

Fasting Micking Diet Filipino Style

Daily Caloric Goals:

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

✓ **Macronutrient Breakdown:**

- Carbs (~40%) from root crops, fruits, and vegetables.
- Fats (~50%) from coconut, avocado, peanuts, and olive oil.
- Protein (~10%) kept minimal to keep fasting benefits.

Day 1 (Higher Calories - ~1,100 kcal)

Breakfast (300 kcal)

- Avocado with Nuts
- ½ small avocado (80 kcal)
- 5 pili nuts (100 kcal)
- 1 tsp chia seeds (20 kcal)
- Herbal tea (0 kcal)

Lunch (400 kcal)

- Ginisang Ampalaya with Kamote
- ½ cup sautéed ampalaya (bitter melon) with garlic and onions (50 kcal)
- ½ cup boiled kamote (sweet potato) (90 kcal)
- ½ tbsp coconut oil (60 kcal)
- ½ tbsp sesame seeds (50 kcal)

Snack (150 kcal)

- Saba Banana & Peanuts
- ½ boiled saba banana (70 kcal)
- 5 roasted peanuts (80 kcal)

Dinner (250 kcal)

- Monggo Soup (without meat)
- ½ cup boiled mung beans (110 kcal)
- ½ tbsp coconut oil (60 kcal)

- ½ cup malunggay leaves (20 kcal)
- Pinch of rock salt for flavor

Day 2 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

- Coconut Chia Pudding
- ½ cup fresh coconut meat (100 kcal)
- 1 tsp chia seeds (20 kcal)
- Herbal tea or black coffee (0 kcal)

Lunch (250 kcal)

- Law-Uy (Visayan Vegetable Soup)
- 1 cup mixed boiled local vegetables (okra, eggplant, squash, alugbati) (60 kcal)
- ½ tbsp coconut oil (60 kcal)
- 1 tsp flaxseeds (30 kcal)

Snack (100 kcal)

- Pili Nuts & Coconut Water
- 5 pili nuts (80 kcal)
- ½ cup coconut water (20 kcal)

Dinner (200 kcal)

- Lato (Sea Grapes) with Calamansi Dressing
- ½ cup lato (seaweed) (20 kcal)
- ½ tbsp olive oil (60 kcal)
- Calamansi juice & rock salt for flavor

Day 3 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

- Mango & Roasted Peanuts
- ¼ small ripe mango (50 kcal)
- 5 roasted peanuts (80 kcal)

Lunch (250 kcal)

- Utan Bisaya (Vegetable Soup)
- 1 cup mixed leafy greens (malunggay, alugbati, kangkong) (50 kcal)
- ½ tbsp coconut oil (60 kcal)
- ½ tsp sesame seeds (40 kcal)

Snack (100 kcal)

- Boiled Saba Banana
- ½ saba banana (70 kcal)
- Pinch of cinnamon for flavor

Dinner (200 kcal)

- Ensaladang Talbos ng Kamote
- ½ cup steamed talbos ng kamote (30 kcal)
- ½ tbsp olive oil (60 kcal)
- Calamansi dressing for taste

Day 4 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

- Buko & Chia Seeds
- ½ cup fresh coconut meat (100 kcal)
- 1 tsp chia seeds (20 kcal)

Lunch (250 kcal)

- Ginataang Kalabasa & Sitaw (without meat)
- ½ cup kalabasa (squash) (70 kcal)
- ½ cup sitaw (string beans) (40 kcal)
- ½ tbsp coconut oil (60 kcal)

Snack (100 kcal)

- Roasted Peanuts & Coconut Water
- 5 peanuts (80 kcal)
- ½ cup coconut water (20 kcal)

Dinner (200 kcal)

- Seaweed & Cucumber Salad
- ½ cup lato or guso (seaweed) (20 kcal)
- ½ tbsp olive oil (60 kcal)
- Cucumber slices with calamansi dressing

Day 5 (Low-Calorie - ~750 kcal)

Breakfast (200 kcal)

- Avocado with Roasted Pili Nuts
- ¼ small avocado (40 kcal)

- 5 pili nuts (100 kcal)

Lunch (250 kcal)

- Laing (without meat or shrimp)
- ½ cup gabi (taro) leaves (50 kcal)
- ½ tbsp coconut oil (60 kcal)
- ½ cup coconut milk (100 kcal)

Snack (100 kcal)

- Saba Banana with Cinnamon
- ½ boiled saba banana (70 kcal)

Dinner (200 kcal)

- Vegetable Soup with Malunggay & Flaxseeds
- 1 cup vegetable broth (10 kcal)
- ½ cup malunggay leaves (20 kcal)
- ½ tbsp flaxseeds (35 kcal)

Extra Tips for FMD Success

- ✓ Drink plenty of water throughout the day.
- ✓ Black coffee, herbal tea, and unsweetened green tea are allowed.
- ✓ Minimal animal protein ensures autophagy and metabolic benefits.
- ✓ Healthy fats (coconut, pili nuts,