

5 day reset



CONTENTS	PAGE
Welcome	2
Meals (for reference)	3-8
Menu	9-11
Groceries	12-14
Tools	15-16
Customize your menu	17-20
Tips	21-24
Refeed (how to break your fast)	25-27
Videos & next group fast	28

Welcome

You're about to experience a deep change in your health state.

If good habits prevail once you break your fast, you can kickstart a true transformational adventure of restorative healing.

You may be amazed and find it difficult to believe it's real but rest assured – if you are a human being, you have all of the physiological systems in place to optimize your health and live well.

I highly recommend reading *The Longevity Diet* by Dr. Valter Longo – creator of the Fasting Mimicking Diet (FMD) – to deeply understand and appreciate the many benefits you'll reap. As he states in his book, you *must* work with your doctor if you're taking prescription medications or have an underlying health condition.

This guide is designed to shepherd you through a 5 day fast with whole plant foods and give you the resources needed to keep things organized, effective, and fun.

Cheers to your abundant health and life-changing fasting experiences. ✨

Jamie Ryder

Founder | **plant52**
jamie@plant52.com





meals

breakfast



lunch

Days 2-5



Added dried chili flakes, salt, and freshly cracked black pepper - delicious!

snack

Days 2-5



Space out your snack in between meals. When going out, keep these on hand!

dinner

Days 2-5



Enjoy as a stir fry; or mix it all together (instead of separating like this). Or, add all ingredients to a pot with water - bring to a boil then simmer for 15 mins and enjoy as a soup; or blend the soup for a warming meal.



7 AM
breakfast



12 PM
lunch



3 PM
snack



7 PM
dinner



This is **a general look** at how your days may pan out with approximate timing of each meal (and snack). Do your best to eat each time with intention focusing on reducing inflammation, healing transformation, and boosting the brain and body's innate systems to thrive.



menu



day 1

BREAKFAST

Walnuts	6 g
Carrots, Raw	50 g
Cucumber, Raw, With Peel	80 g
Avocado, Raw	80 g

LUNCH

Lemon Juice	5 g
Olive Oil	10 g
Lettuce, Mixed Greens	50 g
Black Olives	20 g
Broccoli, Raw	20 g
Cucumber, Raw, With Peel	80 g
Red Bell Peppers, Raw	30 g
Tomato, Raw	80 g
Avocado, Raw	40 g

SNACK

Black Olives	35 g
Cashews, Raw	10 g

DINNER

Olive Oil	9 g
Asparagus, Raw	50 g
Beans, White, Cooked	60 g
Brown Rice, Cooked	90 g
Carrots, Raw	50 g
Celery, Raw	80 g
Mushrooms, Raw	65 g
Spinach, Raw	50 g
Walnuts	20 g
Zucchini, Raw	90 g



days 2-5



BREAKFAST

Walnuts	6 g
Carrots, Raw	50 g
Cucumber, Raw, With Peel	80 g
Avocados, Raw	80 g



LUNCH

Lemon Juice, Raw	10 g
Olive Oil	5 g
Basil, Fresh	5 g
Black Olives	10 g
Corn, Yellow, Whole Kernel	30 g
Cucumber, Raw, With Peel	60 g
Lettuce, Mixed Greens	50 g
Red Bell Peppers, Raw	30 g
Tomato, Raw	50 g
Avocados, Raw	30 g



SNACK

Blueberries, Fresh	45 g
Cashews, Raw	13 g



DINNER

Broccoli, Raw	50 g
Brown Rice, Cooked	50 g
Butternut Squash, Raw	50 g
Carrots, Raw	30 g
Garlic, Raw	10 g
Mushrooms, Raw	40 g
Zucchini, Raw	50 g

DESSERT

Sweet Potato, Cooked	50 g
----------------------	------

*click to watch
video prep*



groceries



groceries

pounds

POUNDS	FRESH / FROZEN	POUNDS	OTHER
0.11 lbs	• Asparagus	0.13 lbs	• Beans, cooked
1.24 lbs	• Avocado	0.21 lbs	• Black olives
0.04 lbs	• Basil	0.64 lbs	• Brown rice, cooked
0.40 lbs	• Blueberries	0.14 lbs	• Cashews, raw
0.49 lbs	• Broccoli	0.09 lbs	• Olive oil
0.44 lbs	• Butternut squash	0.11 lbs	• Walnuts, raw
0.93 lbs	• Carrots		
0.18 lbs	• Celery		
0.27 lbs	• Corn		
1.59 lbs	• Cucumber		
0.09 lbs	• Garlic		
0.10 lbs	• Lemon (juice of 1 or 2)		
0.55 lbs	• Lettuce/Mixed greens		
0.50 lbs	• Mushrooms		
0.33 lbs	• Red bell pepper		
0.11 lbs	• Spinach		
0.44 lbs	• Sweet potato		
0.62 lbs	• Tomatoes		
0.64 lbs	• Zucchini		

