



MIMIC FASTING RECIPES

THE FASTING MIMICKING DIET (FMD)
MEAL PLAN + FASTING GUIDE

FIVE FRIENDS FOR FASTING

30+
TIME-SAVING
RECIPES

Mimic Fasting Recipes

The Fasting Mimicking Diet (FMD Diet)
Diet Plan + Fasting Guide
With over 30 time-saving recipes

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Table of contents

ABOUT US AND OUR IDEA.....	5
TL;DR (TOO LONG, DIDN'T READ) - FOR THOSE WHO WANT TO GET STARTED RIGHT AWAY.....	7
FASTING AND HEALTH	8
MIMIC FASTING: WHAT IS IT?	9
INTERMITTENT FASTING	11
FASTING GUIDE: PREPARATION AND TIPS FOR YOUR FAST	13
WARNINGS AND DISCLAIMERS	15
RECIPES	17
RECIPE NOTES.....	18
BREAKFAST AND SNACKS	19
#1 <i>Avocado Shakshuka</i>	20
#2 <i>Vegetable smoothie</i>	22
#3 <i>Sesame crackers</i>	23
#4 <i>Breakfast balls</i>	26
#5 <i>Nut thaler</i>	27
#6 <i>Savoy cabbage chips</i>	30
SOUPS	32
#7 <i>Broccoli cream soup</i>	33
#8 <i>Curry cauliflower soup</i>	34
#9 <i>Gazpacho</i>	36
#10 <i>Spicy Asian soup</i>	38
#11 <i>Chinese coconut vegetable soup</i>	40
#12 <i>Carrot ginger soup</i>	41
#13 <i>Bell pepper soup</i>	42
SALADS	44
#14 <i>Zucchini hazelnut salad</i>	45
#15 <i>Salad with turmeric chickpeas</i>	46
#16 <i>Raw vegetables with avocado chickpea dip</i>	48
#17 <i>Moroccan carrot salad with fennel</i>	49
#18 <i>Beetroot carrot salad</i>	50
#19 <i>Summer vegetable salad</i>	51

#20 Potato and cucumber salad	52
#21 Kale salad	54
#22 Green asparagus salad with potatoes and radishes	55
MAIN COURSES	56
#23 Zucchini noodles with avocado sauce	57
#24 Zucchini noodles with tomato sauce	58
#25 Vegan Lentil stew	60
#26 Cauliflower mash with herb mushrooms	62
#27 Arugula puree with tomato salad	64
#28 Roast cauliflower with tahini sauce	66
#29 Oven squash with coriander thyme marinade	68
#30 Ratatouille	70
#31 Vegetable tower	72
#32 Steamed vegetables with herb pesto	74
#33 Beetroot with lemon relish	75
#34 Roasted vegetables with pecans	76
DRINKS	78
DIET PLAN AND SHOPPING LIST	81
IN CONCLUSION	84
KCAL OVERVIEW	85

About Us and Our Idea

There are many reasons to write a book. However, in our case, you could say we did it for ourselves and we believe it can help others as much as it helped us. Nevertheless, who are "we" and why are there over 30 recipes for "mimic fasting", as we like to call it?

We have all known each other since we found girls yucky and are now at an age when health is becoming the most important currency. We have a WhatsApp sports group where we motivate each other to get enough exercise. We provide each other with info on the latest gadgets for improving sleep and we share nutrition tips (according to the latest scientific findings) so that we can enjoy each other's company for as long as possible ("your body is a temple").

"Fasting" is something each of us has heard of or read about somewhere. For non-religious people, it is the supreme discipline, the final opponent among the self-optimization options. With that said, none of us have found a good way to cope with everyday life using only water and broth for sustenance without becoming a danger to ourselves or those around us (if you understand "hangry" as a term, you know what we mean). Then we stumbled upon Dr. Valter Longo, who showed that you can eat a little bit for five days and still get the same positive effects of classic fasting¹. The body believes thereby that one is fasting correctly. Hence the term "mimic fasting" or the "Fasting Mimicking Diet". We immediately wanted to try this out and looked for simple options and recipes. But at the time, we didn't find anything except the all-inclusive package from ProLon®, which consists of ready-made meals and costs around 200€ (and encompasses too much

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6816332/> (retrieved 10/23/2020)

packaging material for us). Since we prefer to do mimic fasting with freshly prepared meals, we started putting together suitable recipes and counting calories. Most of the ingredients can be bought at your local market.

Meanwhile, we came up with the idea about making it as easy as possible for others to mimic-fast. As a result, you are holding the book that will save us - and hopefully you - a lot of time and aggravation. This book contains everything you need to start fasting mimicking right away.

Now, if you just want to know what to eat and when to eat it, and would like to start putting together recipes right away, just skip ahead to the next section, "TL; DR" before jumping to the recipes.

What is also important for us to say is that we are not doctors, nor are we (nutritional) scientists, or cooks. We are simply five science enthusiastic friends who see this book as a practical manual for the implementation of what is known so far about mimic fasting. Hence, we would like to invite the contributions and feedback of every reader: Do you have new insights or suggestions that would be appropriate for this book? Do you have better tasting recipes? Just write to us at friends@mimicfasting.info and let us keep improving this manual. In doing so, we will spread the idea and potential health benefits of the fasting mimicking diet and help thousands of people with the not-so-easy implementation.

With that said – have fun reading & fasting!

Yours - Miriam, Steffen, Michael, Julian & Christopher

TL; DR (Too Long, Didn't Read) - For Those Who Want to Get Started Right Away

1. The mimic fast lasts 5 days and is divided into day 1 and days 2-5
2. On day 1 you consume 1,100 kcal
3. On days 2-5 you consume 800 kcal each day
4. Prepare the dishes with the tables in our book so that you come to the kcal recommendation.
5. It does not matter how many meals you eat each day, the important thing is that you do not exceed the amount of kcal in a given day.
6. Particularly if you are new to fasting, it is likely that you won't feel well on days 2 and 3, and you should avoid making important commitments if possible.
7. After your recipe selection, shop ahead for at least the first three days, preferably the entire five days, so that all you have to do during the fast is cook.
8. Make a "relief day" before day 1, meaning already start eating less and lighter before the fast begins.
9. After day 5, you must gradually acclimate your body to ingesting normal amounts of food again.
10. Drink plenty of water during your fast.
11. Please remember to carefully read the warning which precedes the recipes.
12. Do you have a partner who is not fasting with you? Cook twice the amount and your partner can simply eat what you have prepared as a side dish in addition to their non-fasting items. You can include your partner without hardly any extra effort. Non-fasting partners also enjoy the benefits of using vinegar and salt.

Fasting and Health

In principle, fasting is not a new trend. Fasting was even practiced in ancient times, and it is a deeply rooted ritual in the world's religions. In Judaism, people fast before holidays such as Yom Kippur. In Christianity, people fast for 40 days before Easter. Hindus fast on certain lunar constellations and feast days, Muslims fast during the fasting month of Ramadan from sunrise to sunset.

In evolutionary terms, our ancestors repeatedly went through phases in which food was not abundantly available. We can therefore assume that people in the Stone Age also unintentionally "fasted" and that fasting is a natural state for our bodies. In fact, it may be more natural than being full, or more than full, all the time as we often are nowadays in the western world.

The fact that fasting brings health benefits was already known to Hippocrates more than 2000 years ago. Since the second half of the 20th century, there have been many scientific studies conducted on the subject. One such example is the German physician Otto Buchinger who realized that fasting has positive effects on rheumatism and high blood pressure.

Therefore, it is clear that fasting is not just a new hip trend even though the scientific and media interest in the topic has been steadily increasing in recent years. From juice fasting startups to fasting retreats at organic hotels, fasting is on everyone's lips.

What we specifically appreciate about the fasting mimicking diet (FMD) variant is the less radical and more digestible implementation, as well as the scientific foundation behind it.

Mimic Fasting: what is it?

Prof. Dr. Valter Longo describes in his book "The Longevity Diet" how you can achieve a healthy, long life with the right diet and targeted fasting phases. If you are interested in this exciting topic in more detail, please read the original source.

