“Fasting-mimicking” diet

a sample day

A fasting-mimicking diet is a short-term (3-5 days) diet designed to provide the benefits of fasting while allowing you to eat a small amount of food.

Here are our guidelines for a fasting-mimicking diet:

• Aim for about 500 calories per day.
• Eat no more than 15 grams of protein per day.
• Keep carbs low and choose mainly whole foods, where possible.
• Consume plenty of fluids and electrolytes, especially sodium.

Sample one-day menu of a fasting-mimicking diet

1 cup (90 grams) chopped broccoli sauteed in 1 Tablespoon butter or olive oil
1/3 cup (50 grams) of almonds
1/2 small (80 grams) avocado
Salty broth or Electrolyte elixir
Water, coffee or tea with noncaloric sweetener

Nutrition  
Calories: 500 calories | Protein: 14 grams | Net carbs: 10 grams | Fat: 42 grams

You can repeat this menu for 3-5 days or use the guidelines above to create your own fasting-mimicking diet.