

The **Fasting Mimicking Diet (FMD)** is a **low-calorie, low-protein, high-healthy-fat diet** designed to provide the **benefits of fasting while still allowing some food intake**. It promotes **autophagy, beta-cell regeneration, and metabolic flexibility** while keeping calories low.

Daily Caloric Goals:

- **Day 1:** ~1,100 kcal (Transition Day)
- **Days 2-5:** ~750 kcal per day

✓ **Macronutrient Breakdown:**

- **Carbs:** ~40% (from fiber-rich, slow-digesting sources)
- **Fats:** ~50% (healthy fats like avocado, nuts, olive oil)
- **Protein:** ~10% (low to mimic fasting state)

Day 1 (Higher Calories – ~1,100 kcal)

Breakfast (300 kcal)

Avocado & Nut Bowl

- **½ small avocado** (80 kcal)
- **5 almonds** (35 kcal)
- **5 walnuts** (65 kcal)
- **1 tsp chia seeds** (20 kcal)
- **Herbal tea or black coffee** (0 kcal)

Lunch (400 kcal)

Roasted Vegetables & Lentils

- **½ cup cooked lentils** (115 kcal)
- **½ tbsp olive oil** (60 kcal)
- **½ cup roasted cauliflower & carrots** (70 kcal)
- **½ tbsp tahini** (50 kcal)

Snack (150 kcal)

Dark Chocolate & Olives

- 1 square (10g) 85% dark chocolate (65 kcal)
- 5 olives (35 kcal)

Dinner (250 kcal)

Vegetable Soup with Flaxseeds

- 1 cup vegetable broth (10 kcal)
- ½ cup zucchini & mushrooms (25 kcal)
- ½ tbsp olive oil (60 kcal)
- ½ tbsp flaxseeds (35 kcal)

Day 2 (Low-Calorie – ~750 kcal)

Breakfast (200 kcal)

Avocado & Nuts

- ¼ small avocado (40 kcal)
- 5 almonds (35 kcal)
- Herbal tea (0 kcal)

Lunch (250 kcal)

Zucchini & Mushroom Stir-Fry

- ½ cup zucchini & mushrooms (25 kcal)
- ½ tbsp olive oil (60 kcal)
- ½ cup cooked lentils (115 kcal)
- ½ tbsp tahini (50 kcal)

Snack (100 kcal)

Carrot & Hummus

- ½ medium carrot (25 kcal)
- 1 tbsp hummus (75 kcal)

Dinner (200 kcal)

Broccoli & Cauliflower Soup

- 1 cup vegetable broth (10 kcal)
- ½ cup broccoli & cauliflower (35 kcal)
- ½ tbsp flaxseeds (35 kcal)

Day 3 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

Walnuts & Berries

- 5 walnuts (65 kcal)
- ¼ cup mixed berries (30 kcal)
- Herbal tea or black coffee (0 kcal)

Lunch (250 kcal)

Mediterranean Salad

- ½ cup arugula, cucumbers, cherry tomatoes (20 kcal)
- ½ tbsp olive oil (60 kcal)
- 5 olives (35 kcal)
- ½ tbsp tahini (50 kcal)

Snack (100 kcal)

Cucumber & Guacamole

- ½ small cucumber (20 kcal)
- 1 tbsp mashed avocado (80 kcal)

Dinner (200 kcal)

Mushroom & Spinach Soup

- 1 cup vegetable broth (10 kcal)
- ½ cup mushrooms & spinach (25 kcal)
- ½ tbsp olive oil (60 kcal)
- ½ tbsp flaxseeds (35 kcal)

Day 4 (Low-Calorie – ~750 kcal)

Breakfast (200 kcal)

Dark Chocolate & Nuts

- 1 square (10g) 85% dark chocolate (65 kcal)
- 5 walnuts (65 kcal)

Lunch (250 kcal)

Avocado & Roasted Vegetables

- ¼ avocado (40 kcal)
- ½ cup roasted zucchini & carrots (50 kcal)
- ½ tbsp olive oil (60 kcal)

Snack (100 kcal)

Celery & Almond Butter

- 1 small celery stick (10 kcal)
- ½ tbsp almond butter (90 kcal)

Dinner (200 kcal)

Zucchini & Lentil Soup

- 1 cup vegetable broth (10 kcal)
- ½ cup zucchini & mushrooms (25 kcal)
- ½ tbsp flaxseeds (35 kcal)

Day 5 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

Avocado & Nuts

- ¼ small avocado (40 kcal)
- 5 almonds (35 kcal)
- Herbal tea (0 kcal)

Lunch (250 kcal)

Cabbage & Mushroom Stir-Fry

- ½ cup cabbage & mushrooms (25 kcal)
- ½ tbsp olive oil (60 kcal)
- 5 olives (35 kcal)

Snack (100 kcal)

Carrot & Hummus

- ½ medium carrot (25 kcal)
- 1 tbsp hummus (75 kcal)

Dinner (200 kcal)

Miso Soup with Spinach

- 1 cup miso broth (10 kcal)
- ½ cup spinach & mushrooms (25 kcal)
- ½ tbsp olive oil (60 kcal)

Additional Notes for FMD Success

- ✓ Drink plenty of water throughout the day.
- ✓ Black coffee, herbal tea, and unsweetened green tea are allowed.

- ✓ **Low-calorie, high-fiber, high-healthy-fat meals** keep insulin low while mimicking fasting conditions.
- ✓ **Avoid protein-rich foods** like meat, eggs, and dairy to maintain fasting benefits.
- ✓ **After Day 5, transition back to regular eating gradually**, starting with light plant-based meals.

Why This Works for Fasting Mimicking

- ✓ **Keeps insulin & glucose low** → Supports metabolic flexibility
- ✓ **Promotes autophagy & beta-cell regeneration**
- ✓ **Mimics fasting benefits while allowing food intake**
- ✓ **Reduces inflammation & supports longevity**