Very briefly and succinctly, we have summarized it for you and this is based on animal studies while conducting research on cancer in the U.S., Longo developed a low-protein, low-sugar diet for mice, which is rich in certain healthy fats. Among other things, Longo's scientists found evidence that fasting activates stem cells in the blood and spinal cord, and that "fresher" and more functional immune cells replace older cells after fasting.

Motivated by the positive results, the scientists first adapted the diet specifically for cancer patients. Then they developed a version of the diet that contains as many calories, vitamins and essential nutrients as can safely be followed by the average adult without continuous medical supervision. Longo referred to this diet as the "fasting mimicking diet (FMD)." It essentially involves eating only fresh vegetables, nuts, seeds, kernels and olive oil, which amounts to primarily complex carbohydrates and healthy vegetable fats - along with plenty of fluids.

The goal of the mimic fasting diet is not only to fight diseases, but also to have a positive influence on the aging process through prevention thus, promoting a healthy, long life. Initial studies have proven these positive effects, e.g. by lowering blood pressure, lowering cholesterol levels, weight loss and increasing muscle mass relative to body weight.

So, how exactly does it work? Your body is "tricked" into behaving as if it is in a period of strict fasting by the specific food and low caloric intake. Why "tricked"? Because eating 1,100 and 800 kcal per day far exceeds what you take in while you are on a strict and classic fasting diet such as the

water fasting or therapeutic fasting which allow only 400 kcal per day. Despite this increased quantity in kcal, most of the cells still go in a "stand-by-mode" that is typical for fasting periods. Although the body is taking in calories, it is no longer in carbohydrate metabolism ("burning sugar") as normal ", but instead is transitioned to fat metabolism, known as ketosis. Ketosis means that the energy required by the body is acquired from ketones and thus "fat is being burned". Cells in the aforementioned "stand-by-mode" are being partly or even fully destroyed and recycled. With fewer cells available, the body is able to save more energy while winning additional energy from the recycling process and thus, has greater energy amounts available for the remaining cells. This process is called "autophagy". After fasting, the collapsed cell systems and organs then renew themselves through the activation of stem cells and so-called progenitor cells. The latter initiate the regeneration process as soon as normal amounts of food and energy are consumed again.

In short, one could say that cleansing and renewal processes are triggered in the body that would otherwise not occur with a constant high-calorie diet. This process was still a normal part of life for our not-yet-settled ancestors. It is only since we have settled down and lived with agricultural and industrial production of food constantly in abundance and without scarcity that we no longer know such physical sensations. Our intestines often work for years without a real break. This is exactly why we think fasting is an important experience, which more people in industrial societies should undertake.

Intermittent Fasting

"Intermittent fasting", "interval fasting" or "16:8 fasting" is another fasting trend that is becoming ever more popular. This involves fasting for an interval of 16 hours a day, while theoretically being allowed to eat as much and as often as you want in the remaining eight hours.

Numerous studies depict what happens. In brief summary, it is as follows: The blood sugar level initially rises after the last meal and then normalizes, so that fat burning begins after an average of about 11 hours. After 12 hours, ketosis sets in, i.e. the body no longer draws its energy from the metabolism of sugar (carbohydrates) but from that of fats (ketones). A positive effect of this is that you often become more efficient and experience an improved level of focus (provided your body is used to it, which can take 1-2 weeks for some people). From about 14 hours of fasting, autophagy should also begin.

This is the typical process at the beginning of any fast - except that you interrupt it after 16 hours and start again the next day. In addition, the total number of calories consumed during the day is not necessarily lower than usual.

The idea is to make it your routine to fast "a little" every day, without having to go without for several days at a stretch. In practice, you simply skip breakfast, for example. It should also be mentioned that there are slight variations of intermittent fasting, where some people fast for less time (e.g. 14 hours) and others even more (20 hours).

Intermittent fasting and Mimic Fasting combined

We have often combined intermittent fasting with mimic fasting and have had a positive experience in doing so. To do this, simply go without breakfast, for example, and eat 400 kcal at each of the remaining two meals. This saves you on various days not only the preparation of another dish, but gives you the opportunity to strengthen the fasting effects. Thereby, you will always find the quantities for the 400 kcal variant in the table above the recipes. We also recommend practical apps such as "Fastic", which can provide additional support for intermittent fasting.

Note: for the 1st day 1,100 kcal are on the plan so you have to improvise a little with 2x 400 kcal recipes for lunch and 1x 300 kcal recipe in the evening. The same can be done with an intelligent EXCEL, which we will introduce later in this book.

Fasting Guide: Preparation and tips for your fast

- In principle, only the following foods are consumed: vegetables, seeds, kernels, nuts and olive oil.
- Drink plenty of water while fasting. Three liters throughout the day will help keep you hydrated and give you strength. Sparkling water & tea are a good variant.
- Coffee withdrawal usually results in a persistent headache. A simple cup of black coffee makes the start of fasting a little more bearable.
- Plan out all the recipes that you want to cook in advance of the five day fast and combine them with the table data so that you achieve 800 kcal per day (1,100 kcal on the first)
- You can make small adjustments spontaneously so long as the basic rules of mimic fasting are followed. For example, nuts are very good for spontaneously increasing the calorie count and improving taste.
- Shop well! The reduced quantity of food will seem very very important to you. Focus on buying quality food while you are shopping and take the time to enjoy and crave each meal by consciously choosing your favorite recipes.
- Be prepared to be "hangry" at times and prepare colleagues, friends, and partners for this possibility.
- Be prepared to be less productive (cognitively as well as physically) at times and be sure to take this into account in your weekly planning (both personally and professionally).
- Intermittent fasting means spending a lot of time cooking. If you do intermittent fasting, you can save one meal and cook, for example, only two dishes with more kcal for lunch and dinner.

- It gets easier with every fast, we promise, so keep at it, even if fasting for five days for the first time was very strenuous.
- See it as an experience. What is happening internally? Listen to your body. How does it feel when you more than halve your caloric intake from one day to the next?
- It's also a lot more fun to share the experience with friends and/or your partner at the same time, for example in a joint WhatsApp fasting group. If you are planning to fast in the near future, we recommend asking around a few weeks beforehand if anyone would like to participate in fasting and then agree on a common or similar period of time to fast.
- Make a fasting diary and note what helped you, and what you would do differently next time. For example, "Drink water more regularly and not 2 liters at once".
- Some portions are really big/plentiful, e.g. the soups or cauliflower mash (#26). You can also eat these larger portions spread out over the day instead of in one sitting. This may result in feeling more satiated throughout the day.
- In case it gets difficult for you to eat the suggested amounts of vegetables, you may add a pinch of salt or eat a few nuts with a tablespoon of honey as a measure of last resort.

Warnings and disclaimers

- We are neither doctors nor nutritionists: If you are fasting, which is always a strain on the body, you do so at your own risk and you should always discuss your plan with a doctor in advance, as is recommended for any fasting.
- Fasting is not a panacea and nutrition is a highly complex subject. Our book is essentially a recipe book that can help you eat a varied diet during the five days of the FMD. If you want to learn more about the subject, we recommend that you do some research on your own (Dr. Longo's book and its related Wikipedia links are a good place to start).
- Our recipes are an approximation of the rules of mimic fasting known so far and assume an average adult age and weight.
- Depending on body weight, adjusting the number of calories per day may be appropriate. For example, according to Dr. Longo, such adjustments are practiced in clinics and in studies.
- Olive oil is our standard oil in these recipes. We would like to point out that the particularly healthy olive oil (extra virgin, cold pressed) is not ideal for high frying temperatures. For hot and prolonged frying, refined olive oil is more suitable. In these recipes, however, we always refer only to "olive oil" in both cases.
- Despite the scientific basis, we do not take it exactly to the gram in the recipes. That is, we have calculated the grams of the ingredients exactly, but from a certain order of magnitude then rounded to the nearest "five". In addition, we have dispensed with exact specifications for the spices and other ingredients, which is not significant due to the small quantities. It is recommended that you simply season according to feeling and taste.

