avocado, olive, safflower, sunflower), 1 to 2 tablespoons	
Oils (avocado, coconut, grapeseed, olive, sesame, sunflower, safflower), 1 to 2 tablespoons	

## HERBS, SPICES, CONDIMENTS, AND MISCELLANEOUS FOODS

---

### Serving size is unlimited

Agar	Pepper
Arrowroot powder	Pickles (no sugar added)
Baking powder	Raw cacao powder and nibs
Baking soda	Salsa
Bragg Liquid Aminos	Sea salt
Brewer's yeast	Spices, all types
Broth and stock, all types (homemade or no sugar)	Sweeteners, natural (birch-based xylitol, coconut sugar, pure maple syrup, molasses, 100% pure monk fruit/lo han, palm sugar, raw honey, 100% pure stevia)
Carob (unsweetened)	Tamari
Chile paste	Vinegars, all types
Coconut aminos	Water chestnuts
Coconut water	Xanthan gum (non-corn based)
Coffee substitutes (Dandy Blend, Pero)	Zest/peels (citrus)
Cream of tartar	
Herbs, all types	
Extracts, natural, all types (alcohol-free)	
Flavorings and infusions, natural, all types (alcohol-free)	
Guar gum	
Herbal teas (caffeine-free)	
Hot sauce, all types (no sugar added)	
Ketchup (no corn syrup or sugar added)	
Liquid smoke	
Maca powder	
Mustard, all types	
Nutritional yeast	