

# *Fasting* *with Food*

Daily Challenge Guide  
and Recipe Collection

**5-DAY CHALLENGE**

WITH DR. RITAMARIE LOSCALZO



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## Introduction and Background

There's a lot in the media these days about water fasting. The first time I heard about it as a tool to restore health was back in 1983. I was 27 years old, and it was before the internet was bursting with health information. I was shocked – how could anyone go without food for days at a time?

At that time, I was struggling to find an answer to my health issues. My headaches were excruciating, my sinuses were constantly clogged, my head was so foggy that I could barely see the facial features of the people I was talking with, and my stomach was on fire every time I ate.

**I was reading every book I could find about health and nutrition** - not that many back in the mid 1980's - desperate for an answer.

I came upon a book called the “*5-Day Allergy Relief System*,” and there it was – my very first introduction to water fasting. The book discussed going 5 days without food, drinking nothing but water, followed by systematic food reintroduction, to identify the foods that your body doesn't tolerate.

It seemed a bit extreme, but so did living in constant pain and foggy, so I was willing to give it a try. It wasn't as difficult as I expected, and by the fifth day, I felt pretty good - better than I had felt in years. My head was clearer, my stomach no longer hurt, and I could actually breathe through my nose.

Once I began eating again, though, all my symptoms returned. Knowing what I know now, I realize that I really didn't know enough to do the re-introduction correctly, so I wasn't able to maintain the improvements.

I continued my quest for solutions, and one day, while sitting at an automotive shop, reading yet another health book while I waited for my tires to be rotated, a mysterious stranger struck up a conversation.

Seeing what I was reading, he asked me about my health issues. When I finished explaining, he said, “**You need to fast.**”

I replied that I'd already tried fasting, and although I felt great during the fast, my symptoms returned as soon as I began to eat again.

His response was, “**You didn't fast for long enough.**”

I proudly told him I'd fasted for 5 days and he replied, again, “You didn't fast for long enough.”

He briefly explained about extended water fasts, and their miraculous healing effects, gave me the card for a nearby fasting retreat, told me to read "*Fasting Can Save your Life*," and he disappeared as mysteriously as he'd appeared.

I stared at the card and the name of the book I'd scribbled on it and decided that it wouldn't hurt to do some research. I found the book - it was pre amazon prime, so I had to locate a bookstore that carried it - and called the place to find out more.

A few days later I was sitting at an education session with my now husband Scott to find out more about the fasting approach to healing.

We were intrigued but had **no idea how I could manage a stay for several weeks**. I had a full-time job for a tech company... and didn't have any extra vacation time to make it happen.

The universe works in mysterious ways, and within a few weeks **I was rushed to the hospital for emergency surgery** for a tubal pregnancy, and the doctor told me I needed to take 6 weeks off work.

My life was forever changed by this series of events, and I often refer to the mysterious stranger as the angel who saved my life. I stayed at the fasting center for 5 weeks - 4 weeks of fasting and 1 week of refeeding.

While there, I listened to every cassette tape they had (pre CD or mp3), I read every book and magazine on the shelves, and **made a decision to change my career**.

I also wrote **many letters of connection and apology** to loved ones with whom I'd had rocky communications in the past (it was pre-email and social media so post office was the delivery system) and filled my heart with gratitude and forgiveness. I'd learned that **emotional detox** was as or more important than physical.

All my symptoms disappeared, and I got a fresh start. I started eating a whole foods plant-based diet as a result, and I've never looked back.

I quit my job, went back to school, embarked upon a new career --- and here I am today.

Fasting is **a serious tool for serious health challenges**.

When I did my first fast over 35 years ago, very few people were talking about it as a tool for restoring health. There were doctors in the Natural Hygiene movement who ran fasting clinics and got amazing results with patients that other doctors had given up on.

Now **the benefits of taking a break from eating** have been suggested in medical research in humans and other animals. They include:

- Lowered insulin and glucose, and increased insulin sensitivity
- Decreased inflammation



- Stimulation of autophagy - where your body eats up damaged cells
- Improved blood pressure, triglycerides and cholesterol
- Improved brain function
- Reversal of the effects of aging
- Increased butyrate, carnitine and branched-chain amino acids
- Enhanced gene expression and protein synthesis
- Improved antioxidant defense
- And MUCH more!

Conditions that respond well to fasting are high blood pressure, diabetes, autoimmune conditions, inflammatory conditions, inflammatory bowel disease, ulcers, and even many types of cancer.

It's **not recommended to do longer fasts on your own** - you need to be supervised - so not many people get to experience the advantages. Plus, most people are scared to fast for even 24 hours, let alone longer, although the popularity of intermittent fasting over the past few years has changed that for many.

So, when I heard about the work of an Italian biologist and researcher, Dr Valter Longo, I got excited.

Longo set out to create a diet that could mimic the effects of water fasting, while providing nutrition so that people could continue their daily routine and not feel deprived.

From his research was born what he called the *"Fasting Mimicking Diet."*

He produced a meal kit of packaged plant-based foods that provide the precise nutrient balance he found to be effective in his research.

The low-calorie, relatively high-fat, low-carb content of the meals causes your body to generate energy from non-carbohydrate sources after your glycogen stores are depleted. This process is called gluconeogenesis, and it allows you to **burn extra fat around your hips, thighs, or belly instead of craving sugars and starches.**

**The downsides of using the kit are:**

1. It's expensive - \$249 for 5 days of meals
2. There is no fresh food
3. Some of the packaged soups and bars contain foods that don't suit my body, and many of the people I work with, like honey and rice flour.

So, I created a whole foods version of the fasting mimicking diet that I'm calling ***Fasting with Food***. This guidebook is intended to give you what you need to do your own 5-day whole-foods, plant-based diet that will give you lots of the advantages of fasting.

**The advantages of this food plan are:**

1. It cost less than eating your regular menu since you're eating less food
2. The food is fresh and therefore the nutrient density is higher
3. There is a lot of flexibility for you to adapt for food sensitivities, cultural preferences and blood sugar balancing needs.

The 5-day challenge you are now about to do consists of high-quality foods that provide specific ratios of macronutrients, micronutrients and calories that have been shown to provide the benefits of fasting without the limitations of a water fast.

In a clinical trial of 100 healthy people in 2017, half followed this type of plan for 5 days per month for 3 months, and the other half ate their usual diet.

**Benefits included:**

- Weight and belly fat loss
- Lower blood pressure, blood sugar and cholesterol
- Decreased markers of inflammation
- Decrease in insulin-like growth factor 1 (IGF-1), a marker for cancer
- Increase in stem cell production, a marker for regeneration of cells

In addition to the menus and recipes, this guidebook contains instructions for how to get specific measurements at the beginning, then again at the end, so you can track your improvements.

This 5-day challenge is something you can repeat once every month or two for best results, especially if you have excess body fat to eliminate and/or health challenges you'd like to resolve.

I can't promise that you'll release 10 pounds in 5 days, even though it CAN happen. There is no way to predict how long it will take your body to adapt. Some people see dramatic results in a few days, and for others, doing this once a month for a few months or even up to a year is required.

What I will promise is that **I will show you how to get all the building blocks in place** so you can shed the extra weight without cravings or deprivation.

During the 5 days, you'll learn to retrain your biochemistry to burn fat and create a sustainable, long term food plan. You'll also make great strides in moving towards your ideal body weight and balance in your hormones and digestion.

**The potential side effects of this challenge:**

- You may feel more vibrant
- You may feel as if you just did a fast – without the deprivation
- You'll release toxins that have accumulated as a result of unplanned indulgences

In addition to the whole foods, plant-based menu plan, with a specific balance of nutrients, it's recommended that you do time restricted eating, often referred to as intermittent fasting.

Are you ready?

Be sure to watch the daily videos, follow the menu plans, attend the Facebook Live Q&A sessions, and do the daily challenges to increase your likelihood of winning prizes.

This program may not be appropriate for everyone. If you are pregnant or nursing, do not participate in any calorie restricted programs. If you are on any medication, or diagnosed with a serious condition like diabetes, heart disease, cancer or dementia, be sure to discuss with your doctor and get their approval before beginning.