- By the way, in two recipes (breakfast balls and nut thaler) we use foods in very small quantities, which are actually not "allowed": honey and dates. However, if a nut thaler saves your morning because you find it difficult to eat salad or vegetables for breakfast, we think that is okay. The ProLon© diet developed by Dr. Longo also includes a few such ingredients. In addition, it is commonly believed that the body will remain in the fasting ketosis state so long as you eat only a few grams of simple sugars (such as fructose). That is why fruits are generally not intended in FMD because of their high fructose content (= simple sugar). Alternatively, one could intake a handful of nuts as a possible breakfast in lieu of those recipes.

Recipes



Recipe notes

How to use the recipes and this book

Each recipe has three indications for the amounts of ingredients to make 200, 300 and 400 kcal:

Ingredients	kcal			kcal per
	200	300	400	100 g

We have listed the recipes this way so that you can flexibly combine all recipes. For example, on the first day, when 1,100 kcal are allowed, you can combine 200 kcal for breakfast, 300 kcal at lunch, 200 kcal for a snack and 400 kcal for dinner. With intermittent fasting, you could combine 400 kcal at lunch and another 400 kcal at dinner starting on day 2 to bring you to the prescribed 800 kcal. Further spices/ingredients are mostly only in small quantities, for seasoning or garnishing and therefore do not fall into the weight.

Tip of the day: There is no avoiding the fact that you need a kitchen scale for mimic fasting.

Breakfast &

Snacks



#1 Avocado Shakshuka

Ingredients	kcal			kcal per 100 g
	200	300	400	
Olive oil	7 g	10 g	14 g	857
Avocado	55 g	80 g	110 g	160
Bell pepper (red)	70 g	100 g	135 g	37
Tomatoes	135 g	205 g	270 g	18
Onion	17 g	25 g	35 g	28

Other spices:

Cumin seed

Bay leaf

Parsley

Coriander

Cayenne pepper

Pepper (black)

First, roast the **cumin seeds** without fat. Add **olive oil** and **onions** and fry for 5 minutes. Cut **peppers** into thin strips and add them together with all the **herbs** (bay leaf, parsley and coriander) and fry for 10 minutes.

Cut **tomatoes** into small pieces, season with **cayenne pepper** and **pepper** and add them. Cook everything at a low temperature for 15 minutes, adding a little **water** every now and then to get a "tomato-sour" consistency. Finally, remove the bay leaf.

At the end, arrange half the **avocado** on top of the shakshuka.



#2 Vegetable smoothie

Ingredients	kcal			kcal per 100 g
	200	300	400	
Spinach	95 g	145 g	195 g	23
Tomatoes	75 g	115 g	155 g	18
Bell pepper (red)	95 g	145 g	195 g	37
Flaxseed oil	14 g	22 g	30 g	884
Water	200 ml	300 ml	400 ml	0

Other spices/ingredients:

Lemon juice

Chlorella

Ice cube

Puree **all ingredients** with **water** in a powerful blender until it becomes smooth and enjoy. For example, as a hearty breakfast, season with a squeeze of lemon juice and a pinch of chlorella.

Optional: If you like it
spicy, you can add half a
chili pepper.



#3 Sesame crackers

Ingredients	kcal			kcal per 100 g
	200	300	400	
Pumpkin seeds	10 g	16 g	21 g	581
Sunflower seeds	10 g	16 g	21 g	598
Sesame seeds	10 g	16 g	21 g	580
Flaxseed	5 g	7 g	9 g	372

Herbs:

Parsley

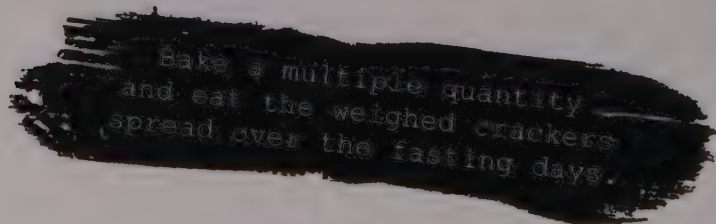
Basil

Grind **pumpkin seeds** and **sunflower seeds** and half of the **sesame seeds** into powder in a blender. Add **flax seeds**, chopped **parsley** and **basil** and blend again. Then add the remaining **sesame seeds** and add **water** by the spoonful until a dough is formed.

Cover the dough with plastic wrap on a baking sheet lined with parchment paper and roll out thinly with a rolling pin.

Cut a grid in the desired cracker size in the dough and then bake in the oven at 120 °C top/bottom heat for about 1 hour. Check repeatedly to see if they are ready to darken.

By the way, also a great idea for later non-fasting days - then with a breeze of salt.





#4 Breakfast balls

Ingredients	kcal			kcal per 100 g
	200	300	400	
Dates (pitted)	17 g	25 g	35 g	319
Walnut kernels	11 g	17 g	23 g	704
Sunflower seeds	6 g	9 g	11 g	598
Chia seeds	3 g	5 g	7 g	475
Flaxseed (ground)	3 g	4 g	6 g	502

Other spices:

Cinnamon powder

Soak the **dates** in hot **water** for 20 minutes and then drain. Blend finely with all the **seeds**, **pips** and the **cinnamon powder**. Add a few tablespoons of water if necessary, to make the dough sticky and hold together well. If the dough is too wet, add more flax seeds.

Roll a heaping tablespoon of dough into a walnut-sized ball. Store the balls in the refrigerator and enjoy as a snack.

Dates are generally not allowed at FMD. But helps during dark fasting times.



#5 Nut thaler

Ingredients	kcal			kcal per 100 g
	200	300	400	
Hazelnuts	9 g	13 g	18 g	644
Cashews	9 g	13 g	18 g	604
Almonds	2 g	3 g	4 g	353
Flaxseed	4 g	7 g	9 g	372
Flaxseed oil	4 g	7 g	9 g	884
Honey	9 g	13 g	18 g	306

Other spices:

Cinnamon powder

First, coarsely chop all the **nuts** and **seeds** and roast them briefly in a pan without oil. Heat the **honey** (e.g. in the microwave) so that it is liquid and mix it with the nuts. Add the **flax seeds**, **flaxseed oil** and **cinnamon powder** and mix everything in a blender so that a sticky mass is formed.

Line a baking sheet with parchment paper and shape the dough into palm-size balls. Press the dough together firmly so that it does not fall apart.

Bake for 10-15 minutes in the oven at 180°C top/bottom heat.

Honey, strictly speaking,
is not allowed. But might
save you in heavy fasting.



#6 Savoy cabbage chips

Ingredients	kcal			kcal per 100 g
	200	300	400	
Savoy cabbage	100 g	150 g	200 g	27
Olive oil	20 g	30 g	40 g	857

Other spices:

Paprika powder

Chili

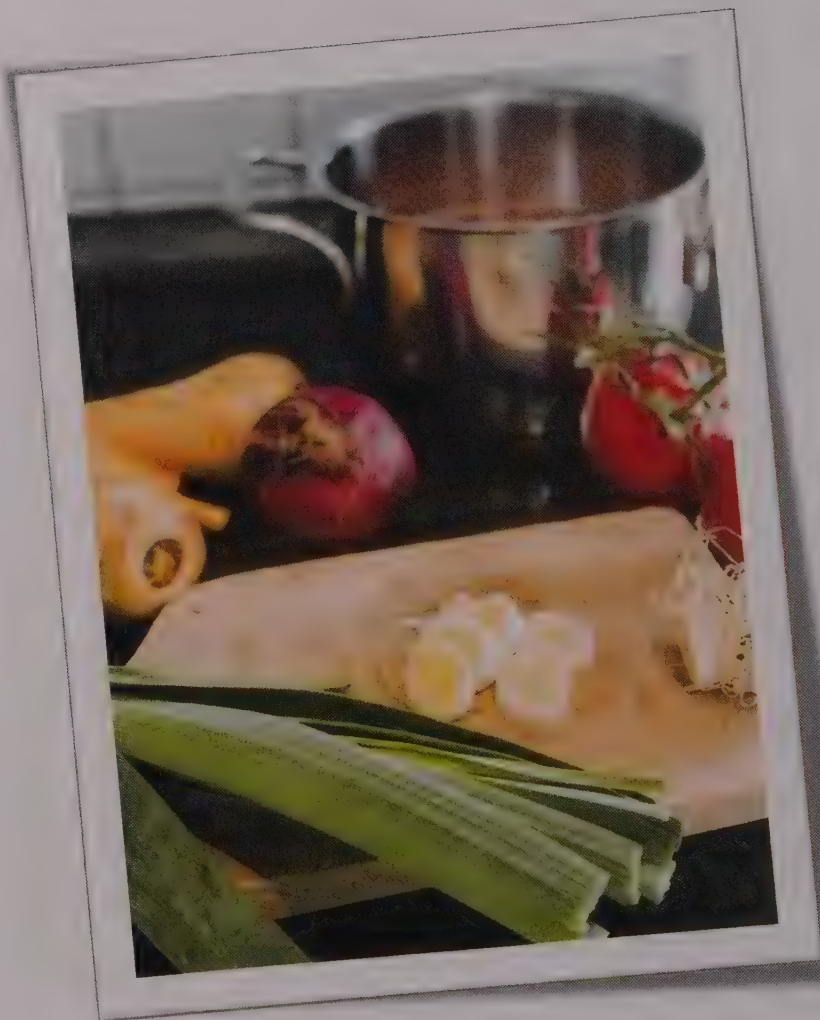
Pepper (black)

