

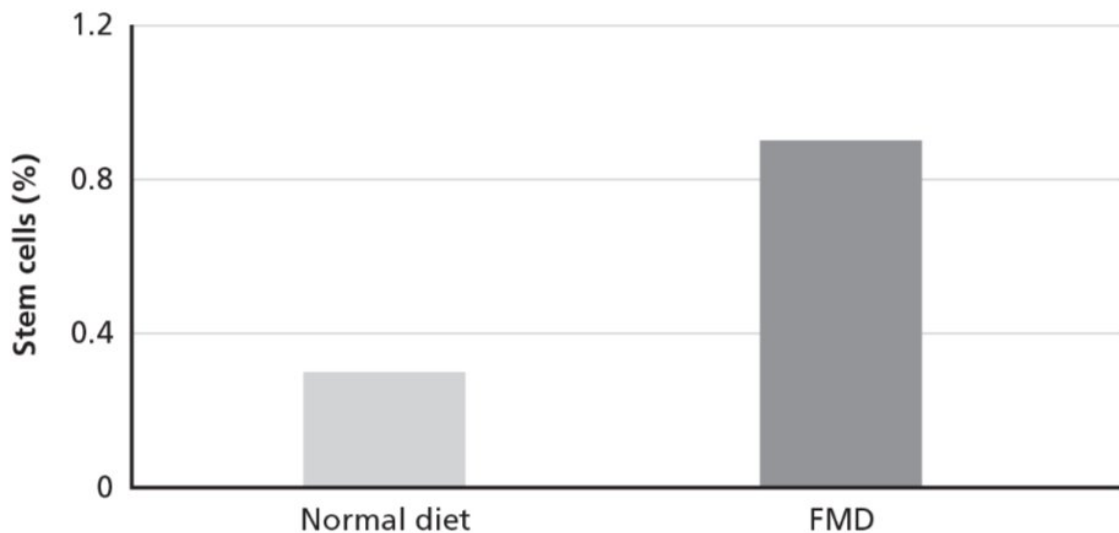
## The 5 Day Fasting Mimicking Diet



The fasting mimicking diet (FMD) is a low-calorie, plant-based diet designed to mimic the effects of fasting while still providing the body with essential nutrients. Dr. Valter Longo, a leading expert in aging and longevity, developed the FMD to promote healthspan and lifespan. The FMD has been shown to improve several health markers, including metabolic health, immune function, and cellular rejuvenation<sup>1234</sup> all while preventing muscle loss<sup>5</sup>. FMD done 3 times a year has the power to severely slow biologically aging and accelerate stem cell regeneration<sup>6</sup>. FMD activates essential autophagy in the body without the negative effects of starvation water fasting.

### Clinically Tested and Proven Results in Participants

- (-) **5.7 lbs** of body weight, mostly abdominal fat.
- (-) **1.6 inch** waist circumference while lean mass preserved.
- (-) **13%** of Insulin Growth Factor IGF-1 is a marker associated with cancer and aging in adults
- (-) **4.5 mm Hg** of systolic blood pressure. Blood pressure was reduced from 118-113.5 mm Hg



6.6. Blood stem cells in patients during FMD

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<sup>1</sup> <https://aacrjournals.org/cancerdiscovery/article/12/1/90/675618/Fasting-Mimicking-Diet-Is-Safe-and-Reshapes>

<sup>2</sup> <https://www.science.org/doi/full/10.1126/scitranslmed.aai8700>

<sup>3</sup> <https://www.sciencedirect.com/science/article/pii/S2211124716305769>

<sup>4</sup> <https://www.mdpi.com/2072-6694/13/16/4013>

<sup>5</sup> <https://link.springer.com/article/10.1007/s00421-021-04867-2>

<sup>6</sup> <https://news.usc.edu/63669/fasting-triggers-stem-cell-regeneration-of-damaged-old-immune-system/>

In addition to the production of stem cells, the reduction of abdominal fat, and lower levels of risk factors for various illnesses, many people report the following beneficial effects during or after FMD:

1. Glowing skin, which many describe as “younger looking.”
2. Stronger mental focus.
3. An ability to resist bingeing once they resume a normal diet. Many reduce their consumption of sugar and calories, and are less prone to excess in their consumption of coffee, alcohol, desserts, etc.