The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

## Meal Timing: Time Restricted Eating (TRE) and Intermittent Fasting

As described above, there's been a lot of research into the effects of fasting on the body, and the state of "autophagy" that results from reducing blood glucose and insulin and increasing ketones.

Fasting is a method for accelerating the metabolic shift from sugar burning to fat burning.

The term intermittent fasting has been used to describe skipping days of eating on an intermittent basis, as well as, more recently, the process of eating within a restricted window on a daily basis, also called Time Restricted Eating.

During the Fasting with Food Challenge, we recommend that you incorporate Time Restricted Eating, i.e. eating all of your food window of 8-10 hours.

You can eat 2 meals or 3, but we don't recommend more than that to achieve the fasting benefits. If you do 2 meals, split the food for the day between them.

Some people choose to start eating later, like between 10 and 1. Others do best to start eating earlier and end earlier.

If you choose to eat within an 8-hour window, you can have breakfast at 8, lunch at 12 and dinner at 4. Or you can have breakfast at 10, lunch at 2 and dinner at 6.

If you extend your eating window to 10 hours, you can do breakfast at 8, lunch at 1 and dinner at 6.

It's truly up to you to decide what works best for your body and your life.

You will sleep better, and detox more efficiently if you leave a minimum of 3 hours between your last morsel of food and bedtime.

During the 5-day challenge, you can incorporate intermittent fasting – i.e. have one day where you don't eat for a full 24 hours. This approach may be too extreme for you now, so don't feel pressured.

The goal of this challenge is to work within your comfort zone and get you the best results possible.

Research suggests that we need to keep the body guessing, so alternating fasting and feasting works for many people.

In any case, it's important to realize that all healing happens in the fasting state, and rebuilding in the fed state.

What you're aiming for with fasting for days or weeks at a time, intermittent fasting, or what's been coined by Dr. Valter Longo as Fasting Mimicking, is a state called autophagy.

This challenge is about mimicking the effects of fasting while you eat.

Autophagy is a state in the body that deals with destruction of damaged cells and recycling of damaged molecules and cellular organelles. Intermittent fasting has been said to reset autophagy rates to that of a younger person.

According to a paper called "Progressive alterations in lipid and glucose metabolism during short-term fasting in young adult men," <https://www.ncbi.nlm.nih.gov/pubmed/8238506>, the sweet spot for fat burning and insulin reduction occurs between 18 and 24 hours of fasting. In fact, 70% of the reduction in insulin levels and 60% of the improvement in fat burning occurs in this window, suggesting that the type of intermittent fasting discussed in my paper would be ideal to do twice a week if possible



## Fasting with Food Daily Plan Overview

**Fun** – do something enjoyable for at least 5 minutes a day. It will improve the outcome of your challenge dramatically!

**Diet** – follow the menus as designed or adapt them to your own needs and preferences. You are invited to substitute any non-starchy vegetable for any other one. All the fats are interchangeable in recipes, although I've never put olives in a smoothie, it certainly can be done.

The goal is to follow the guidelines as much as possible, and to stay calm, relaxed and positive as you do this. If you have particular health concerns, be used to check with your doctor.

**Restful Sleep** – The purpose of fasting and fasting with food is to give your body a break from the day to day stressors. Sleep is an important part of regenerating your brain at the end of day. Aim for 8 hours a night (or as close as you can get to that) and plan an early bedtime to maximize the healing benefits. Ideally, get to bed by 11pm.

**Exercise** – Daily movement is important, but don't over do it. As your body goes into clean-up mode, it's important that you stick to exercise that doesn't tax your body and turn off the cleansing. Walk, stretch, do yoga, or swim. These are gentle exercise. If you're a runner or elite athlete, trust your body and don't step it up during the challenge.,

**Environment** – keep your environment clean and free of toxins. This is not a good time to install new carpeting, paint or clean out the garage!

**Attitude** – stay positive. Your body will potentially go through some uncomfortable moments as it starts to "clean house" Stay hydrated and keep connected to your big WHY.

**Mindfulness** – Stress is a contributing factor in many health conditions, and it's a good idea to have some sort of mindfulness practice. Meditate or take some "Mindfulness Moments" to calm your mind and body. I meditate daily – but sometimes only for 5 minutes because that's all the time I have. Something is better than nothing. Heart math, yoga, tapping, meditation and prayer are all stress management outlets. Take time for these.

**Stay Hydrated!** Consume ½ your body weight in fluid ounces plus an extra 8 ounces for every 15 minutes of sweating. Dilution is the solution to pollution!

**Additional (optional) cleanse activities.** Lots of information exists online about each of these

- Skin brushing
- Tongue scraping
- Sauna
- Sea salt baths
- Oil pulling

**Timing** - Space your meals and eat within an 8-10-hour window. Be sure to finish your last morsel of food at least 3 hours before bed.

**Tracking** – Keep track of your food intake in an app like Cronometer. If you deviate from this plan, the app can help you to make sure you stay within the guidelines. I also suggest tracking your weight, blood pressure



## Meal Plan – General Overview

### Macronutrients

*The macro nutrients in the Fasting Mimicking diet reported to give fasting like effects are below. These are approximate ranges, and each person is a little different so there is a moderate range of flexibility in macro nutrient ratios, as long as the calories are close.*

**A NOTE about Food Sensitivities and Substitutions in the Menus** – It's inevitable that you'll find foods that either you don't like or don't tolerate. If this happens, substitute. If you don't like olives, leave them out. Walnuts a problem? Substitute any nut or seed, or even avocado for creaminess, depending on the recipe.

Because this is a low-calorie menu plan, and it's only 5 days, it's important to eat only nutrient dense recipes, and you will not meet 100% of your recommended daily intakes – it's impossible. Trust your body to say what it likes and doesn't. There is no need to be perfect -- - there is no perfect!

#### Day 1

**Calories:** Approximately 1100 (50% of usual)

**Macronutrients:**

- Carbs: 30 - 40%; Net Carbs: 50-75 grams
- Protein: 10 - 12%, 28-37 grams
- Fat: 45-56% - 58 – 68 grams

#### Days 2-5

**Calories:** Approximately 650 - 700 (35% of usual)

**Macronutrients:**

- Carbs: 45 – 50%; Net Carbs: 50-75 grams
- Protein: 9 - 11%, 14 - 16 grams
- Fat: 44 - 55% - 32 – 65 grams

#### Keto Version

*This is what's been listed in the literature, but I have found that most people get into ketosis with more carbs and less fat, as long as the majority of the carbs are from non-starchy, high fiber vegetables. Calories are same as above.*

- Carbs: 5-10%; Day 1: 28 g, Days 2-5: 15 g
- Protein: 20-25%; Day 1: 55-68g
- Fat: 70-80%; Day 1: 85-97 g, Days 2-5: 50-58

## General Food Plan

- Low protein and low carbohydrate, with no or minimal animal-derived products
- High micronutrient content - 30-50% of RDI (meaning lots of antioxidant rich low starch, high fiber vegetables)
- Proteins come from plant-based sources

### Foods to consume daily

*You may make substitutions for foods that you are allergic or sensitive to, or avoid for religious, preference or cultural reasons. See the food chart at the end of this document for substitution suggestions.*

- 5 cups cruciferous/brassica vegetables – this is for their detox effects and sulfur content. If you don't tolerate many, substitute
- ½ onion, 3 cloves garlic or one leek for detox effects and quercetin content. If you don't tolerate leave them out.
- Cucumber, squash, lettuce and other high-water content vegetables
- Low glycemic fruit – minimal – monitor blood sugar
- Avocado, nuts, seeds, olives, and coconut for fat
- Herbal tea
- 1-2 tbsp coconut or MCT oil if needed for extra calories or fat, find it has been therapeutically helpful for gut and or brain challenges, or needed to feel satiated. In general, I prefer whole foods plant-based fats for maximum nutrient density. Oils are not whole foods, despite their popularity in the “health food” world.



