



## Blueprint for Your 5-Day Mimic Fast

This 5-day Mimic Fast protocol is inspired by the work of Valter Longo and his research on fasting-mimicking diets. For additional background and scientific context, we recommend reading *The Longevity Diet* prior to beginning.

This protocol is designed to significantly reduce calories while still providing minimal nourishment, supporting many of the cellular benefits associated with fasting – without requiring a complete water fast.

Please be sure to review the **Important Safety Information** on the final page of this document.

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### General Guidelines (Applies to Both Plan Options)

- Daily intake is approximately **800 calories** (except for day 1)
- Protein is intentionally kept **very low**
- Drink **water and herbal tea freely**
- Engage in **gentle movement only** (walking, stretching)
- Avoid caffeine, alcohol, sweeteners of any kind, and intense exercise

### Daily Supplements

- Multivitamin
- Omega-3 supplement
- One packet of electrolytes per day

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### Who Should NOT Do This Protocol

This protocol is **not appropriate** for:

- Pregnant or breastfeeding women
- Individuals who are underweight, have a very low BMI, or a history of anorexia
- Adults over age 70 (unless in excellent health and/or approved by a doctor)
- Individuals considered medically fragile
- Individuals with liver or kidney disease
- Individuals with chronic medical conditions unless approved by their specialist
- Anyone taking medications without first getting physician approval
- Individuals with low blood pressure or taking blood pressure medications without first getting physician approval
- Individuals with rare genetic conditions that impair gluconeogenesis
- Athletes actively training or competing



## Option 1: Strict (but doable!)

**Choose this option if you've fasted before and are comfortable preparing simple vegetables.**

This version most closely follows fasting-mimicking principles but requires light food prep.

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### Day 1 Note (Important)

**Day 1 is considered a transition day.**

Additional crackers are allowed **on Day 1 only** to support the shift into the fast. This is intentional and does not reduce the effectiveness of the protocol.

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### Daily Structure

#### Morning

- Herbal tea (Peach and also Mint can be great)
- Multivitamin + Omega-3

#### Midday (mix together or eat separately)

- 1 cups Vegetable broth (see tips below)
- 2 cups of cooked vegetables (see tips below)
- 1 tablespoon olive oil

#### Afternoon

- Electrolytes
- 1 cup cooked vegetables (see tips below)
- Snack (choose one):
  - Olives (12-15) **or**
  - Macadamias (10-12 nuts) **or** Walnuts (10 halves) **or**
  - 8 "Flackers" flaxseed crackers

#### Evening

- Herbal Tea
- 1 cups Vegetable broth (see tips below)
- ½ avocado
- **Day 1 only:** 8 "Flackers" flaxseed crackers

#### Before Bed

- 1 tablespoon Soom sesame chocolate spread

\*Ensure you are drinking adequate water. A good rule of thumb while fasting is ½ to ¾ oz per pound of bodyweight. If you weigh 160 pounds, 120 oz of water.



## Strict Plan Tips

- **Broth**

Homemade is great, but high-quality store-bought options are acceptable.

Choose broths with:

- Little to no carbohydrates
- Less than 5 g protein per serving
- Approximately 20 calories per cup

- **Vegetables**

Good options include broccoli, cauliflower, pumpkin, zucchini, and yellow squash.

You may substitute other vegetables if they are approximately:

- ~30 calories per cup
- Very low fat
- 5-6 g carbohydrates
- 1-2 g protein

Cooking vegetables is **strongly recommended** for easier digestion during the fast.

- **Olives vs. Nuts vs. Crackers**

Olives are preferred. They have less protein than the others, while still being a great source of fat. The crunch of nuts or crackers can be helpful. Nuts are preferred over crackers, but if you cannot have nuts, "Flackers" may be used.

- **Chocolate**

Soom chocolate spread is dairy-free, nut-free, and gluten-free. It contains sesame seeds; ensure those are tolerated.