RECOMMENDED

- **Sparkling waters** with no added sugars (check the ingredients)
- **Tea** (herbal, green tea, unsweetened); avoid teas with turmeric or ginger, and matcha green tea since they may take you out of the fasting state
- **Buy avocados** a few days before starting your fast so they can ripen and be ready for your fasting week

This is for one adult. Multiply by the number of adults fasting.



groceries

grams

GRAMS	FRESH / FROZEN	GRAMS	OTHER
50 g	• Asparagus	60 g	• Beans, cooked
560 g	• Avocado	95 g	• Black olives
20 g	• Basil	290 g	• Brown rice, cooked
180 g	• Blueberries	62 g	• Cashews, raw
220 g	• Broccoli	39 g	• Olive oil
200 g	• Butternut squash	50 g	• Walnuts, raw
420 g	• Carrots		
80 g	• Celery		
120 g	• Corn		
720 g	• Cucumber		
40 g	• Garlic		
45 g	• Lemon (juice of 1 or 2)		
250 g	• Lettuce/Mixed greens		
225 g	• Mushrooms		
150 g	• Red bell pepper		
50 g	• Spinach		
200 g	• Sweet potato		
280 g	• Tomatoes		
290 g	• Zucchini		

RECOMMENDED

- **Sparkling waters** with no added sugars (check the ingredients)
- **Tea** (herbal, green tea, unsweetened); avoid teas with turmeric or ginger, and matcha green tea since they may take you out of the fasting state
- **Buy avocados** a few days before starting your fast so they can ripen and be ready for your fasting week

This is for one adult. Multiply by the number of adults fasting.



tools



tools

Requirements

1. Food weight scale
2. Food – refer to grocery list on page 13/14
3. Kitchen knife
4. Cutting board
5. Pot for dinner soups or a pan for stir fry

High Recommendations

- Container for food scraps (ie. preserve those precious calories!)
- A beautiful plate to enjoy your meals on
- Renpho body weight scale. This measures other things besides our body weight like our metabolic age, BMI, and visceral fat (commonly referred to as our belly fat or the fat that surrounds our organs). We want to keep this minimal to lower chances of developing chronic illnesses. Our fast has been consistently showing visceral fat numbers drop using this scale (many other options for scales are available too)
- O3 Waterworks sanitizing spray bottle. It's one of my favorite products for cleaning everything from food to countertops to shoes and furniture. It cleans 99.9% of bacteria with the power of ozone. 🙄 (These sanitizing spray bottles are sometimes sold out but they restock them fairly quickly.)



how to

CUSTOMIZE YOUR MENU



Using cronometer.com, input the ingredients of Day 1 with their corresponding weight (in grams). This will result in 1,017 calories with the correct macronutrient breakdown for Day 1 of the FMD.



Clicking on a new day within cronometer.com, input the ingredients with their corresponding weight (in grams) for Days 2-5. This will result in 658 calories with the correct macronutrient breakdown.



Now you'll adjust for personal preferences making sure to not exceed total calories per day and getting as close as possible to the macronutrient breakdown for each day:

Day 1

up to

1,100 calories

low protein: **27 grams** (10%)

moderate carbs: **93 grams** (34%)

high fat: **68 grams** (56%)