## Suggested Menus that Meet the Calorie and Macronutrient Goals

### Day 1 Fasting with Food – Target 1100 calories

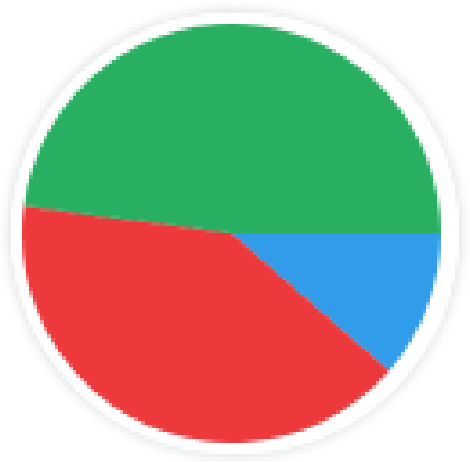
**Meal 1:** Green smoothie with Cocoyo or homemade coconut or cashew yogurt - 1/2 cup. If you can't finish the smoothie finish with lunch or dinner

**Meal 2:** BIG salad optionally with steamed kale and 1 tbsp hemp seeds. Flavor kale as desired with seasonings or add to the salad. If you can't finish the salad save the rest for dinner.

**Meal 3:** 1/2 recipe Thai Green Soup with any remaining salad or smoothie.

Blueberries can be added to any meal as dessert. Maximum ½ cup – 1 cup total

**Red** = carb, **green** = fat, **blue** = protein



Fasting With Food Day 1		
Nutrition Facts		
Serving Size: 1 full recipe — 2195g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	1058.1 kcal	53 %
<b>Total Fat</b>	58.7 g	90 %
Saturated Fat	18.4 g	92 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1703.7 mg	71 %
<b>Total Carbohydrate</b>	115.9 g	39 %
Dietary Fiber	45.4 g	181 %
Sugars	34.9 g	
<b>Protein</b>	36.5 g	73 %
<b>Vitamin A</b>	1336 %	<b>Vitamin C</b> 828 %
<b>Calcium</b>	80 %	<b>Iron</b> 110 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>



## Recipes Day 1

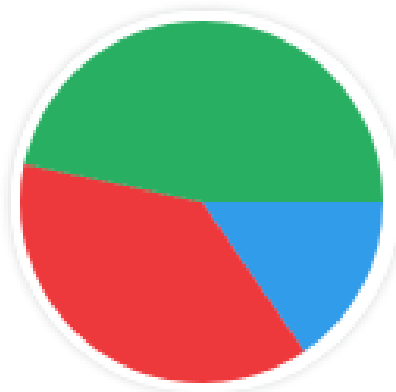
### Savory Green Smoothie

Description	Amount	Unit	Calories	Weight
Arugula, Raw	1	cup, cut pieces	5.0	20.0 g
Lettuce, Romaine or Cos	1	cup, chopped	8.0	47.0 g
Cucumber, Raw, Without Peel	1	small - 6 3/8" long	19.0	158.0 g
Avocado, Black Skin, California Type	1/2	each	113.6	68.0 g
Earthbound Farm, Organic Power Greens, Baby Chard, Kale and Spinach	2	3 oz	50.0	170.0 g
Lemon Juice, Raw	1	each - juice from one lemon	10.6	48.0 g
Ginger Root, Raw	2	slice - 1" diameter	3.5	4.4 g
Turmeric, Ground	1	tsp	9.8	3.1 g
Garlic, Fresh	1	clove	4.5	3.0 g
Onion, White, Yellow or Red, Raw	1/4	medium - 2 1/2" diameter	11.0	27.5 g
Hemp Seeds, Hulled	1	tbsp, whole pieces	55.3	10.0 g
Spring Water	1	cup	0.0	237.0 g

Blend everything until creamy. Add more water if you prefer it thinner.

**Red** = carb, **green** = fat, **blue** = protein

#### Per serving nutrition



Savory Green Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	290.1 kcal	15 %
Total Fat	16.2 g	25 %
Saturated Fat	2.1 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	384.1 mg	16 %
Total Carbohydrate	28.2 g	9 %
Dietary Fiber	10.8 g	43 %
Sugars	6.1 g	
Protein	11.6 g	23 %
Vitamin A	196 % • Vitamin C	183 %
Calcium	31 % • Iron	53 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

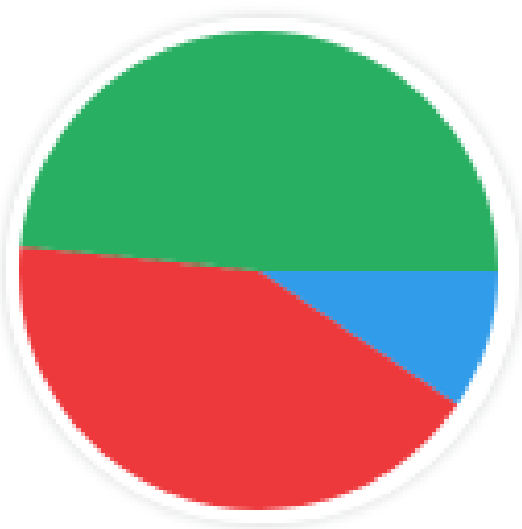
## BIG Salad

Description	Amount	Unit	Calories	Weight
Avocado, Black Skin, California Type	1/2	each	113.6	68.0 g
Lettuce, Mixed Greens	2	cup, chopped	18.9	110.0 g
Celery, Raw	1	stick - 4" long	0.6	4.0 g
Black Olives	10	medium	46.0	40.0 g
Raw, Fresh Sauerkraut	3	oz	21.3	85.0 g
Cucumber, Raw, Without Peel	12	slice	10.1	84.0 g
Carrots, Raw	1/2	cup, grated	22.5	55.0 g
Daikon, Oriental Radish, Raw	3.00	tbsp, sliced	3.9	21.8 g
Red Bell Peppers, Raw	1/2	cup, sliced	14.3	46.0 g
Broccoli Sprouts, Raw	1/2	Small Container	16.1	28.1 g

Put everything in a big bowl. Toss well. The juice from the sauerkraut will moisten the salad. If you prefer more of a dressing, blend the cucumber with 1 tablespoon of hemp seeds and add seasonings. BIG Salad.

**Red** = carb, **green** = fat, **blue** = protein

### Per serving nutrition



BIG Salad		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	267.3 kcal	13 %
<b>Total Fat</b>	15.4 g	24 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	639.1 mg	27 %
<b>Total Carbohydrate</b>	29.8 g	10 %
Dietary Fiber	14.8 g	59 %
Sugars	10.1 g	
<b>Protein</b>	7.2 g	14 %
<b>Vitamin A</b>	355 % • <b>Vitamin C</b>	179 %
<b>Calcium</b>	16 % • <b>Iron</b>	22 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Thai Green Soup

Description	Amount	Unit	Calories	Weight
Broccoli, Cooked From Fresh	2	cup, chopped	109.2	312.0 g
Zucchini, Cooked from Fresh	1	small	15.0	100.0 g
Cabbage, Green, Cooked	1	cup, shredded	34.5	150.0 g
Artisana Organics, Coconut Butter, Whole Coconut Puree	1	tbsp	105.0	16.0 g
Spring Water	1	cup	0.0	237.0 g
Thai Kitchen, Yellow Curry Paste	1	Tbsp	35.0	17.0 g
Sea Salt	1/4	tsp	0.0	1.5 g
Avocado, Black Skin, California Type	1/2	each	113.6	68.0 g
Cauliflower, Cooked from Fresh	1	cup, cut pieces	28.5	124.0 g

Steam the vegetables. Add vegetables and steam water to the blender and process until creamy. Add coconut butter, Thai curry paste - red, green or yellow is fine, salt and process until creamy. Add salt, pepper or additional seasonings to taste.