### Shopping Checklist:

#### **Produce**

Broccoli  
Cauliflower  
Zucchini  
Yellow squash  
Pumpkin or winter squash  
Avocados (3 total - 1/2 per day)

#### **Broth & Beverages**

Low-calorie vegetable broth (10 cups total)  
Herbal tea (non-caffeinated)

#### **Fats & Extras**

Extra-virgin olive oil (5 Tbsp total)  
Soom sesame chocolate spread (1 jar)

#### **Nuts (if tolerated) and Crackers**

Macadamia nuts  
Walnuts  
Flackers flaxseed crackers

#### **Supplements**

Multivitamin  
Omega-3 supplement  
Electrolyte packets (5 total)



## Option 2: Simple Option (No Prep)

**Choose this option if energy, time, or confidence may be low.**

This version prioritizes simplicity and completion. It contains slightly more carbohydrates but remains within fasting-mimicking guidelines.

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### Day 1 Note (Important)

**Day 1 is considered a transition day.**

Additional crackers in the evening are allowed **on Day 1 only** to support the shift into the fast. This is intentional and does not reduce the effectiveness of the protocol.

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### Daily Structure

#### Morning

- Herbal tea (Peach and also Mint can be great)
- Multivitamin + Omega-3

#### Midday

- 1 cup canned vegetable soup
- 1 tablespoon olive oil (added to soup)

#### Afternoon

- Electrolytes
- Snack (choose one):
  - Macadamias (10-12 nuts) **or**
  - Walnuts (10 halves) **or**
  - 8 "Flackers" flaxseed crackers

#### Evening

- Herbal tea (Peach and also Mint can be great)
- 1 cup canned vegetable soup
- ½ avocado
- **Day 1 only:** 16 "Flackers" flaxseed crackers

#### Before Bed

- 1 tablespoon Soom sesame chocolate spread

\*Ensure you are drinking adequate water. A good rule of thumb while fasting is  $\frac{1}{2}$  to  $\frac{3}{4}$  oz per pound of bodyweight. So if you weigh 160 pounds, 120 oz of water.



## Simple Plan Tips

- **Canned Soup Options**

Choose vegetable-only soups without beans or meat. Good options include:

- Amy's Organic Chunky Vegetable
- Amy's Hearty Organic Rustic Italian Vegetable
- Amy's Organic Fire Roasted Southwestern Vegetable
- Pacific Foods Organic Roasted Pepper & Tomato

- **Nut-Free Option**

"Flackers" provide a nut-free alternative for snacks and Day 1 support.

- **Chocolate**

The nightly chocolate treat is intentional and often helps people complete the fast successfully.

### Shopping Checklist:

#### **Soups**

Vegetable-only canned soup (10 cups total)

Good options are Amy's Organic, Pacific Foods and Whole Foods 365

#### **Produce**

Avocados (3 total - 1/2 per day)

#### **Fats & Extras**

Extra-virgin olive oil (5 Tbsp total)

Soom sesame chocolate spread (1 jar)

#### **Nuts (if tolerated) and Crackers (can choose one or all and rotate)**

Macadamia nuts

Walnuts

"Flackers" flaxseed crackers

#### **Beverages & Supplements**

Herbal tea (non-caffeinated)

Multivitamin

Omega-3 supplement

Electrolyte packets (5 total)

## Final Notes

- Feeling hungry, tired, or mentally quieter is normal
- Keep meals simple and decision-making minimal
- Completion matters more than perfection

If at any point this protocol feels unsafe or intolerable, **stop and contact your doctor.**



## Important Safety Information

This protocol is **educational only** and is **not medical advice**. OneWell360 is not a medical provider.

This fast should only be done with **approval from your doctor**, particularly if you have any medical conditions or take prescription medications.

This protocol is intended for **healthy adults ages 18-70** who are in a normal weight range.

If you experience symptoms beyond mild hunger, fatigue, weakness, or a light headache, **stop the protocol and contact your doctor immediately**.