Days 2-5

up to

800 calories

low protein: **16 grams** (9%)

moderate carbs: **85 grams** (47%)

high fat: **35 grams** (44%)



day 1

Breakfast		205 kcal • 3 g protein • 15 g carbs • 16 g fat	
🍏	Walnuts	6 g	39.24 kcal
🍏	Carrots, Raw	50 g	20.5 kcal
🍏	Cucumber, Raw, With Peel	80 g	12 kcal
🍏	Avocados, Raw, California	80 g	133.6 kcal
Lunch		229 kcal • 4 g protein • 16 g carbs • 19 g fat	
🍏	Lemon Juice, Raw	5 g	1.1 kcal
🍏	Olive Oil	10 g	88.4 kcal
🍏	Lettuce, Mixed Greens	50 g	8.13 kcal
🍏	Black Olives	20 g	23.2 kcal
🍏	Broccoli, Raw	20 g	6.8 kcal
🍏	Cucumber, Raw, With Peel	80 g	12 kcal
🍏	Red Bell Peppers, Raw	30 g	7.8 kcal
🍏	Tomato Raw, Includes Cherry, Grape, Roma	80 g	14.4 kcal
🍏	Avocados, Raw, California	40 g	66.8 kcal
Snack		96 kcal • 2 g protein • 5 g carbs • 8 g fat	
🍏	Black Olives	35 g	40.6 kcal
🍏	Cashews, Raw	10 g	55.3 kcal
Dinner		479 kcal • 18 g protein • 55 g carbs • 24 g fat	
🍏	Olive Oil	9 g	79.56 kcal
🍏	Asparagus, Raw	50 g	10 kcal
🍏	Beans, White, Boiled	60 g	83.4 kcal
🍏	Brown Rice, Cooked in Unsalted Water	90 g	110.7 kcal
🍏	Carrots, Raw	50 g	12.3 kcal
🍏	Celery, Raw	80 g	11.2 kcal
🍏	Mushrooms, Raw	65 g	14.3 kcal
🍏	Spinach, Raw	50 g	11.5 kcal
🍏	Walnuts	20 g	130.8 kcal
🍏	Zucchini, Raw	90 g	15.3 kcal

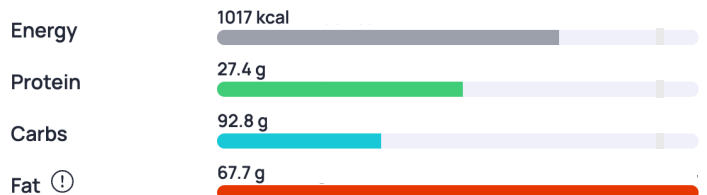
Energy Summary [?]



Consumed

cronometer.com

Macronutrient Targets [?]



FMD: up to

1,100 calories

low protein: **27 grams** (10%)

moderate carbs: **93 grams** (34%)

high fat: **68 grams** (56%)



days 2-5

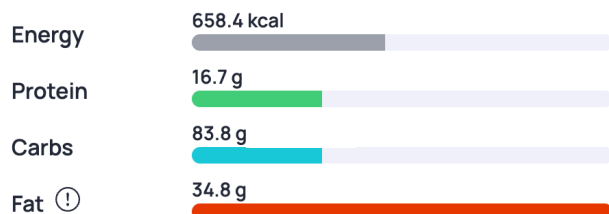
Breakfast		205 kcal • 3 g protein • 15 g carbs • 16 g fat				⤴
🍏	Walnuts	6	g	39.24	kcal	
🍏	Carrots, Raw	50	g	20.5	kcal	
🍏	Cucumber, Raw, With Peel	80	g	12	kcal	
🍏	Avocados, Raw, California	80	g	133.6	kcal	
Lunch		167 kcal • 4 g protein • 17 g carbs • 11 g fat				⤴
🍏	Olive Oil	5	g	44.2	kcal	
🍏	Lemon Juice, Raw	10	g	2.2	kcal	
🍏	Basil, Fresh	5	g	1.15	kcal	
🍏	Black Olives	10	g	11.6	kcal	
🍏	Corn, Yellow, Cooked from Frozen, Whole Kernel	30	g	24.3	kcal	
🍏	Cucumber, Raw, With Peel	60	g	9	kcal	
🍏	Lettuce, Mixed Greens	50	g	8.13	kcal	
🍏	Red Bell Peppers, Raw	30	g	7.8	kcal	
🍏	Tomato Raw, Includes Cherry, Grape, Roma	50	g	9	kcal	
🍏	Avocados, Raw, California	30	g	50.1	kcal	
Snack		98 kcal • 3 g protein • 10 g carbs • 6 g fat				⤴
🍏	Blueberries, Fresh	45	g	25.65	kcal	
🍏	Cashews, Raw	13	g	71.89	kcal	
Dinner		143 kcal • 6 g protein • 30 g carbs • 1 g fat				⤴
🍏	Broccoli, Raw	50	g	17	kcal	
🍏	Brown Rice, Cooked in Unsalted Water	50	g	61.5	kcal	
🍏	Butternut Squash	50	g	20	kcal	
🍏	Carrots, Raw	30	g	12.3	kcal	
🍏	Garlic, Raw	10	g	14.9	kcal	
🍏	Mushrooms, Raw	40	g	8.8	kcal	
🍏	Zucchini, Raw	50	g	8.5	kcal	
Dessert		45 kcal • 1 g protein • 10 g carbs • 0 g fat				⤴
🍏	Sweet Potato, Baked	50	g	45	kcal	

Energy Summary ?



cronometer.com

Macronutrient Targets ?