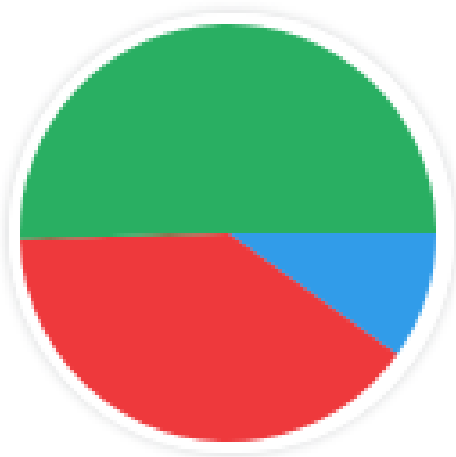
I like to add a few drops of lime and lemongrass essential oil

This can be made with other flavorings instead of Thai if desired. Eat half on day 1 and save the other half for day 2 or 3. It will keep in the refrigerator and can be gently warmed when ready to eat.

Serving size during the challenge is ½ the recipe.

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition – Serving size is ½ recipe**



Thai Green Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	220.4 kcal	11 %
<b>Total Fat</b>	12.9 g	20 %
Saturated Fat	5.6 g	28 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	594.4 mg	25 %
<b>Total Carbohydrate</b>	25.7 g	9 %
Dietary Fiber	12.3 g	49 %
Sugars	7 g	
<b>Protein</b>	8 g	16 %
Vitamin A	77 %	Vitamin C 277 %
Calcium	13 %	Iron 17 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

Congratulations!!! You made it through the first day.

## Day 2 Fasting with Food – Target 650 – 700 Calories

**Meal 1:** ½ recipe Sprouty Green Smoothie with 1/10<sup>th</sup> of the recipe for Grain Free Granola. I've suggested adding a teaspoon of konjac root powder to make the smoothie more filling - this is optional. Most health food stores carry this, and if not it's easy to order online. NOW foods has it, as well as some other brands. If you don't have it, skip it.

**Meal 2:** Arugula and /or green leafy lettuces– as much as desired with ½ recipe of tahini dressing. Can save some of the granola from breakfast and sprinkle over the salad if desired.

**Meal 3:** Leftover ½ recipe Thai Green Soup with sauerkraut and any remaining salad or smoothie.

Blueberries can be added to any meal as dessert. Maximum ½ cup – 1 cup total

Description	Amount	Unit	Calories	Weight
Blueberry, Raw	1/2	cup, whole pieces	42.2	74.0 g
Thai Green Soup	1/2	full recipe	220.4	512.8 g
Sprouty Green Smoothie	1/2	full recipe	105.5	324.1 g
Grain Free Granola	0.10	full recipe	131.4	23.3 g
Raw, Fresh Sauerkraut	1	serving	25.0	100.0 g
Arugula, Raw	2	cup, cut pieces	10.0	40.0 g
Tahini Dressing	1/2	full recipe	102.2	51.4 g

**Red** = carb, **green** = fat, **blue** = protein



Fasting With Food Day 2		
Nutrition Facts		
Serving Size: 1 full recipe — 1126g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	636.6 kcal	32 %
<b>Total Fat</b>	38.2 g	59 %
Saturated Fat	8.7 g	44 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1253.1 mg	52 %
<b>Total Carbohydrate</b>	69.4 g	23 %
Dietary Fiber	29.2 g	117 %
Sugars	22.7 g	
<b>Protein</b>	21.2 g	42 %
<b>Vitamin A</b>	150 %	<b>Vitamin C</b> 369 %
<b>Calcium</b>	39 %	<b>Iron</b> 49 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Recipes Day 2

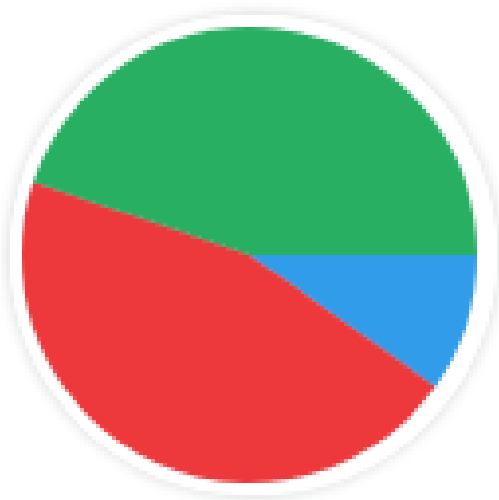
### Sprouty Green Smoothie

Description	Amount	Unit	Calories	Weight
Arugula, Raw	1	cup, cut pieces	5.0	20.0 g
Lettuce, Romaine or Cos	1	cup, chopped	8.0	47.0 g
Cucumber, Raw, Without Peel	1	small - 6 3/8" long	19.0	158.0 g
Avocado, Black Skin, California Type	1/2	each	113.6	68.0 g
Lemon Juice, Raw	1	each - juice from one lemon	10.6	48.0 g
Ginger Root, Raw	2	slice - 1" diameter	3.5	4.4 g
Turmeric, Ground	1	tsp	9.8	3.1 g
Garlic, Fresh	1	clove	4.5	3.0 g
Onion, White, Yellow or Red, Raw	1/4	medium - 2 1/2" diameter	11.0	27.5 g
Spring Water	1	cup	0.0	237.0 g
Best Naturals, Konjac Root, Glucomannan	2	1/2 Level tsp	10.0	4.0 g
Broccoli Sprouts, Raw	1/2	Small Container	16.1	28.1 g

Blend until Smooth. Serving size days 2-5 of the challenge is ½ the recipe.

**Red** = carb, **green** = fat, **blue** = protein

#### Per serving nutrition



Sprouty Green Smoothie		
Nutrition Facts		
Serving Size: 1 × 1/2 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	210.9 kcal	11 %
<b>Total Fat</b>	11.3 g	17 %
Saturated Fat	1.6 g	8 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	26.5 mg	1 %
<b>Total Carbohydrate</b>	27.2 g	9 %
Dietary Fiber	13.5 g	54 %
Sugars	5.9 g	
<b>Protein</b>	5.8 g	12 %
<b>Vitamin A</b>	107 %	<b>Vitamin C</b> 96 %
<b>Calcium</b>	13 %	<b>Iron</b> 20 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>



## Grain-Free Granola

### Ingredients

- ¼ cup walnuts, preferably sprouted and dehydrated
- ¼ cup hemp seeds
- ¼ cup sunflower seeds, ideally sprouted and dehydrated
- ¼ cup pumpkin seeds, ideally sprouted and dehydrated
- 1 tablespoon sesame tahini
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- ¼ cup chia seeds
- ¼ cup flax seeds
- Your choice low glycemic sweetener – stevia, Luo Han, Lakanto, erythritol

### Directions

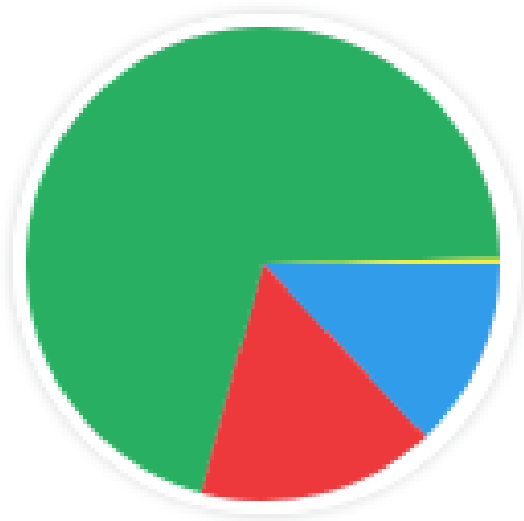
- In a small bowl, place chia and flax seeds and cover with 1½ cups water. Allow to sit for at least 15 minutes to form a gel
- Coarsely chop first 4 ingredients and place in a bowl
- Add cinnamon, vanilla and sweetener
- Adjust sweetener to desired level
- Combine the tahini with the chia and flax gel until well combined and sticky
- Add the gel to the dry mixture to coat and hold together
- Separate the granola into clumps on a baking sheet and allow to dry in a warm place, or in a food dehydrator
- Serve as is or with your favorite smoothie. After the challenge, you can serve with nit milk.

Serving size during challenge – 1/10 recipe. This will keep in refrigerator or freezer.