FMD for five days a month over a period of three months showed remarkable outcomes in the following areas:

Weight loss	More than 8 pounds in obese subjects, much of that from shedding abdominal fat
Muscle mass	Increased relative to body weight
Glucose	12 mg/dL decrease in subjects with high fasting-glucose (prediabetic) and a return to the normal range for prediabetic subjects; no effect in participants with low fasting-glucose
Blood pressure	6 mmHg decrease in subjects with moderately high blood pressure, but not in subjects with low blood pressure
Cholesterol	20 mg/dL decrease in participants with high cholesterol
IGF-1 (associated with a high cancer risk)	55 ng/mL decrease in participants in the higher-risk range
C-reactive protein (CRP; a risk factor for cardiovascular disease)	1.5 mg/dL decrease and, in most cases, a return to normal levels in participants with elevated CRP
Triglycerides	A 25 mg/dL decrease in participants with high triglycerides

[Watch Video on FMD and Cellular Rejuvenation](#)

[Watch Animation Video of FMD](#)

### **Disclaimer**

The FMD can never be undertaken in association with insulin or medication that reduces sugar levels. The combination could be lethal. At the end of the FMD, the patient may still be sufficiently insulin- sensitive to have below normal levels of glucose in his or her blood. Because the use of the FMD on diabetic patients could be dangerous, we advise to do it only as part of a clinical trial. Do not combine the FMD with very hot and lengthy showers, especially during hot weather. There could be a risk of fainting. Drive with caution—or better yet, don’t drive at all—until you know how the FMD affects you. We advise undergoing the FMD in the presence of another person.

### **Who May Not Do The FMD**

- Pregnant women.
- People who are underweight, have very low body mass index, or suffer from anorexia.
- People over the age of seventy, unless in superior health—and then only with a doctor's approval.
- Anyone who is fragile.
- People with liver or kidney diseases.
- People affected by pathologies, unless they have the prior approval of their specialized doctor. In the case of serious or relatively serious illnesses (cancer, diabetes, or cardiovascular, autoimmune, or neurodegenerative diseases), it is important to seek permission and approval from a disease specialist as well as from a dietitian with expertise in the FMD or in therapeutic fasting. The use of the FMD for disease treatment should for the moment be limited to clinical trials unless the doctor determines that there are no other viable options and the patient cannot wait until the conclusion of appropriate clinical trials and FDA approval.
- Patients who take medication should not undertake the FMD without the approval of their doctor with input from a dietitian or doctor who specializes in the use of the FMD. Although it may be possible to combine the FMD with many drugs without side effects, the combination of the FMD and certain drugs could result in severe side effects.
- Patients who have low blood pressure or who are taking medication for hypertension should not undertake the FMD without the approval of a specialized doctor.
- Patients with rare genetic mutations that block the organism's capacity to produce glucose from glycerol and amino acids (gluconeogenesis). Athletes during training or competition. High muscular effort requires levels of glucose not available in the blood during the FMD, leading to a risk of fainting.

### **How Often To Undertake the FMD**

This is a decision that ideally should be made with input from a doctor or registered dietitian, but broad guidelines are as follows:

1. Once a month for overweight or obese patients with at least two risk factors for diabetes, cancer, or cardiovascular or neurodegenerative disease
2. Once every two months for average-weight patients with at least two risk factors for diabetes, cancer, or cardiovascular or neurodegenerative disease
3. Once every three months for average-weight patients with at least one risk factor for diabetes, cancer, or cardiovascular or neurodegenerative disease
4. Once every four months for healthy patients with a normal diet who are not physically active
5. Once every six months for healthy patients with an ideal diet (see chapter 4) who engage in regular physical activity

It is important to note that the FMD should only be done under the supervision of a healthcare provider, especially for individuals with a history of eating disorders, diabetes, or other chronic health conditions. Stop this protocol immediately if symptoms arise and or if it triggers any diet obsessive behavior.