First, mix **olive oil** with **pepper**, **paprika powder** and **chili** (powder is best) to make a marinade. Wash the **savoy cabbage** and cut out the stem end. Cut the remaining savoy cabbage leaves into strips about 2 cm wide.

Mix the savoy cabbage strips with the marinade and lay them out side by side on a baking tray. The strips should not lie on top of each other. Bake the savoy cabbage strips on the tray for 15 minutes at 180°C with top/bottom heat. Keep checking the oven, the chips will darken quickly depending on the oven.



Soups



#7 Broccoli cream soup

Ingredients	kcal			kcal per 100 g
	200	300	400	
Onion	15 g	22 g	30 g	28
Broccoli	95 g	140 g	185 g	34
Potatoes	95 g	140 g	185 g	71
Almonds	7 g	11 g	15 g	353
Coconut milk	19 g	30 g	35 g	218
Olive oil	4 g	6 g	7 g	857

Other spices/ingredients:

Parsley

Water

Pepper (black)

Garlic

Finely chop the **onion** and **garlic** (half to whole clove) and sauté with the **olive oil** for 2 minutes.

Peel the **potatoes** and cut into small pieces, sauté with the onion for another 5 minutes.

Divide **broccoli** into small florets and add to potatoes along with **water** (300, 450 or 600 ml). Simmer for about 20 minutes until the vegetables are cooked. Then puree with a blender to a soup. Add the **coconut milk** and bring to the boil briefly.

Coarsely chop **almonds** and fold in. Season with **pepper** and garnish with fresh **parsley**.

#8 Curry cauliflower soup

Ingredients	kcal			kcal per 100 g
	200	300	400	
Onion (red)	60 g	90 g	125 g	28
Cauliflower	155 g	230 g	305 g	25
Tomatoes	60 g	90 g	125 g	18
Pumpkin seeds	23 g	35 g	45 g	581
Water	200 ml	300 ml	400 ml	0

Other spices/ingredients:

Lemon juice

Garlic

Ginger

Curry powder

Chop **onion** and **cauliflower**. Simmer **onion** in 3 tablespoons of water for 5 minutes. Add **garlic**, **curry powder** and grated **ginger**. Add remaining **water** and pour in cauliflower, then simmer on low heat for 25 minutes until cauliflower is tender.

Puree with an immersion blender or blender until smooth. Stir in **lemon juice** to taste. Finely chop the **tomato** and garnish the finished soup with it.



#9 Gazpacho

Ingredients	kcal			kcal per 100 g
	200	300	400	
Tomatoes	70 g	110 g	145 g	18
Bell pepper (red)	135 g	205 g	270 g	37
Onion (red)	35 g	55 g	70 g	28
Spring onion	5 g	7 g	9 g	33
Cucumber	55 g	80 g	110 g	16
Olive oil	14 g	20 g	25 g	857

Other spices/ingredients:

Lemon juice

Paprika powder

Chili

Pepper (black)

Turmeric powder

Parsley

Garlic

Puree **tomatoes**, **peppers** and **onions** (and beans on day 1, if desired) in blender until smooth. Finely chop the **cucumber** and add together with chili, chopped **spring onion**, **garlic** and **olive oil**. Stir in **water** and season with **paprika powder**, **pepper** and **turmeric**. Season with a little **lemon juice** just before serving. Serve cold with fresh **parsley** and spring onion.

If you use this recipe for the first day prepared, you can optionally add beans. This makes the gazpacho creamier and makes you feel fuller for longer.



#10 Spicy Asian soup

Ingredients	kcal			kcal per 100 g
	200	300	400	
Carrots	45 g	65 g	90 g	39
Pak Choi	45 g	65 g	90 g	12
Cherry tomatoes	45 g	65 g	90 g	17
Mushrooms	55 g	80 g	110 g	22
Olive oil	9 g	13 g	18 g	857
Peanuts	14 g	21 g	30 g	576

Other spices/ingredients:

Lime juice

Lemongrass

Ginger

Garlic

Paprika powder

Turmeric powder

Chili

Thai basil

Depending on the desired calorie count, boil about 300,450 or 600 ml of **water** and add **lemongrass**, **ginger** and **garlic**. Simmer for 20 minutes and remove the lemongrass. Quarter the **mushrooms** and grate the **carrot** lengthwise. Simmer both together with the **pak choi** for 15 minutes on low heat. Chop the spring onions and halve the **cherry tomatoes**. Add both to the soup along with the **lime juice**.

Season with **paprika**, **chili**, **olive oil** and **turmeric**. Serve at the end with **Thai basil** and chopped **peanuts**.



#11 Chinese coconut vegetable soup

Ingredients	kcal			kcal per 100g
	200	300	400	
Carrots	50 g	80 g	105 g	39
Bell pepper (red)	50 g	80 g	105 g	37
Leeks	50 g	80 g	105 g	29
Bean sprouts	25 g	40 g	50 g	54
Shitake mushrooms	50 g	80 g	105 g	34
Coconut milk	40 g	65 g	85 g	218
Olive oil	3 g	4 g	5 g	857

Other spices/ingredients:

Lemon juice

Water

Ginger (3, 4 or 5 g)

Garlic (one clove)

Coriander

Chili

Cumin

Pepper (black)

Cut **vegetables** into pieces or rings of about 1 cm.

Chop a small amount (to taste) of **ginger** and **garlic** and fry hot with **olive oil**. After a short time add the **vegetables** and then after another 5 minutes deglaze with **water**. The amount of water here depends on the desired consistency of the soup. Add **lemon juice**, **coconut milk** and **cumin** and simmer for about 10 minutes until the vegetables are cooked.

Season with **pepper** and **chili** and serve with fresh, chopped **coriander**.

#12 Carrot ginger soup

Ingredients	kcal			kcal per 100 g
	200	300	400	
Pumpkin seeds	2 g	3 g	4 g	581
Coconut milk	40 g	60 g	80 g	218
Carrots	165 g	245 g	325 g	39
Olive oil	4 g	6 g	8 g	857

Other spices/ingredients:

Ginger

Ras el-Hanout

Pepper (black)

Water

Peel the **carrots** and cut them into pieces. Add **olive oil** to a pan and fry the **carrot pieces** until hot. Then simmer the oily carrot pieces with 400, 500 or 600 ml of **water** and **coconut milk** until soft after around 12 minutes. Peel and finely grate the **ginger** (3, 4, 5 g) and add to the water with the **carrots**. Puree with an immersion blender to a creamy soup.

Season to taste with **pepper** and **Ras el-Hanout**. Garnish the soup with **pumpkin seeds** and serve.