Description	Amount	Unit	Calories	Weight
Walnuts	1/4	cup, chopped	191.3	29.3 g
Hemp Seeds, Hulled	1/4	cup, whole pieces	221.2	40.0 g
Sunflower Seeds, Raw	1/4	cup, whole pieces	204.4	35.0 g
Go Raw, Sprouted Pumpkin Seeds	1	1/4 Cup	180.0	28.0 g
Tahini	1	tbsp	89.2	15.0 g
Vanilla Extract	1/2	tsp	6.2	2.2 g
Cinnamon, Ground	1/2	tsp	3.2	1.3 g
Chia Seeds	1/4	cup, whole pieces	194.4	40.0 g
Flax Seeds, Not Fortified	1/4	cup, whole pieces	224.3	42.0 g
Stevia in the Raw, Zero Calorie Sweetner, Canada	1	tsp	0.0	0.5 g

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition**



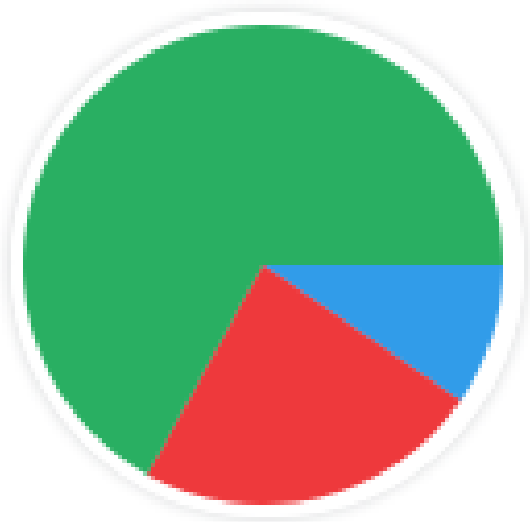
granola serving		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	131.4 kcal	7 %
Total Fat	11 g	17 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	23.2 mg	1 %
Total Carbohydrate	5.3 g	2 %
Dietary Fiber	3.6 g	14 %
Sugars	0.4 g	
Protein	4.8 g	10 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	5 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Tahini Dressing

Description	Amount	Unit	Calories	Weight
Tahini	2	tbsp	178.5	30.0 g
Lemon Juice, Raw	1/4	cup	13.4	61.0 g
Garlic, Fresh	2	clove	8.9	6.0 g
Ginger Root, Raw	2	slice - 1" diameter	3.5	4.4 g
Sea Salt	1/4	tsp	0.0	1.5 g

Blend until smooth. Adjust the salt, garlic, seasonings and lemon to taste. Serving size during the challenge is ½ the recipe (or less)

**Red = carb, green = fat, blue = protein**      **Per serving nutrition - serving size ½ recipe**



Tahini Dressing		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	102.2 kcal	5 %
<b>Total Fat</b>	8.2 g	13 %
Saturated Fat	1.1 g	6 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	310.6 mg	13 %
<b>Total Carbohydrate</b>	6.7 g	2 %
Dietary Fiber	1.6 g	6 %
Sugars	1.1 g	
<b>Protein</b>	2.9 g	6 %
<b>Vitamin A</b>	0 % • <b>Vitamin C</b>	21 %
<b>Calcium</b>	7 % • <b>Iron</b>	8 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Day 3 Fasting with Food – Target 650 – 700 Calories

**Meal 1:** ½ recipe Sprouty Green Smoothie from previous day with 1/10<sup>th</sup> of the recipe for Grain Free Granola

**Meal 2:** Arugula and power greens salad with sauerkraut and remaining tahini dressing. Add any other greens or non-starchy vegetables as you'd like.

**Meal 3:** Coconut taco wrap with walnut taco meat, cashew sour cream, lettuce and tomato. 1 carob mint candy for dessert.

Description	Amount	Unit	Calories	Weight
Sprouty Green Smoothie	1/2	full recipe	105.5	324.1 g
Grain Free Granola	0.10	full recipe	131.4	23.3 g
Raw, Fresh Sauerkraut	1	serving	25.0	100.0 g
Arugula, Raw	1/2	cup, cut pieces	2.5	10.0 g
Taco "Meat"	28	g	149.6	28.0 g
Nuco, Coconut Wraps	1	wrap	70.0	14.0 g
Lettuce, Romaine or Cos	1/4	cup, chopped	2.0	11.7 g
Tomato, Red, Raw	1	tbsp, chopped	2.0	11.3 g
Cashew Sour Cream	1	Serving	71.8	27.6 g
Earthbound Farm, Organic Power Greens, Baby Chard, Kale and Spinach	1	3 oz	25.0	85.0 g
Tahini Dressing	1/2	full recipe	102.2	51.4 g
Carob mint candy	1	Serving	40.9	67.2 g

**Red** = carb, **green** = fat, **blue** = protein



Fasting With Food Day 3			
Nutrition Facts			
Serving Size: 1 full recipe — 694g			
Amount Per Serving	% Daily Value*		
<b>Calories</b>	727.9 kcal	36 %	
<b>Total Fat</b>	54 g	83 %	
Saturated Fat	11.9 g	59 %	
Trans Fat	0.1 g		
<b>Cholesterol</b>	0 mg	0 %	
<b>Sodium</b>	1158.8 mg	48 %	
<b>Total Carbohydrate</b>	51.8 g	17 %	
Dietary Fiber	21.5 g	86 %	
Sugars	13.2 g		
<b>Protein</b>	22 g	44 %	
Vitamin A	140 % • Vitamin C	140 %	
Calcium	38 % • Iron	60 %	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Full Info at <a href="http://cronometer.com">cronometer.com</a>			</>

## Day 3 Recipes

### Taco Meat

#### Ingredients

- 1 cup raw walnuts
- 1 handful cilantro
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- dash of cayenne pepper
- Pinch salt
- 1 jalapeño pepper, diced - optional

#### Directions:

- Place the walnuts in a food processor and pulse until roughly ground.
- Add the remainder of the "meat" ingredients to the walnut mixture in the food processor (make sure to remove the jalapeño seeds from the jalapeño first, if using, because they are HOT).
- Continue to process until the mixture resembles the appearance of ground beef.

Walnuts	1 cup, chopped	765.2	117.0 g
Cilantro, Leaves, Raw	5 1/4 cup, chopped	4.6	20.0 g
Garlic, Fresh	1 clove	4.5	3.0 g
Cumin, Ground	1 tsp	7.5	2.0 g
Cayenne Pepper, Ground	1/2 1/4 tsp	0.7	0.2 g
Salt, Himalayan (pink)	1/2 tsp	0.0	3.0 g
Chili Powder	1 tsp	7.5	2.7 g

Red = carb, green = fat, blue = protein



Per serving nutrition - **Serving size 1/4 recipe**

Taco "Meat"		
Nutrition Facts		
Serving Size: 1 full recipe — 148g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	790 kcal	39 %
<b>Total Fat</b>	77.3 g	119 %
Saturated Fat	7.3 g	36 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1195.9 mg	50 %
<b>Total Carbohydrate</b>	20.1 g	7 %
Dietary Fiber	9.7 g	39 %
Sugars	3.5 g	
<b>Protein</b>	19.2 g	38 %
Vitamin A	46 % • Vitamin C	14 %
Calcium	17 % • Iron	32 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>



## Cashew Sour Cream

### Ingredients

- 1 1/2 cups (225 g) raw cashews, or other nuts, soaked
- 3/4 cup (190 mL) water
- 2 tablespoons fresh lemon juice
- 2 teaspoons apple cider vinegar
- Scant 1/2 teaspoon fine sea salt

### Directions

1. Place cashews or other nuts in a bowl and cover with water. Soak for 4 hours if you have the time. For a quick-soak method, pour boiling water over the nuts and soak for 1 hour. Rinse and drain.
2. Place the drained nuts in a high-speed blender.
3. Add the water, lemon, vinegar, and salt. Blend on high until super smooth. You might have to stop to scrape down the blender now and then or add a touch more water to get it going.
4. Transfer into a small, air-tight container and chill in the fridge. The cream will thicken up as it chills. The cream will keep in the fridge for about 1 week. You can also freeze it for up to 1 month. You can freeze it in silicone mini muffin cups. Once solid, transfer the cups into a freezer-safe container for easy grab and go portions.