## **5 Day FMD Outline**

### **Day 1**

1,100 calories

- 500 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 500 calories from healthy fats (nuts, olive oil)
- 1 multivitamin and mineral supplement
- 1 omega-3/omega-6 supplement
- Sugarless tea (up to 3 to 4 cups per day)
- 25 grams of plant-based protein, mainly from nuts Unlimited water

### **Days 2–5**

800 calories

- 400 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 400 calories from healthy fats (nuts, olive oil)
- 1 multivitamin and mineral supplement
- 1 omega-3/omega-6 supplement
- Sugarless tea (up to 3 to 4 cups per day)
- Unlimited water

The above components can be divided between breakfast, lunch, and dinner, or they can be taken as two meals and a snack.

### **Day 6**

Transition diet

For 24 hours following the end of the five-day FMD, patients should follow a diet based on complex carbohydrates (vegetables, cereals, pasta, rice, bread, fruit, etc.), and minimize the consumption of fish, meat, saturated fats, pastries, cheeses, milk, etc.

## **FMD Meal Outline**

### **Day 1**

Calories: 1,100

Macronutrient distribution: 34% carbohydrate, 10% protein, 56% fat

Food intake: Breakfast - herbal tea, 1 serving of L-bar

Lunch - minestrone soup

Dinner - vegetable soup, 1 piece of fruit, herbal tea

## Day 2-5

Calories: 800

Macronutrient distribution: 47% carbohydrate, 9% protein, 44% fat

Food intake:

Breakfast - herbal tea, 1 serving of L-bar

Lunch - vegetable soup, 1 serving of kale crackers

Dinner - mushroom soup, 1 serving of olives, herbal tea

The L-bar is a proprietary protein bar developed specifically for the FMD. The kale crackers are made with kale and almonds, and the mushroom soup is made with mushrooms, vegetable broth, and herbs. The olives provide healthy fats, while the herbal tea is calorie-free and provides hydration.

During the FMD, it is essential to stay hydrated by drinking water and herbal tea throughout the day. It is also important to avoid all other foods and beverages, including coffee and alcohol. After completing the FMD, it is recommended to slowly reintroduce solid foods over the course of several days. This can be done by gradually increasing calories and adding in small portions of healthy foods like vegetables, fruits, and lean protein.

## Detailed Outline with Recipes

### Day 1

Breakfast:

Herbal tea (calorie-free), 1 L-bar Piece

L-Bar Recipe:

Ingredients:

- 1 cup almond flour
- 1/4 cup flaxseed meal
- 1/4 cup pea protein powder
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/4 cup coconut oil
- 1/4 cup unsweetened applesauce
- 1/4 cup water
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions:

1. Preheat the oven to 350°F.
2. Combine all dry ingredients in a mixing bowl and stir to combine.
3. Add coconut oil, unsweetened applesauce, water, cinnamon, vanilla extract, and salt, and mix until a dough forms.

4. Press the dough into a baking dish and bake for 20-25 minutes or until golden brown.
5. Cut into bars and store in an airtight container.

Lunch:

Minestrone soup

Minestrone Soup Recipe:

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 zucchini, chopped
- 1 potato, peeled and chopped
- 1 can of diced tomatoes
- 4 cups vegetable broth
- 1/2 cup small pasta (optional)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried basil
- 1 tsp dried oregano

Instructions:

1. Heat olive oil in a pot over medium heat. Add onion and garlic and sauté for 2-3 minutes or until softened.
2. Add carrot, celery, zucchini, and potato and cook for another 5 minutes.
3. Add diced tomatoes, vegetable broth, pasta (if using), salt, pepper, basil, and oregano.
4. Bring to a boil, then reduce heat and simmer for 20-30 minutes or until vegetables are tender. Serve hot.

