



OneWell360
Personalized Root-Cause Counseling
for Optimized Wellness

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.

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

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



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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.

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.

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 – ½ 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)



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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.

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.

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 ½ to ¾ 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 - ½ 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.**



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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**.