Ingredients +

Description	Amount	Unit	Calories	Weight
Cashews, Raw	1.50	cup, whole pieces	1070.0	193.5 g
Lemon Juice, Raw	1	fl oz	6.7	30.5 g
Bragg, Apple Cider Vinegar, Raw, Organic	0.66	Tbsp	0.0	9.9 g
Salt, Himalayan (pink)	1/2	tsp	0.0	3.0 g
Spring Water	0.75	cup	0.0	177.8 g

Red = carb, green = fat, blue = protein



Per serving nutrition - **Serving size 1/4 recipe**

Nut Sour Cream		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	71.8 kcal	4 %
<b>Total Fat</b>	5.7 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	75.6 mg	3 %
<b>Total Carbohydrate</b>	4 g	1 %
Dietary Fiber	0.4 g	2 %
Sugars	0.8 g	
<b>Protein</b>	2.4 g	5 %
Vitamin A	0 %	Vitamin C 1 %
Calcium	1 %	Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

## Italian Green Soup

- 1 cup kale
- 1 cup cabbage
- 1 cup broccoli
- 1 medium zucchini
- 1 clove garlic
- ½ avocado
- 1 teaspoon kelp powder (optional)
- 2 tablespoons Italian Seasoning

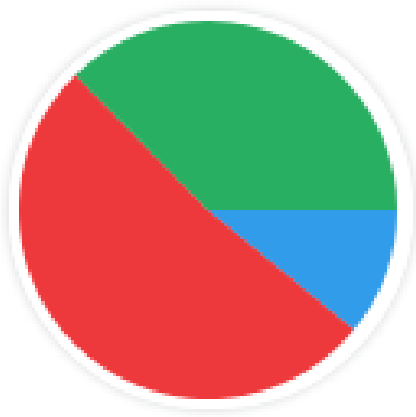
### Directions

1. Steam the kale, cabbage, broccoli and zucchini.
2. Put vegetables into blender with avocado, garlic, kelp and Italian seasoning.
3. Add steam water, starting with 1 cup
4. Blend until creamy.
5. Season to taste – salt, pepper, or additional Italian seasoning.
6. If you'd like texture to the soup, chop some of the vegetables and set aside in a bowl as you blend the remainder.
7. Pour blended soup over the chopped vegetables.

Description	Amount	Unit	Calories	Weight
Kale, Cooked from Fresh	1	cup, chopped	36.4	130.0 g
Cabbage, Green, Cooked	1	cup, shredded	34.5	150.0 g
Zucchini, Cooked from Fresh	1	medium	25.1	167.0 g
Garlic, Fresh	1	clove	4.5	3.0 g
Avocado, Black Skin, California Type	1/2	each	113.6	68.0 g
Spring Water	1	cup	0.0	237.0 g
Broccoli, Cooked From Fresh	1	cup, chopped	54.6	156.0 g
Italian Seasoning	2	tbsp	16.3	6.0 g
Kelp, Raw	1	tsp, chopped	0.7	1.7 g

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition** - Serving size 1/2 recipe



Italian Green Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	142.8 kcal	7 %
<b>Total Fat</b>	6.4 g	10 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	63 mg	3 %
<b>Total Carbohydrate</b>	21 g	7 %
Dietary Fiber	9.7 g	39 %
Sugars	5.6 g	
<b>Protein</b>	6.2 g	12 %
<b>Vitamin A</b>	225 %	<b>Vitamin C</b> 201 %
<b>Calcium</b>	19 %	<b>Iron</b> 22 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

## Carob Mint Candy

### Ingredients

- 2 tablespoons almond butter, smooth
- 2 tablespoons coconut butter
- 1/32 teaspoon sea salt, (a smidgen)
- 10 drops Sweet Leaf Whole Leaf Stevia Concentrate
- 1 tablespoon raw carob powder
- 2 drops peppermint essential oil
- 3 drops orange essential oil
- 1/4 teaspoon Maca powder (optional)

### Directions

1. Whisk or stir all ingredients in a bowl.
2. Spoon into candy molds or onto parchment paper.
3. Freeze for 30 minutes.

Description	Amount	Unit	Calories	Weight
Artisana Organics, Raw Almond Butter	1	2 tbsp	180.0	32.0 g
Artisana Organics, Coconut Butter, Whole Coconut Puree	2	tbsp	210.0	32.0 g
Sea Salt	1	dash	0.0	0.4 g
Sweetleaf, Sweet Drops, SteviaClear	2	5 drops	0.0	Unknown
Carob Powder	1	tbsp	14.3	6.4 g
Maca Magic, Maca Root Powder	1	1/4 tsp	5.0	0.8 g
Young Living, Peppermint Essential Oil	1	2 Drops	0.0	Unknown
Epigenetic Labs, Orange Essential Oil	3	Drop	0.0	Unknown

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition - Serving size 1/10 recipe**



Carob mint candy		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	40.9 kcal	2 %
<b>Total Fat</b>	3.8 g	6 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	15.7 mg	1 %
<b>Total Carbohydrate</b>	2.2 g	1 %
Dietary Fiber	1.3 g	5 %
Sugars	0.6 g	
<b>Protein</b>	0.9 g	2 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	1 %	Iron 2 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

## Day 4 Fasting with Food – Target 650 – 700 Calories

**Meal 1:** Green Chia Protein Shake with Cocoyo or home-made nut or coconut yogurt.

**Meal 2:** Zucchini noodles with pesto and marinara sauce and a side salad with hemp seeds, and sauerkraut.

**Meal 3:** Italian green soup with side salad

Description	Amount	Unit	Calories	Weight
Raw, Fresh Sauerkraut	1	serving	25.0	100.0 g
Green Protein Chia Shake	1	Serving	107.8	93.4 g
Italian Green Soup	1	Serving	142.8	459.3 g
Cashew Yogurt	1	Serving	118.9	61.3 g
Zucchini Noodles with Pesto	1	full recipe	205.7	394.0 g
Hemp Seeds, Hulled	1	tbsp, whole pieces	55.3	10.0 g
Side salad	1	full recipe	65.6	247.1 g

**Red** = carb, **green** = fat, **blue** = protein



Fasting With Food Day 4		
Nutrition Facts		
Serving Size: 1 full recipe — 1365g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	721.2 kcal	36 %
<b>Total Fat</b>	32.8 g	50 %
Saturated Fat	4.8 g	24 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	2568.3 mg	107 %
<b>Total Carbohydrate</b>	80.1 g	27 %
Dietary Fiber	30.5 g	122 %
Sugars	29.9 g	
<b>Protein</b>	41.9 g	84 %
<b>Vitamin A</b>	489 % • <b>Vitamin C</b>	493 %
<b>Calcium</b>	71 % • <b>Iron</b>	125 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Green Chia Protein Drink

### Ingredients:

- ¼ cup *Chia Gel*
- A few drops peppermint essential oil
- Juice of ½ - 1 lemon or 1-2 limes
- 1 serving of your choice of green powder or 12 ounces fresh green juice
- 1 serving of your choice of protein powder

### Directions:

Blend all together, or add to a shaker cup and shake until combines. Makes 2 challenge sized servings.

Description	Amount	Unit	Calories	Weight
HealthForce SuperFoods, Vitamineral Green	1	tablespoon	35.0	10.0 g
Imlak'esh, Sacha Inchi Protein	1	oz	121.5	28.3 g
Lemon Juice, Raw	1	each - juice from one lemon	10.6	48.0 g
Young Living, Peppermint Essential Oil	1	2 Drops	0.0	Unknown
Chia Gel	1/2	full recipe	48.6	98.9 g

Red = carb, green = fat, blue = protein

Per serving nutrition - Serving size 1/2 recipe



Green Protein Chia Shake		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	107.8 kcal	5 %
<b>Total Fat</b>	2.6 g	4 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	16.5 mg	1 %
<b>Total Carbohydrate</b>	9.3 g	3 %
Dietary Fiber	3.8 g	15 %
Sugars	0.9 g	
<b>Protein</b>	11 g	22 %
Vitamin A	30 % • Vitamin C	26 %
Calcium	12 % • Iron	33 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>



## Cashew Yogurt

### Ingredients:

1. 1 cup water
2. 1 heaping cup raw cashews, soaked, if possible, for 4 hours
3. 1 teaspoon probiotic powder - approximately 100 billion organisms

### Directions:

1. Blend the cashews and water in a high-speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass container covered with a cotton dish towel or other lid so it's covered but not airtight.
4. Options for fermenting
  - a. Let mixture sit at room temperature in a warm location for 24 hours
  - b. Place in dehydrator, uncovered, on lowest setting, for 24 hours
  - c. Place in a yogurt maker, uncovered, for 24 hours
5. Taste after 24 hours. When done, cover with airtight lid and refrigerate.