#13 Bell pepper soup

Ingredients	kcal			kcal per 100 g
	200	300	400	
Bell pepper (red)	80 g	120 g	155 g	37
Tomatoes	155 g	235 g	315 g	18
Cashews	24 g	35 g	45 g	604

Other spices:

Chili

Pepper (black)

Basil

Oregano

Cut **peppers** and **tomatoes** and one **chili bell pepper** (to taste) into pieces and puree in a blender until smooth. Briefly fry **cashews** without oil.

Season pureed soup with **pepper** and **oregano** and heat in a pot. At the end **garnish** with **basil** and the roasted cashews.



Salads



#14 Zucchini hazelnut salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Zucchini	170 g	250 g	335 g	19
Hazelnuts	11 g	17 g	22 g	644
Olive oil	11 g	17 g	22 g	857

Other spices/ingredients:

Lemon juice

Pepper (black)

Basil

First, crush the **hazelnut kernels** in a mortar or chop them with a knife. Then roast them in a pan without oil until they become nice and brown.

Remove the ends of the **zucchini** and then cut diagonally into slices about 1 cm thick and mix in a bowl with half of the **olive oil** and the **pepper**.

Sear on high heat in a pan - preferably a grill pan with ribs - on both sides until lightly browned but not quite cooked through and still have "bite". Then allow to cool.

The lazy alternative: Grill at 180 °C and top / bottom heat for 15 minutes in the preheated oven.

When the zucchini has cooled, mix with the remaining olive oil, hazelnut kernels, **lemon juice** and the **basil leaves**. Season with pepper and serve.

#15 Salad

with turmeric chickpeas

Ingredients	kcal			kcal per 100 g
	200	300	400	
Avocado	40 g	60 g	80 g	160
Onion	5 g	8 g	10 g	28
Cherry tomatoes	40 g	60 g	80 g	17
Lamb's lettuce	15 g	23 g	30 g	18
Cucumber	65 g	95 g	125 g	16
Chickpeas (can)	40 g	60 g	80 g	120
Cashews	5 g	8 g	10 g	604
Olive oil	4 g	6 g	8 g	857

Other spices/ingredients:

Cayenne pepper
Curry powder
Turmeric powder
Cumin
Coriander

Briefly fry **cashews** without oil until golden brown and set aside. Heat **olive oil** in pan and fry **turmeric powder**, **cumin**, **curry powder** and **cayenne pepper** for 1 minute.

Add canned **chickpeas** (alternatively previously soaked chickpeas) and sauté for 10 min.

Slice the **cucumber** and halve the **cherry tomatoes**. Cut the **onions** into rings, clean the **lamb's lettuce** and cut the **avocado** into pieces.

Mix everything and garnish with **coriander**.

Only suitable for
day 1 because of
the legumes!



#16 Raw vegetables with avocado chickpea dip

Ingredients	kcal			kcal per 100 g
	200	300	400	
Avocado	55 g	85 g	110 g	160
Chickpeas (can)	55 g	85 g	110 g	120
Carrots	55 g	85 g	110 g	39
Celery (stalk)	55 g	85 g	110 g	19
Fennel	55 g	85 g	110 g	24

Other spices/ingredients:

Lime juice

Pepper (black)

Puree **avocado** and **chickpeas** (canned or pre-cooked) with a blender or similar kitchen utensil and season with **pepper** and **lime juice**.

Cut raw vegetables (**carrots**, **celery**, **fennel**) into bite-sized sticks and enjoy. If other vegetables are desired, simply refer to the back of the book for calorie values and substitute as desired.

Delicious and super simple recipe! Attention: Replace chickpeas by avocado on day 2-5!

#17 Moroccan carrot salad with fennel

Ingredients	kcal			kcal per 100 g
	200	300	400	
Carrots	160 g	240 g	320 g	39
Olive oil	13 g	19 g	25 g	857
Onion	10 g	14 g	19 g	28
Spring onion	13 g	20 g	25 g	24
Fennel	95 g	145 g	190 g	24

Other spices/ingredients:

Ginger

Coriander

Cumin

Paprika powder

Cinnamon powder

Peel and halve the **carrots and** cut into 1 cm thick slices. Simmer for 10 minutes with 3 tablespoons of water until cooked, but still firm to the bite. Then set aside when ready.

Heat 2/3 of **olive oil** in pan and sauté chopped **onion**. Add chopped **scallions** and carrot pieces. Season with **paprika, cinnamon powder, cumin**, and grated **ginger** to taste. Set aside when ready.

Cut **fennel** into 1.5 cm thick slices and sauté in 1/3 of the olive oil for about 8 min until slices turn golden brown, then turn.

Mix fennel and carrots and dress with **coriander**.

#18 Beetroot carrot salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Carrots	65 g	100 g	135 g	39
Beet (cooked)	170 g	250 g	335 g	43
Lettuce	30 g	40 g	55 g	13
Walnut kernels	8 g	13 g	17 g	704
Olive oil	4 g	7 g	9 g	857

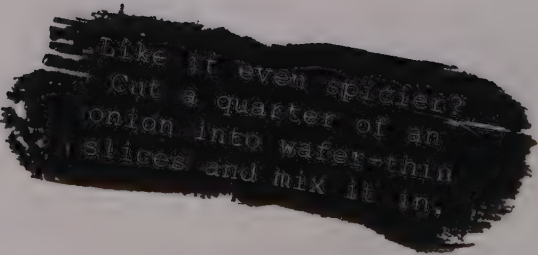
Other spices:

Pepper (black)

Peel **beet** and cut into wedges. Peel, halve and slice the **carrots**. Spread both on a tray with the **olive oil** and bake in the oven for 20 minutes at top/bottom heat and 180°C.

Meanwhile, wash and drain the **lettuce**. Coarsely chop **walnuts** and roast briefly in a pan without oil.

Mix everything and season with **pepper**.



#19 Summer vegetable salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Eggplant	55 g	80 g	105 g	17
Zucchini	50 g	75 g	100 g	19
Fennel	35 g	50 g	65 g	24
Celery (stalk)	45 g	65 g	85 g	19
Tomatoes	55 g	80 g	105 g	113
Olive oil	13 g	20 g	25 g	857
Pine nuts	7 g	10 g	13 g	602

Other spices:

Basil

Pepper (black)

Slice **eggplant**, **zucchini**, **fennel**, **celery** and **tomatoes**. Sauté the eggplant and zucchini. Then lightly sauté fennel and celery so they are still firm to the bite. Set aside.

Roast **pine nuts** without oil until golden brown, tossing repeatedly.

Mix **all ingredients** and season with **pepper**, let cool and then sprinkle with **basil** and serve cold.

Alternative: Cook vegetables in preheated oven at 180°C top/bottom heat for approx. 15 mins.

#20 Potato and cucumber salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Potatoes	90 g	130 g	175 g	71
Cucumber	145 g	220 g	295 g	16
Olive oil	12 g	18 g	24 g	857
Onion	45 g	70 g	95 g	28

Other spices/ingredients:

Dill

Pepper (black)

Peel the **potatoes** (preferably waxy) and cut into slices. Steam them with water in a closed pot for 15-20 minutes until firm to the bite. Meanwhile, cut a peeled **cucumber** into thin slices and finely chop the **onion**.

Mix all ingredients with **olive oil**, **pepper** and **dill** to taste in a pot and enjoy.



#21 Kale salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Avocado	45 g	70 g	90 g	160
Spring onion	6 g	9 g	11 g	33
Beet (cooked)	80 g	120 g	160 g	43
Kale	115 g	170 g	225 g	45
Walnut kernels	6 g	9 g	11 g	704

Other spices/ingredients:

Lemon juice

Garlic

Parsley

Blend **avocado**, **green onion**, a clove of **garlic**, **parsley**, and a small dash of **lemon juice** in a blender to make dressing.

Finely chop the **kale**.

Cut **beet** into small pieces and mix with kale, add **walnut kernels** and serve with dressing.

#22 Green asparagus salad with potatoes and radishes

Ingredients	kcal			kcal per 100 g
	200	300	400	
Potatoes	95 g	140 g	185 g	71
Green asparagus	125 g	185 g	245 g	18
Radish	22 g	35 g	45 g	26
Olive oil	12 g	19 g	25 g	857

Other spices/ingredients:

Chives

Pepper (black)

First, peel the **potatoes** and boil them in hot water for about 15 minutes, making sure not to make them too soft, depending on the size of the potatoes. Cut the potatoes into quarters and leave to cool.

