

# **Fasting Mimicking Diet:**

Meant to be done 5 days per month.

Day 1: 1000 cal

500 cal from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkins, mushrooms, etc)

500 cal from healthy fats (nuts, olive oil)

1 multi and mineral

1 omega 3-omega 6 supplements

Sugarless tea (3-4 cups)

25 g of plant-based protein, mainly from nuts

Unlimited water

Day 2-5: 800 cal

400 cal from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkins, mushrooms, etc)

400 cal from healthy fats (nuts, olive oil)

1 multi and mineral

1 omega 3-omega 6 supplements

Sugarless tea (3-4 cups)

Unlimited water

Day 6: transition diet - for 24 hours focus on complex carbohydrates (veggies, cereals, pasta, rice, bread, fruit, etc) and minimal consumption fish, meat, saturated fat, pastries.

## **Meal Plan - day 1 (day 2-5 reduce cal as above):**

**Breakfast** (pick two vegetables and consume 250cal then combine olive oil, nuts and seeds to equal 250cal):

*Eat the following type of combo:*

- ex: broccoli x 1 cup = 50cal
- ex: edamame x 1 cup = 200cal
- ex: olive oil x 1 tbsp = 120cal
- ex: almonds x 17 = 130cal

Lunch: water, tea

Dinner (pick two-three vegetables and consume 250cal then combine olive oil, nuts and seeds to equal 250cal):

*Eat the following type of combo:*

- ex: zucchini x 2 cups = 55cal
- ex: mushrooms x 1 cup = 50cal
- ex: green peppers x 1 whole = 30cal
- ex: green peas x 1 cup = 135cal
- ex: olive oil x 1 tbsp = 120cal
- ex: cashews x 15 = 130cal