NOTE: any nuts or seeds can be combined to make yogurt. My favorite is cashew or cashew with hemp.

To make coconut yogurt, substitute the cashews with 1 -2 cups of coconut meat. Less water will be required because the coconut is wetter.

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition** - Serving size 1/2 recipe



Cashew Yogurt		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	118.9 kcal	6 %
<b>Total Fat</b>	9.4 g	15 %
Saturated Fat	1.7 g	8 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	3 mg	0 %
<b>Total Carbohydrate</b>	6.6 g	2 %
Dietary Fiber	0.8 g	3 %
Sugars	1.3 g	
<b>Protein</b>	3.9 g	8 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	1 %	Iron 8 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Creamy Pesto

### Ingredients:

- 1 large bunch basil
- 1/2 cup pumpkin seeds, soaked 6 hours or overnight
- 1/4 cup hemp seeds
- 1/4 macadamia nuts
- 2 cloves garlic
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

### Directions:

- Put all ingredients in food processor.
- Process until nearly smooth, leaving a bit of texture.
- Adjust seasonings to taste.

Any nuts or seeds can be used, based on availability and tolerance. For the challenge, serving size is 1/10<sup>th</sup> the recipe.

Basil, Fresh	1 cup, chopped	9.8	42.4 g
Hemp Seeds, Hulled	1/4 cup, whole pieces	221.2	40.0 g
Macadamia Nuts, Raw	1/4 cup, chopped	197.4	27.5 g
Go Raw, Sprouted Pumpkin Seeds	2 1/4 Cup	360.0	56.0 g
Sea Salt	1/2 tsp	0.0	3.0 g
Garlic, Fresh	2 clove	8.9	6.0 g

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition - Serving size 1/10 recipe**



Creamy Pesto		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	79.7 kcal	4 %
<b>Total Fat</b>	7.1 g	11 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	155.5 mg	6 %
<b>Total Carbohydrate</b>	2 g	1 %
Dietary Fiber	0.9 g	4 %
Sugars	0.2 g	
<b>Protein</b>	3.1 g	6 %
Vitamin A	4 % • Vitamin C	2 %
Calcium	2 % • Iron	5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://www.cronometer.com">cronometer.com</a>		</>

## Marinara Sauce for Zucchini, Konjac or Kelp Noodles

### Ingredients

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 1 teaspoon sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- Italian seasoning to taste (optional)

### Directions

- Blend all ingredients except the fresh basil, until thick and smooth. Adjust liquid and seasonings to taste.
- Stir in the basil.

Description	Amount	Unit	Calories	Weight
Tomato, Red, Raw	32	tbsp, chopped	64.8	360.0 g
Sun-Dried Tomato, Dry Pack	1	cup, whole pieces	139.3	54.0 g
Spring Water	1/2	cup	0.0	118.5 g
Oregano, Dried	1	tsp	2.7	1.0 g
Garlic, Fresh	1	clove	4.5	3.0 g
Basil, Dried	2	tbsp	9.8	4.2 g
Sea Salt	3.00	tsp	0.0	18.0 g
Italian Seasoning	2	tbsp	16.3	6.0 g

**Red** = carb, **green** = fat, **blue** = protein

**Per serving nutrition** - Serving size 1/4 recipe



Marinara Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	59.3 kcal	3 %
<b>Total Fat</b>	0.7 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1774.6 mg	74 %
<b>Total Carbohydrate</b>	12.9 g	4 %
Dietary Fiber	3.9 g	15 %
Sugars	7.5 g	
<b>Protein</b>	3.2 g	6 %
Vitamin A	19 % • Vitamin C	30 %
Calcium	9 % • Iron	20 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

## Day 5 Fasting with Food – Target 650 – 700 Calories

**Meal 1:** Savory Green Smoothie (1/2 recipe, or as much as needed to feel satiated) with Grain Free Granola (1/10<sup>th</sup> recipe)

**Meal 2:** Side salad with sauerkraut and tahini dressing (1/2 recipe)

**Meal 3:** Thai Ginger Coconut Curry Soup (1/3 recipe) with zucchini noodles

Description	Amount	Unit	Calories	Weight
Grain Free Granola	0.10	full recipe	131.4	23.3 g
Raw, Fresh Sauerkraut	1	serving	25.0	100.0 g
Arugula, Raw	1/2	cup, cut pieces	2.5	10.0 g
Lettuce, Romaine or Cos	1/4	cup, chopped	2.0	11.7 g
Tomato, Red, Raw	1	tbsp, chopped	2.0	11.3 g
Tahini Dressing	1/2	full recipe	102.2	51.4 g
Carob mint candy	1	Serving	40.9	57.2 g
Savory Green Smoothie	1	full recipe	290.1	796.0 g
Side salad	1	full recipe	65.6	247.1 g
Thai Ginger Coconut Curry Soup	1	Serving	127.3	409.6 g

**Red** = carb, **green** = fat, **blue** = protein



Fasting With Food Day 5		
Nutrition Facts		
Serving Size: 1 full recipe — 1695g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	782.6 kcal	39 %
<b>Total Fat</b>	47.8 g	73 %
Saturated Fat	12.5 g	62 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1708 mg	71 %
<b>Total Carbohydrate</b>	71.3 g	24 %
Dietary Fiber	30.8 g	123 %
Sugars	17.9 g	
<b>Protein</b>	31.5 g	63 %
<b>Vitamin A</b>	495 % • <b>Vitamin C</b>	504 %
<b>Calcium</b>	75 % • <b>Iron</b>	117 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Thai Ginger Coconut Curry Soup

### Ingredients

- 4 cups steamed veggies
- 2 cups water, or broth from steaming vegetables
- 4 cups leafy greens, chopped
- 1 stalk celery stalk, finely diced
- 1-inch piece of ginger root
- 1 sliver chili pepper
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, flaked
- 1/2 teaspoon sea salt, whole and unrefined
- 1 teaspoon curry powder
- 1 zucchini, spiralized or 1 package konjac or kelp noodles (optional)
- Lemongrass and lime essential oil – a few drops of each

### Directions

- Put chopped greens in a large bowl, sprinkle with salt, and massage until wilted. Set aside.
- Put steamed vegetables and liquid in blender and add all remaining ingredients noodles, and whole vegetables.
- Blend until smooth. Add lemongrass and lime essential oil.
- Place greens and add any other vegetables, raw or steamed, as desired in a bowl.
- Spiralize zucchini or add konjac or kelp noodles to bowl
- Pour liquid soup over the noodles and vegetables.