Cut the **green asparagus** in half and sauté in a pan with 1/4 of the **olive oil** until cooked.

Wash the **radishes** and cut into thin slices. Chop the **chives** and mix everything together, then season with **olive oil** and **pepper**.

Main courses



#23 Zucchini noodles with avocado sauce

Ingredients	kcal			kcal per 100 g
	200	300	400	
Cherry tomatoes	45 g	65 g	90 g	17
Cashews	16 g	25 g	35 g	604
Avocado	45 g	65 g	90 g	160
Zucchini	125 g	185 g	245 g	19

Other spices/ingredients:

Lemon juice

Water

Pepper (black)

Parsley

Chop the **cashews** in a blender. Add **lemon juice** and **avocado** and puree until smooth.

Cut spaghetti from the **zucchini** with a spiral cutter (a potato peeler also works). You may want to use scissors to cut them every now and then. Cook in boiling water for 1 minute.

Cut **cherry tomatoes** in half. Heat the zucchini noodles and cherry tomatoes with the sauce briefly over low heat. Season with **pepper** and garnish with **parsley** and roasted **cashews**.

#24 Zucchini noodles with tomato sauce

Ingredients	kcal			kcal per 100 g
	200	300	400	
Zucchini	155 g	230 g	310 g	19
Tomatoes	140 g	205 g	275 g	18
Onion	14 g	21 g	30 g	28
Olive oil	7 g	10 g	14 g	857
Pine nuts	14 g	21 g	30 g	602

Other spices/ingredients:

Garlic

Basil

Pepper (black)

Chili

Finely chop **onion** and **garlic** and fry briefly in **olive oil**. Cut **tomatoes** into fine pieces and add, simmer for ten minutes. Add **water** so that a saucy consistency is obtained.

Cut spaghetti from the **zucchini** with a spiral cutter (a potato peeler works too). Cook in boiling water for 1 minute or pour boiling water on top of noodles in a sieve. Then add zucchini noodles to tomato sauce and heat briefly.

Add fresh **basil** and toasted **pine nuts** and season with **pepper** or **chili** to taste.



#25 Vegan Lentil stew

This recipe is suitable only for the first day because of the high protein lentils.

Ingredients	kcal			kcal per 100 g
	200	300	400	
Red lentils	45 g	65 g	90 g	346
Onion	9 g	13 g	18 g	28
Parsnip	22 g	35 g	45 g	64
Leeks	22 g	35 g	45 g	29
Celery (stalk)	22 g	35 g	45 g	19
Potatoes	22 g	35 g	45 g	71
Lemon juice	22 g	35 g	45 g	26

Other spices/ingredients:

Water

Cumin

Parsley

Chili

Chop **onions** and cut all **vegetables** into 1-2 cm cubes. Sauté **onions** with 2 tablespoons of water until translucent. Then reduce heat and add **diced vegetables**. Continue to sauté for about 5 minutes, add dried **red lentils** and pour **water** according to package directions. Tip: If canned lentils are used, 3 times the amount can be used because they have less than 100 kcal per 100g.

Then simmer with the lid closed for 10-15 minutes until the desired consistency, stirring occasionally.

Season with **lemon juice**, **cumin** and **pepper** to taste and garnish with **parsley** (or **coriander**). Add **chili** depending on the desired spiciness.



#26 Cauliflower mash with herb mushrooms

Ingredients	kcal			kcal per 100 g
	200	300	400	
Cauliflower	130 g	195 g	260 g	25
Herb mushrooms	130 g	195 g	260 g	23
Olive oil	16 g	24 g	30 g	857

Other spices/ingredients:

- Garlic
- Pepper (black)
- Water

Clean **cauliflower** and divide into small florets. Slightly shorten the stalk and also cut into pieces. Steam cauliflower pieces for 10 minutes until soft and then puree in a blender or with an immersion blender until smooth.

Season with **garlic** and **pepper**, bring to the boil once.

Slice the **herb mushrooms** lengthwise and fry them in a pan with the **olive oil**. Arrange the fried herb mushrooms on the cauliflower mash and serve.



#27 Arugula puree with tomato salad

Ingredients	kcal			kcal per 100 g
	200	300	400	
Potatoes	130 g	200 g	265 g	71
Arugula	35 g	50 g	65 g	27
Tomatoes	165 g	245 g	330 g	18
Olive oil	8 g	12 g	16 g	857

Other spices/ingredients:

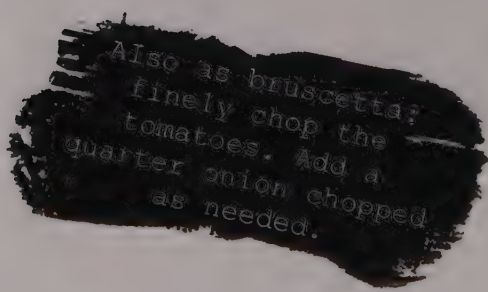
Pepper (black)

Basil

Peel **potatoes** and boil for about 20 minutes until soft. Press through a potato ricer or mash in a blender, add a little **water**.

Remove stems from **arugula** and mashed potato together with 1/3 of the **olive oil**, and then fold into mashed potatoes.

Cut the **tomatoes** into pieces and dress with 2/3 of the **olive oil**, season with **pepper** and stir in the chopped **basil**.





#28 Roast cauliflower with tahini sauce

Ingredients	kcal			kcal per 100 g
	200	300	400	
Cauliflower	235 g	355 g	470 g	25
Tahini	3 g	4 g	6 g	656
Turmeric root	12 g	18 g	24 g	395
Olive oil	9 g	13 g	18 g	857

Other spices/ingredients:

Lemon juice

Garlic

Parsley

Pepper (black)

Preheat the oven. Finely chop the **garlic** and blend with **tahini**, **olive oil** and grated **turmeric root** to make a sauce. Season with a little **lemon juice** and then add water to the desired consistency.

Remove the stalk and stem of the **cauliflower** and immerse the whole cauliflower in a pot of boiling water. Blanch for 5 -10 minutes and then remove. Place on a shallow baking dish, add a little **water** and spread about half of the sauce over the cauliflower. Put the casserole dish in the preheated oven and bake for about 40 minutes at 180°C convection oven.

At the end, garnish with chopped **parsley** and **pepper** and serve with the sauce.



#29 Oven squash

with coriander thyme marinade

Ingredients	kcal			kcal per 100 g
	200	300	400	
Hokkaido pumpkin	165 g	250 g	330 g	63
Olive oil	11 g	17 g	22 g	857
Lime juice	4 g	6 g	8 g	25

Other spices/ingredients:

Coriander seeds

Chili flakes

Thyme

Preheat oven to 200°C top/bottom heat. Cut the **pumpkin** in half, scrape out the seeds with a spoon and discard. Then cut the pumpkin into thin slices about 1 cm thick and set aside.

Mix **olive oil**, ground **coriander seeds** (or coriander powder), finely chopped (or dried) **thyme** and **chili flakes** in a large bowl to marinade and add the squash slices. Mix well and finally spread on a baking sheet.

After about 15 minutes in the oven, the squash should be done, which can be checked by piercing it.

To serve, spread the cooked squash wedges on a plate and drizzle with fresh **lime juice**.



#30 Ratatouille

Ingredients	kcal			kcal per 100 g
	200	300	400	
Onion	25 g	40 g	55 g	28
Bell pepper (red)	80 g	120 g	160 g	37
Parsnip	35 g	50 g	70 g	64
Zucchini	40 g	60 g	80 g	19
Eggplant	80 g	120 g	160 g	17
Tomatoes	80 g	120 g	160 g	18
Olive oil	11 g	16 g	22 g	857
Tomato paste	11 g	16 g	22 g	113

Other spices/ingredients:

Chili powder

Coriander

Pepper (black)

Garlic

Cut the **bell pepper** and **parsnip** into pieces. Chop **onions**, fry with **olive oil** and then add **garlic**, **chili powder** and bell pepper pieces for 5 minutes. Then add **parsnip** and fry for another 5 minutes.