FMD: up to

800 calories

low protein: **16 grams** (9%)

moderate carbs: **85 grams** (47%)

high fat: **35 grams** (44%)



tips



tips

STAY HYDRATED 💧

- Water is unlimited
- Sparkling waters - with no added sugars - help to fill up the belly
- Hot herbal teas - drink up to 4 sugarless teas a day (avoid ones with turmeric or ginger)

EXTRA FOOD 🥒

- Up to 1 tbsp of spices a day (eg. red chili flakes; onion powder; etc)
- Up to 1 tsp of added salt a day (*important to have salt Days 2-5*)
- Eat 1 Persian cucumber or 1 stalk of celery a day if needed
- Try drinking something (water/tea) before eating more

EXHAUSTED 😞

- Your body is doing *a lot* of work right now (switching fuel sources from glucose to fat; cellular recycling; and so much more so **rest**)
- Take it slow and easy - read a book, take a nap, or just lie down and close your eyes. Let your body use its limited energy for cellular clean up
- Drink water - you may be dehydrated and feel better after hydration

ENERGIZED 😊

- Go for a walk (but avoid extreme heat). Don't do strenuous exercise - eg. light yoga or stretching is okay
- Engage in focused work - get cracking on that project and take advantage of active neurology & an increase in brain-derived neurotrophic factor (BDNF)
- Journal your experience. What's very clear to you right now in this elevated state? How does your body feel? Write it down



tips

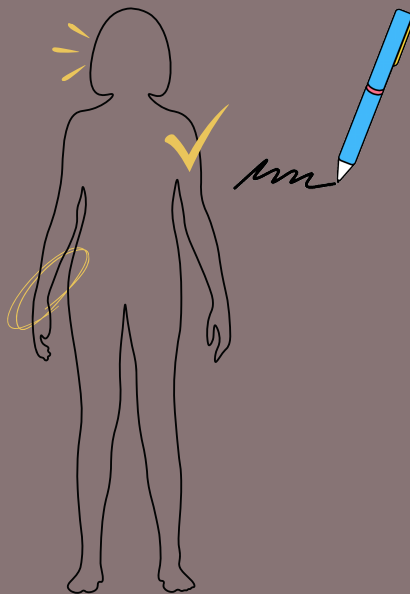
- **Add salt to your meals on Days 2 to 5.** Our menu has very little sodium over these days (much less than our daily needs).
- Though Longo does not advise we drink **coffee** during our fast, the ProLon team will say if you must drink it, stick to these guidelines: 1 cup a day (8 fl oz) black OR 2 cups of black or green tea (16 fl oz) but no matcha OR 6 cups of decaf coffee; no milk, cream, or sweeteners.
- **Headaches may occur.** Make sure to drink enough water and get plenty of rest. Headaches may be from the detoxification process (for those with high inflammation); a reduction in your overall refined sugar and/or caffeine intake and therefore withdrawal; and/or your body switching fuel sources from burning glucose to ketones.
- **Do not exercise intensely** – this may use up your already limited calories (eg. long distance run, heavy weight lifting, 18-hole round of golf); we should reserve these precious calories and allow the energy we do have to do the internal work while fasting.
- **Avoid hot environments;** eg. hot yoga class (even if it's a very easy class), or lounging on a beach on a hot day even under shade – fasting can be intense, stay in cool and comfortable environments.
- You can work during this fast but please take some time and **gift yourself the space** to enjoy quiet time too. Rest. Take a nap. Read, walk and be in nature, watch an inspiring film, read [The Longevity Diet](#) and watch [Dr. Longo's YouTube videos](#).
- You may continue to take your regular supplements while fasting.
- For over the counter medications: **talk to a professional healthcare provider** before making any major changes to your diet or undergoing any type of prolonged fast (like this one).



body scan

I highly recommend doing a body scan and **taking notes each day of your fast** – in fact, start today. You may want to continue this practice after your fast so that you fine-tune your mind and body connection.