Dinner:

Vegetable soup (recipe below)

1 piece of fruit (e.g., apple, pear, or orange)

Herbal tea (calorie-free)

Vegetable Soup Recipe:

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 zucchini, chopped

- 1 potato, peeled and chopped
- 4 cups vegetable broth
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary

Instructions:

1. Heat olive oil in a pot over medium heat. Add onion and garlic and sauté for 2-3 minutes or until softened.
2. Add carrot, celery, zucchini, and potato and cook for another 5 minutes.
3. Add vegetable broth, salt, pepper, thyme, and rosemary.
4. Bring to a boil, then reduce heat and simmer for 20-30 minutes or until vegetables are tender. Serve hot.

## Day 2-5

Breakfast:

Herbal tea (calorie-free)

L-bar (same recipe as Day 1)

Lunch:

Tomato soup (recipe below)

1/2 avocado

Tomato Soup Recipe:

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups canned tomatoes (no salt added)
- 2 cups vegetable broth
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried basil
- 1 tsp dried oregano

Instructions:

1. Heat olive oil in a pot over medium heat. Add onion and garlic and sauté for 2-3 minutes or until softened.
2. Add canned tomatoes, vegetable broth, salt, pepper, basil, and oregano.
3. Bring to a boil, then reduce heat and simmer for 20-30 minutes.
4. Use an immersion blender to puree the soup until smooth.
5. Serve hot.

Dinner:

Vegetable and bean soup (recipe below)

1 piece of fruit (e.g., apple, pear, or orange)

Herbal tea (calorie-free)

Vegetable and Bean Soup Recipe:

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 zucchini, chopped
- 1 can of white beans, drained and rinsed
- 4 cups vegetable broth
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary

Instructions:

1. Heat olive oil in a pot over medium heat. Add onion and garlic and sauté for 2-3 minutes or until softened.
2. Add carrot, celery, zucchini and cook for another 5 minutes.
3. Add white beans, vegetable broth, salt, pepper, thyme, and rosemary.
4. Bring to a boil, then reduce heat and simmer for 20-30 minutes or until vegetables are tender. Serve hot.

### **Additional FMD Meals**

Here are some additional meal ideas that could be used during the 5-day Fasting Mimicking Diet.

Breakfast:

- Chia pudding made with chia seeds, almond milk, and cinnamon (add a small amount of stevia if desired for sweetness)
- A smoothie made with almond milk, frozen berries, spinach, and a scoop of vegan protein powder
- A small serving of gluten-free oatmeal made with water, topped with cinnamon and sliced banana

Lunch:

- Broccoli soup made with broccoli, vegetable broth, onion, and garlic, seasoned with turmeric and black pepper
- Roasted vegetable salad made with mixed greens, roasted carrots, beets, and sweet potato, topped with a lemon-tahini dressing



- Zucchini noodles (zoodles) with tomato sauce made with canned tomatoes, onion, garlic, and herbs, served with a side of sautéed spinach

Dinner:

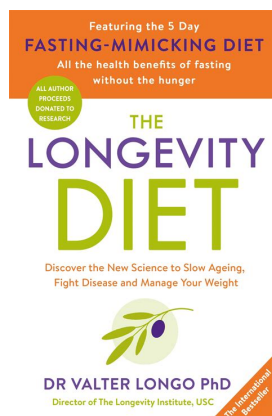
- Lentil soup made with lentils, vegetable broth, onion, garlic, and carrots, seasoned with cumin and coriander
- Grilled portobello mushrooms with a side of roasted asparagus and cauliflower rice
- Steamed broccoli topped with a small amount of extra virgin olive oil and garlic powder

Snacks:

- A handful of raw almonds or walnuts
- A sliced cucumber with 1/2 serving of hummus for dipping
- A small serving of roasted chickpeas seasoned with cumin and paprika

\*Remember to keep portion sizes small and stick to the guidelines of the Fasting Mimicking Diet, which is a low-calorie, low-protein, low-carbohydrate, and moderate fat diet.

[Buy Dr. Valter Longo's Book](#)



[Buy ProLon Pre-Made Meal Kit](#)



[Book a Consult with Strength and Wellness Coach Matt](#)