Cut **eggplant** and **zucchini** into pieces and fry in another pan. Add **tomatoes** and **tomato paste** and season with **pepper**. Add just enough **water** to cover the bottom slightly and simmer for 10 minutes.

Roast all ingredients in a baking dish in a preheated oven at 180 °C top/bottom heat for 30 more minutes. At the end of the cooking time, most of the water should have evaporated.

Serve with fresh **coriander**.



#31 Vegetable tower

Ingredients	kcal			kcal per 100 g
	200	300	400	
Eggplant	45 g	70 g	95 g	17
Onion (red)	25 g	35 g	50 g	28
Mushrooms	125 g	185 g	250 g	15
Tomatoes	95 g	140 g	185 g	18
Bell pepper (red)	45 g	70 g	95 g	37
Olive oil	15 g	23 g	30 g	857

Other spices/ingredients:

Basil

Thyme

Parsley

Preheat the oven to 180°C top/bottom heat: Cut the **eggplant** into two thick slices, drizzle with **olive oil** and roast them on the tray in the oven for 15 minutes until soft, turning once. Remove the stem from the **mushrooms**. Cut the **bell pepper** into two thick slices. Cut two thick slices from the **tomato**, finely chop the rest.

Cut two slices from the onion and chop the rest into small pieces. Brush the two slices of onion with olive oil together with the two mushroom caps, the slices of bell pepper and the slices of tomato and place them on the baking sheet with the eggplant slices. Roast in the oven for another 15 minutes.

Layer the vegetables to form turrets: At the bottom, mushroom caps with stem side up, then onion, bell pepper, eggplant and tomato slices. Bake the turrets in the oven at 180°C. Mix 20 ml of **water** with finely chopped onions and tomatoes and season with some chopped **parsley**, **basil**, **thyme** and **pepper**. Pour the sauce over the hot turrets. Garnish with parsley.



#32 Steamed vegetables with herb pesto

Ingredients	kcal			kcal per 100 g
	200	300	400	
Sweet potato	80 g	125 g	165 g	86
Zucchini	80 g	125 g	165 g	19
Broccoli	80 g	125 g	165 g	34
Bell pepper (red)	40 g	60 g	80 g	37
Olive oil	8 g	12 g	16 g	857

Other spices/ingredients:

Garlic

Pepper (black)

Herbs (fresh)

For the **herb pesto**: in the meantime, finely chop a handful of **herbs** (e.g., fresh parsley, basil or coriander) and **garlic** and mix with **olive oil** and a pinch of **pepper** in a jar and leave to infuse.

For the **vegetables**: cut **all ingredients** into pieces about 2-3 cm. Steam peeled **sweet potato** for 5 minutes in a steamer basket or with a little water in a closed pot. Then add **zucchini**, **broccoli** and **bell pepper** and steam for at least another 12 minutes (depending on desired texture). Alternatively, cook in a preheated oven at 180°C top/bottom heat for about 15-20 minutes until desired texture.

When the vegetables are cooked, garnish with ready-made herb pesto.

#33 Beetroot with lemon relish

Ingredients	kcal			kcal per 100 g
	200	300	400	
Beet (cooked)	180 g	265 g	355 g	43
Onion (red)	13 g	19 g	25 g	28
Tomatoes (chopped)	65 g	95 g	125 g	33
Olive oil	10 g	14 g	19 g	857
Bell pepper (yellow)	50 g	70 g	95 g	37

Other spices/ingredients:

Coriander seeds

Dill

Pepper (black)

Garlic

Parsley

Lemon peel

For the relish: mortar the **coriander seeds** and fry them briefly with the **olive oil** (or use coriander powder). Then finely chop the **peppers** and **garlic** and add them together with the chopped **tomatoes** and simmer for about a quarter of an hour. Then add grated **lemon peel**, simmer on low heat for another 10 minutes and let cool.

Cut the cooked **beet** into bite-sized pieces.

When the relish has cooled, mix with the beetroot in a bowl and season with **pepper** and garnish with **dill** and **parsley**.

#34 Roasted vegetables with pecans

Ingredients	kcal			kcal per 100 g
	200	300	400	
Brussels sprouts	65 g	100 g	130 g	36
Carrots	65 g	100 g	130 g	39
Pecans	13 g	20 g	25 g	729
Olive oil	7 g	10 g	13 g	857

Other spices/ingredients:

Lemon juice

Cayenne pepper

Chili

Pepper (black)

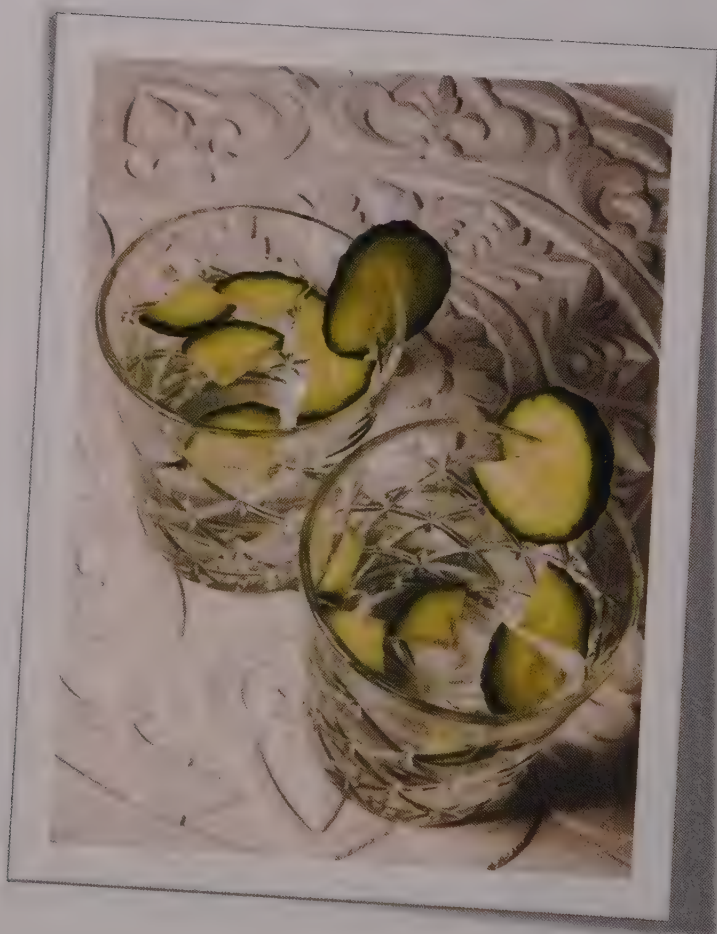
Paprika powder

Clean **Brussels sprouts** and cut in half lengthwise. Cut **carrots** into 0.5 cm thick slices. Brush vegetables with **olive oil** on a baking tray and roast in the oven for approx. 30 minutes at 180°C top/bottom heat. Turn vegetables in between.

Coarsely chop the **pecans**. Mix everything together, sprinkle with the **lemon juice** and season with **cayenne pepper**, **chili**, **pepper** and **paprika powder** to taste.



Drinks



Coffee

It is best to avoid coffee during fasting. It is highly recommended to reduce coffee consumption before taking on fasting, as caffeine withdrawal can lead to headaches.

If you are unable to give up coffee, drink no more than one cup of black, unsweetened coffee during the five days of fasting. Do not use cow's milk or milk substitutes such as oat, almond or soy milk.

Tea

Peppermint tea

A cup in the morning gets the circulation going and can also help ward off headaches. You can also enjoy peppermint tea cold with a few ice cubes as an unsweetened iced tea. Peppermint is said to have healing properties for colds and digestive problems.

Hibiscus tea

Hibiscus is a vitamin C bomb. The tea is said to lower blood pressure, have antioxidant effects and strengthen the immune system.

Ginger and turmeric root

Hot water with grated ginger and turmeric not only tastes delicious but is also incredibly healthy. Ginger is said to stimulate metabolism and blood circulation, while turmeric is said to have an antibacterial and anti-inflammatory effect.