Grab a journal or notebook and roughly draw a body outline like below:



1. Close your eyes. Take a few deep breathes to settle into this space.
2. Starting a foot above your head, slowly scan downward towards your feet being mindful of anything in your body that's 'speaking' to you.
What's coming up for you?
Do you feel pain or another sensation anywhere?
If it's painful, how would you rate it out of 5?
Is there better mobility or a lack of pain compared to before your fast?
3. Open your eyes. Write down what came up for you and answer the above questions marking up your body scan.



refeed



refeeding: day 6

It is **very** important to come out of fasts in a safe way. Dr. Longo advises to continue eating the same kind of food (whole plants) and add more calories to our meal by adding things like beans or pasta. Continue “refeeding” with healthy foods for “at least a month” – please do your best. Longo says **not to consume any meat and especially dairy for at least 24 hours after** completing his FMD. One reason why is to keep IGF-1 levels low as well as the other (pro-aging) metabolic pathways (like PKA and mTOR) that you’ve worked hard during the fast to keep down.

Our day 6 meal

We've started to develop a tradition of making a huge batch of kimchi fried rice adding all of our leftover veggies and any other seasonal ones we pick up. Absolutely delicious!

As our stem cells are going to work and rejuvenating various areas throughout our bodies, they're being powered by the nutrients we're consuming. We want to **ideally eat a variety of whole plant foods** – our optimal choice for nutritional excellence.

We do our best to eat whole plants and very minimal processed foods for a month following a fast to optimize on all of our hard work and to reap the rewards of the greatest benefits like:

- reducing inflammation (bodily aches and pains; eczema, etc)
- boost brain functions
- anti-aging effects and healthier looking skin
- improve insulin sensitivity and metabolic health
- jump start a weight loss journey & new habits in mindful eating

As Longo recommends, refeeding should last for **a month** for optimal benefits.

If you'd like to purchase our Refeeding Guide, please click here to learn more.



important

If you're taking prescription medications, it's **critical** to work with your healthcare provider. "Diabetics, do not do ProLon or a FMD without closely working with your doctor..." – this is very important according to Dr. Longo's advice in his book, *The Longevity Diet*.

"...we can reduce the risk of cancer and many other diseases by acting on the longevity program, and we now know that we can do this through diet."

The Longevity Diet, Valter Longo, PhD; page 33

Dr. Longo's **longevity diet consists of eating mostly whole plants foods** with fish twice a week (instead of beef, pork, or chicken) if you'd prefer to include some meat in your diet, and olive oil (instead of saturated fats like butter and dairy) if you do not have a significant amount of body weight to lose. Longo recommends intermittent fasting for 12–13 hours each day.

Disclaimer: This is in no part associated with the official Fasting Mimicking Diet created by Valter Longo, PhD or with ProLon. The information provided in this PDF guide or YouTube videos is for educational and informational purposes only and is not intended as medical advice. I am not a medical doctor and cannot diagnose or treat medical conditions. Please consult a qualified healthcare professional for personalized medical advice and treatment. Any reliance on this information is at your own risk.



Fasting Guide videos:

[Part 1](#) - overview

[Part 2](#) - menu & demo

[Part 3](#) - tips & guidelines

Food prep videos:

[Breakfast](#)

[Lunch](#)

[Snack](#)

[Dinner](#)

[For the full playlist, click here.](#)

Print version:

[CLICK HERE](#) for a [simplified printable version of this guide.](#) (Must log in to the plant52 community to access.) If you're not part of our community, [please click here](#) and it will lead you to a Canva file.

Oil-free version:

[CLICK HERE](#) for the oil-free version.

Next group fast:

Check our website for the latest info!

www.plant52.com

Take care of your body and ✨
your body will take care of you. ✨



✧ **DAY 0**

Prep day:

- ✧ • Make sure you have all of your groceries ready

Body scan & notes:

✧ DAY 1

✧ *Body scan & notes:*

✧ DAY 2

✧ *Body scan & notes:*

✧ DAY 3

✧ *Body scan & notes:*

✧ DAY 4

✧ *Body scan & notes:*

✧ **DAY 5**

✧ *Body scan & notes:*

✧ **DAY 6 refeeding**

✧ *Body scan & notes:*