

“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.