Water

Drinking plenty of water is essential during fasting. If you are tired of still water, sparkling water is a good option. We also recommend adding a twist of flavor to the water with a squeeze of lemon. This has the advantage that the fructose in it is still so low that it can be neglected. At the same time, the mixture has an alkaline effect in the body (even if the lemon itself is acidic, somewhat counterintuitive) and thus prevents possible muscle or joint pain, which can occur when fasting due to the acidification when fat is broken down.

One could also put a few pieces of cucumber in a carafe of water and let it infuse.

Diet plan and shopping list

To help you get started with mimic fasting, we have suggested a diet plan and have given you the shopping list to go along with it. This shopping list is automatically generated with our clever **FMD Tool**, which saves immense time in fasting planning. You can also choose how many people you want to fast with. Starting from three persons we recommend using e.g. two pans, because otherwise the preparation does not succeed correctly. The **FMD Tool** is available as **FMD Tool webapp** for tablet/mobile phone or as **FMD Tool EXCEL document** for PC. We would be happy to share this practical FMD Tool with you. Just send us an email to: **friends@mimicfasting.info**

Nutrition plan #1

Day 1		
Breakfast	#4 Breakfast balls	
kcal		300
Lunch	#15 Salad with turmeric chickpeas	
kcal		400
Dinner	#20 Potato and cucumber salad	
kcal		400
		1100 of 1100 kcal

Day 2		
Breakfast	#5 Nut thaler	
kcal		200
Lunch	#1 Avocado Shakshuka	
kcal		300
Dinner	#18 Beetroot carrot salat	
kcal		300
		800 of 800 kcal

Day 3		
Breakfast	#4 Breakfast balls	
<i>kcal</i>		200
Lunch	#14 Zucchini hazelnut salad	
<i>kcal</i>		200
Dinner	#17 Moroccan carrot salad	
<i>kcal</i>		400
800 of 800 kcal		

Day 4		
Breakfast	#2 Vegetable smoothie	
<i>kcal</i>		200
Lunch	#27 Arugula puree with tomato salad	
<i>kcal</i>		300
Dinner	#8 Curry cauliflower soup	
<i>kcal</i>		300
800 of 800 kcal		

Day 5		
Breakfast	#1 Avocado Shakshuka	
<i>kcal</i>		200
Lunch	#26 Cauliflower mash with herb mushrooms	
<i>kcal</i>		200
Dinner	#31 Vegetable tower	
<i>kcal</i>		400
800 of 800 kcal		

Shopping list for diet plan #1

Ingredient	Quantity	Unit
Almonds	2	g
Arugula	50	g
Avocado	217	g
Basil		fresh
Bay leaf		dried
Bell pepper (red)	359	g
Carrots	419	g
Cashews	19	g
Cauliflower	359	g
Cayenne pepper		dried
Champignons	248	g

Ingredient	Quantity	Unit
Cherry tomatoes	82	g
Chia seeds	8	g
Chickpeas	82	g
Chlorella		dried
Cinnamon powder		dried
Coriander		fresh
Cucumber	420	g
Cumin		dried
Curry powder		dried
Dates (pitted)	43	g
Dill		fresh
Eggplant	92	g
Fennel	192	g
Flaxseed	4	g
Flaxseed (coarse)	8	g
Flaxseed oil	18	g
Ginger		fresh
Hazelnuts	20	g
Herb mushrooms	129	g
Honey	9	g
Lamb's lettuce	30	g
Olive oil	151	g
Onion	167	g
Onion (red)	142	g
Paprika powder		dried
Parsley		fresh
Pepper (black)		dried
Potatoes	374	g
Pumpkin seeds	35	g
Red beet	252	g
Salad	42	g
Spinach	97	g
Spring onion	20	g
Sunflower seeds	15	g
Thyme		dried
Tomatos	942	g
Turmeric powder		dried
Walnuts	40	g
Zucchini	168	g

In conclusion

Allow us to say congratulations in advance!

If you have the five fasting days behind you, you have experienced many ups and downs and have certainly had a very interesting and enlightening self-awareness experience. That experience was different for each one of us, but at its core, it was a rewarding experience for us all.

How was it for you? The way you expected it to be? Would you do it again? Would you change something?

As mentioned at the beginning, we understand the book to be a project that we would like to keep in constant development. This is essential in order to make mimic fasting as easy as possible for everyone who is interested.

We would be delighted if you wanted to share your fasting experience with us and help us in our efforts to constantly improve the book.

Feel free to write to us at friends@mimic.info, tag your posts on Instagram with [#mimicfasting](https://www.instagram.com/explore/tags/mimicfasting/), or let us know what you liked about the book and what we could do better.

We look forward to your feedback!

Kcal overview

Ingredients	kcal / 100 g
Almonds	353
Arugula	27
Asparagus (green)	18
Avocado	160
Bean sprouts	54
Bell pepper (red/yellow)	37
Broccoli	34
Brussels sprouts	36
Carrots	39
Cashews	604
Cauliflower	25
Celery (stick)	19
Champignons	15
Cherry tomatoes	17
Chia seeds	475
Chickpeas	120
Coconut milk	218
Coriander seeds	298
Cucumber	16
Dates (pitted)	319
Eggplant	17
Fennel	24
Flaxseed	372
Flaxseed (coarse)	502
Flaxseed oil	884
Hazelnuts	644
Herb mushrooms	23
Hokkaido pumpkin	63
Honey	306
Kale	45

Ingredients	kcal / 100 g
Lamb's lettuce	18
Leeks	29
Lemon juice	26
Lentils (red)	346
Lime juice	25
Mushrooms	22
Olive oil	857
Onion (white/red)	28
Pak Choi	12
Parsnip	64
Peanuts	567
Pecans	729
Pine nuts	602
Potatoes	71
Pumpkin seeds	581
Radish	26
Red beet	43
Salad	13
Savoy cabbage	27
Sesame seeds	580
Shitake mushrooms	34
Spinach	23
Spring onion	33
Sunflower seeds	598
Sweet potato	86
Tahini	656
Tomato paste	113
Tomatos	18
Tomatos (chopped)	33
Turmeric root	395
Walnuts	704
Zucchini	19

Spices	kcal / 100 g	for
Basil	18	fresh
Bay leaf	353	dried
Cayenne pepper	335	dried
Chili	317	dried
Chives	67	fresh
Chlorella	400	dried
Cinnamon powder	318	dried
Coriander	23	fresh
Cumin	408	dried
Curry powder	319	dried
Dill	41	fresh
Garlic	141	fresh
Ginger	70	fresh
Herbs	67	fresh
Lemon peel	26	fresh
Lemongrass	99	fresh
Oregano	67	fresh
Paprika powder	317	dried
Parsley	52	fresh
Pepper	285	dried
Ras el-Hanout	333	dried
Thai basil	41	fresh
Thyme	276	dried
Turmeric powder	356	dried

Source: FDDb.info and their sources therein. Remember, the kcal data are usually not 100% accurate and may vary depending on the source, depending on the brand, etc.

Imprint

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The Fasting Mimicking Diet (FMD Diet)

Plan + Fasting Guide

With over 30 time-saving recipes

www.mimicfasting.info

1st edition

FMD_Tool: V21

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MIMIC FASTING RECIPES

THE FASTING MIMICKING DIET (FMD)
MEAL PLAN + FASTING GUIDE

"When your stomach is full, it is easy to talk about fasting"

- Hieronymus

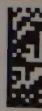
The Fasting Mimicking Diet (FMD) is an experience that everyone should have once in their life. At least, this is what we (the five authors) are convinced of. Fasting without any assistance is difficult, especially when you want to prepare everything yourself. We learned this the hard way, but that is what eventually gave rise to this book. This work contains everything that we would have wanted to know when we started mimic fasting for the first time.

Over 30 recipes are waiting to be cooked and eaten during your mimic fasting. After promising research results in recent years, we would like to make the potential benefits of mimic fasting on health and longevity more accessible to you - and make your fasting days as culinary as possible.

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