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**Fasting Mimicking and Enhancing Diet Recipes**  
**Adapted From: [www.quora.com](http://www.quora.com)**

**Warning and Helpful Hints:**

Please only do this diet as a protocol established by Dr. Morstein for your specific health care needs.

Fasting can cause light-headedness and constipation in some people. To mitigate these, this sample menu lets you spread carbohydrates throughout the day so you have carbs handy when you most need them to function. Also, you can add in fiber powder: 1-4 TBSP a day always taken with at least 8 oz of water and use more water if you are taking more than 2 TBSP at a time. If you wish to do an enema, that is fine.

Individuals may need to supplement salt, since these foods are naturally low in salt, and low salt levels (hyponatremia) can lead to light-headedness and constipation. Use CELTIC Or REAL sea salt, 1 tsp in 1-2 liters of water. Drinking more water, ½ your body weight in ounces, may also help. After the 5 day regimen is completed, easing gradually back into normal eating for a day may be more comfortable.

**Simple Diet: Day 1**

- 1 cup dry quick oats, ample water, pinch of salt, 2 teaspoons of butter (10g protein, 12g fat, 54g carbs)
- 3 ounces carrots (~9 baby carrots) (1g protein, 8g carbs)
- 1 cup V8 vegetable juice (2g protein, 10g carbs)
- 2 ounces macadamia nuts (~24 kernels)(4g protein, 42g fat, 8g carbs)
- 1 ounce dry roasted peanuts (~35 kernels)(6.6g protein, 14g fat, 6g carbs)
- 1 cup diced broccoli (2.5g protein, 6g carbs)

**Simple Diet: Days 2–5 Option A:**

- 1/2 cup dry quick oats, ample water, pinch of salt (5g protein, 2.5g fat, 28g carbs)
- 1 cup V8 vegetable juice (2g protein, 10g carbs)
- 1 ounce dry roasted almonds (6g protein, 15g fat, 5g carbs)
- 1x7" banana (~118g)(1.2g protein, .6g fat, 27g carbs)
- 10 macadamia nuts, dry roasted (2g protein, 17.5g fat, 4g carbs)
- 1/2 cup of blueberries, fresh or frozen(11g carbs)

**Simple Diet: Days 2–5 Option B:**

- 1/2 cup canned white beans (9g protein, 27g carbs)
- 1 slice wheat bread toast, 1 tablespoon butter (4g protein, 13g fat, 24g carbs)
- 1 medium Haas avocado (~150g)(23g fat, 15g carbs)

- 1 cup V8 vegetable juice (2g protein, 10g carbs)
- 3 ounces carrots (~9 baby carrots) (1g protein, 8g carbs)

**Or you could try a more varied menu, with more fresh foods, but it's more work**

**More Variety Diet: Sample Day 1:**

- ½ cup (dry weight) quick oats, cooked with ample water, and 1 tablespoon canola or olive oil, pinch of salt (5g protein, 16.5g fat, 28g carbs).
- 7 ounces canned spinach (3.4g protein, 0g fat, 7g carbs)
- 4 teaspoon nonfat Greek yogurt (1.5g protein, 0g fat, 0g carbs)
- 3 ounces steamed carrots (1g protein, 0g fat, 8g carbs)
- ½ cup blue berries (0.5g protein, 0.5g fat, 10g carbs)
- 1.5 ounces smoked almonds (9g protein, 22g fat, 8g carbs)
- 1 cup V8 vegetable drink (2g protein, 0g fat, 10g carbs)
- 1/3 rd cup strawberries (0.3g protein, 0.3g fat, 4g carbs)
- 1/4 cup mashed avocado (1g protein, 8g fat, 5g carbs)
- 1 cup fresh kale & 1 cup diced broccoli, both steamed (3.5g protein, 1g fat, 9g carbs)
- 4 teaspoons olive or canola oil (20g fat)
- Water – several cups

**More Variety Diet: Day 2 Menu:**

- ½ cup canned beans minus 1 tablespoon (5g protein, 0g fat, 20g carbs)
- 1 tablespoon olive oil (15g fat)
- 3 tablespoons plain nonfat yogurt (4g protein, 0g fat, 2g carbs)
- 1x7" banana ~118grams, (1.2g protein, 0.6g fat, 27g carbs)
- 1/4 cup mashed avocado (1g protein, 8g fat, 5g carbs)
- 3 ounces steamed carrots (1g protein, 0g fat, 8g carbs)
- 2 teaspoons canola or olive oil (10g fat)
- 1 cup diced, steamed broccoli (2.5g protein, 0g fat, 6g carbs)
- ¼ cup cheerios and ¼ cup nonfat milk (2.8g protein, 0.5g fat, 8g carbs)
- 3/8 cup blueberries (8g carbs)
- Water – several cups

**More Variety Diet: Day 3 Menu:**

- ½ cup (dry weight) quick oats, cooked with ample water, and 1 tablespoon canola or olive oil, pinch of salt (5g protein, 16.5g fat, 28g carbs).
- 7 ounces canned spinach (3.4g protein, 0g fat, 7g carbs)
- 1 cup whole strawberries (1g protein, 0.4g fat, 12g carbs)
- 0.6 ounces honey roasted peanuts, ~20 kernels (4g protein, 8g fat, 4g carbs)
- ½ cup baked yam (1g protein, 0g fat, 18g carbs)
- 2 teaspoons canola or olive oil (10g fat)
- 1/4 cup mashed avocado (1g protein, 8g fat, 5g carbs)
- ½ cup V8 vegetable drink (1g protein, 0g fat, 5g carbs)
- ¼ cup blueberries (5.5g carbs)
- Water – several cups

**More Variety Diet: Day 4 Menu:**

- ½ cup canned beans minus 1 tablespoon (5g protein, 0g fat, 20g carbs)

- 1 tablespoon olive oil (15g fat)
- 2 teaspoons plain nonfat yogurt (0.4g protein, 0g fat, ~0g carbs)
- 4 ounces Kimchi (2g protein, 0g fat, 4g carbs)
- 1x7" banana ~118grams, (1.2g protein, 0.6g fat, 27g carbs)
- 8 salted, roasted almonds (2g protein, 5g fat, 2g carbs)
- 1 cup diced, steamed broccoli, salt & pepper (2.5g protein, 0g fat, 6g carbs)
- 1 cup V8 vegetable drink (2g protein, 0g fat, 10g carbs)
- ½ cup baked yam (1g protein, 0g fat, 18g carbs)
- 1 tablespoon olive oil (14g fat)
- Water – several cups

**More Variety Diet: Day 5 Menu:**

- ½ cup (dry weight) quick oats, cooked with ample water, and 1 tablespoon canola or olive oil, pinch of salt (5g protein, 16.5g fat, 28g carbs).
- 1/2 cup whole strawberries +1/2 cup blueberries (1g protein, 0.5g fat, 17g carbs)
- ½ cup nonfat milk (4.5g protein, 0g fat, 6g carbs)
- 1/4 cup mashed avocado (1g protein, 8g fat, 5g carbs)
- 1 cup V8 vegetable drink (2g protein, 0g fat, 10g carbs)
- 1 cup diced, steamed broccoli (2.5g protein, 0g fat, 6g carbs)
- 2/3 rd cup blueberries (0.7g protein, 0.4g fat, 14g carbs)
- Water – several cups