

5-Day Fasting Mimicking Diet (FMD) Shopping List - Philippines

Fruits & Root Crops

- 2 small avocados
- 5 saba bananas
- 2 small ripe mangoes
- 4 medium kamote (sweet potatoes)
- 1 small cucumber
- 2 calamansi (for dressing and flavoring)

Vegetables & Greens

- 3 bunches malunggay leaves
- 1 bunch alugbati (vine spinach)
- 1 bunch kangkong (water spinach)
- 2 medium eggplants
- 3 medium ampalaya (bitter melon)
- 2 medium zucchinis
- 1 medium squash (kalabasa)
- 1 bundle sitaw (string beans)
- 1 bundle talbos ng kamote (sweet potato leaves)
- 1 bundle okra
- 2 small gabi (taro) leaves (for Laing)
- 1 small bunch lato (sea grapes) or guso (seaweed)

Healthy Fats & Oils

- 1 cup fresh coconut meat
- 2 cups coconut milk
- 1 cup coconut oil
- ½ cup olive oil
- ½ cup pili nuts
- ½ cup roasted peanuts
- 2 tbsp sesame seeds
- 2 tbsp chia seeds
- 2 tbsp flaxseeds

Pantry Staples & Dry Goods

- 1 cup monggo (mung beans)
- 1 cup vegetable broth (or homemade stock)
- 1 tbsp rock salt

- 1 tbsp cinnamon (for saba bananas)

Beverages & Others

- 2 cups coconut water
- Herbal tea (such as ginger or turmeric tea)
- Black coffee (optional)

✓ Shopping & Meal Prep Tips

- ✓ Buy fresh produce from local markets for better quality and affordability.
- ✓ Choose unprocessed, natural versions of coconut oil, nuts, and seeds.
- ✓ Buy in bulk for savings, especially for coconut milk, oils, and nuts.
- ✓ Store greens properly in the fridge to keep them fresh for 5 days.