Description	Amount	Unit	Calories	Weight
Broccoli, Cooked From Fresh	1	cup, whole pieces	34.0	97.0 g
Cauliflower, Cooked from Fresh	1	cup, cut pieces	28.5	124.0 g
Yellow Bell Peppers, Sweet, Cooked	1	cup	27.3	97.5 g
Zucchini, Cooked from Fresh	1	cup, diced	31.5	210.0 g
Baby Spinach, Raw	4	cup, cut pieces	27.6	120.0 g
Celery, Raw	1	stick - 4" long	0.6	4.0 g
Ginger Root, Raw	6	slice - 1" diameter	10.6	13.2 g
Hoosier Hill Farm, Icelandic Organic Kelp Powder	1/2	tsp	5.0	2.0 g
Salt, Himalayan (pink)	1/2	tsp	0.0	3.0 g
Curry Powder	1	tsp	6.8	2.1 g
Crushed Red Pepper Flakes	1/2	teaspoon	0.0	Unknown
Spring Water	2	cup	0.0	474.0 g
Artisana Organics, Coconut Butter, Whole Coconut Puree	2	tbsp	210.0	32.0 g

Red = carb, green = fat, blue = protein

Per serving nutrition - Serving size 1/3 recipe



Thai Ginger Coconut Curry Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	127.3 kcal	6 %
<b>Total Fat</b>	8.3 g	13 %
Saturated Fat	6.2 g	31 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	450.4 mg	19 %
<b>Total Carbohydrate</b>	13.7 g	5 %
Dietary Fiber	6.4 g	26 %
Sugars	5.2 g	
<b>Protein</b>	4.7 g	9 %
Vitamin A	104 % • Vitamin C	183 %
Calcium	9 % • Iron	18 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Zucchini Noodles

- 1 zucchini per serving.
- Spiralize into noodles
- Serve in soup and with a variety of dips and sauces

Red = carb, green = fat, blue = protein

Per serving nutrition - Serving size 1/3 recipe



Zucchini Noodles		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	33.3 kcal	2 %
<b>Total Fat</b>	0.6 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	15.7 mg	1 %
<b>Total Carbohydrate</b>	6.1 g	2 %
Dietary Fiber	2 g	8 %
Sugars	4.9 g	
<b>Protein</b>	2.4 g	5 %
Vitamin A	8 % • Vitamin C	58 %
Calcium	3 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Big Bowl

*This recipe makes a “generic”, nutrient dense, filling meal, especially on cold winter evenings. You can use whatever foods you have on hand, make it rich with your choice of fats, and season with whatever you’re in the mood for. Enjoy it.*

### Ingredients

- A variety of high-water content vegetables to steam. My favorites to combine are zucchini, cabbage, broccoli and cauliflower.
- Green leafy vegetables
- Seasoning mix – I use Thai Kitchen Curry paste and Thai seasoning mix from Mountain Rose Herbs
- Your choice of healthy fat - avocado, coconut, nuts or seeds, even olives
- Extras as desired: Ginger, garlic, turmeric, onion
- Noodles if desired – konjac, kelp, or zucchini
- Choice of spices or essential oils for flavor

### Directions

- Steam vegetables
- Reserve some pieces aside if you want a chunky soup
- Blend the steamed vegetables with steam water and your fat choice
- Add seasonings and extras
- Pour soup over a bed of zucchini noodles, greens, and remaining steamed veggies

My favorite is coconut butter blended with Thai curry paste and seasoning, with lemon grass and lime essential oils, and salt. I often add ginger, garlic, and turmeric, too.





## Food Lists

### Foods to Avoid During the Fasting with Food Challenge

These are the foods that were avoided during the original research on diets that mimic fasting. Many of foods are likely to raise your blood sugar and keep you in sugar burning rather than fat burning. Avoid these for the duration of the challenge. The higher starch foods may prevent you from getting into ketosis, which is an important part of the beneficial role of fasting. Small amounts of the grains on the chart that follows may be tolerated – especially if you are not trying to reduce your weight.

The training videos throughout the challenge will explain it all. You can put these items in a bag and hide, donate to a food bank, or toss, but get them out of your house as soon as possible so you aren't tempted as the challenge begins.

- **Sugar** - all items containing any ingredients ending in "ose" - sucrose, lactose, maltose, dextrose, etc. Also avoid honey, maple syrup, agave, coconut sugar, molasses, cane juice, fruit juice, and fruit juice concentrate
- **Flour and flour products** - bread, pasta (except those listed), and most crackers (we will provide acceptable brands and recipes)
- Gluten
- Grains, including corn \*\*
- Legumes, including soy \*\*
- Alcohol
- Dairy
- Meats of all kinds
- Artificial colors, flavors, preservatives
- Eggs (they are in top 6 allergens plus they were not included in the original research studies)
- Peanuts
- **Sweet Fruit** –
  - Bananas, mangoes, papaya and other high sugar fruits \*\*
  - Berries – many people can keep blood sugar low and burn fat while consuming berries; some can't. I've included about ½ cup a day in the menu plans but avoid if you know or suspect they raise your blood sugar.
- Dried fruit or fruit juice
- Potatoes, yams, sweet potatoes, winter squash, and other starchy vegetables \*\*
- Oils ... very limited – use as condiments

## Foods to Eat During the Fasting with Food Challenge

*See the chart below for a 1 page Fasting with Food Summary*

### Produce

- Dark leafy greens
- Fermented veggies
- Arugula
- Artichoke
- Bok choy
- Broccoli
- Broccoli slaw
- Cabbage
- Cauliflower
- Cauliflower rice
- Celery
- Chard
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Herbs
- Jicama
- Kale
- Lettuce
- Leeks
- Mushrooms
- Okra
- Peppers – red, yellow and orange
- Radish
- Sea veggies
  - Kelp
  - Dulse
  - Nori
  - Wakame
  - Hijiki

- Spinach
- Sprouts
- Summer squash
- Tomatillos
- Tomato
- Zucchini

### **Condiments and Spices**

- Ginger
- Turmeric
- Jalapeño
- Fresh herbs
- Your favorite fresh and dried spices

### **Whole Foods Plant-Based Fats**

- Avocados
- Olives
- **Coconut**
  - Shredded coconut
  - Coconut butter
  - Coconut flesh from young Thai coconut (fresh or frozen)
- **Seeds** – preferably raw and sprouted if possible – avoid roasted nuts and seeds as much as possible. Balance omega 6:3 ratio and saturated fat
  - Hemp seeds
  - Chia seeds
  - Flax seeds
  - Sunflower seeds
  - Pumpkin seeds
  - Sesame seeds
- **Nuts** - preferably raw and sprouted if possible – avoid roasted nuts and seeds as much as possible. Balance omega 6:3 ratio and saturated fat
  - Almonds
  - Cashews
  - Pecans
  - Walnuts

- Macadamia nuts
- Brazil nuts
- Filberts (hazelnuts)
- Pine nuts
- Pistachio
- **Nut and seed butters and tahini** - preferably raw and sprouted if possible – avoid roasted nuts and seeds as much as possible

*Avoid oils except as condiments... use only small amounts if you have found them therapeutically useful or you need extra fat calories on a particular day*

## Pre-Packaged Foods That Might Be Helpful

- **No-sugar sweeteners**
  - Stevia – sweet leaf flavored drops or green powder
  - Luo Han – aka Monk Fruit
  - Erythritol – if gut tolerates
  - Lakanto – erythritol plus Luo Han
- **Noodles**
  - Kelp
  - Miracle Noodles made from Konjac - available on Amazon and many stores
  - Zucchini and other veggies – at many health food stores and grocers
- **Beverages**
  - Kevita lemon cayenne
  - Drinking vinegar
  - Synergy coconut kefir
- **Nut and seed butters** - raw and organic. I like Artisana
  - Tahini
  - Coconut butter or full fat coconut milk
  - Artisana almond, walnut, pecan
  - Sprouted nut butters – better than roasted, live superfoods

- **Non-Dairy Yogurt**
  - Cocoyo
- **Fermented Nut Cheeses** – available at many health food stores
  - Kite Hill
  - Tree Line
  - Heidi Ho
  - Miyoko

Foods to Consume Regularly			Use Only if Sugar Stays < 110	Foods to Avoid		
<b>Unlimited Non-Starchy Vegetables</b> <i>Raw or cooked</i> <ul style="list-style-type: none"> <li>• All non-starchy greens &amp; vgs</li> <li>• Arugula</li> <li>• Bok choy</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Carrot – raw</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chard</li> <li>• Collard greens</li> <li>• Cucumber</li> <li>• Herbs</li> <li>• Jicama</li> <li>• Kale</li> <li>• Kelp noodles</li> <li>• Konjac noodles</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Peppers</li> <li>• Radish</li> <li>• Spinach</li> <li>• Sprouts</li> <li>• Summer Squash</li> <li>• Tomato</li> <li>• Zucchini</li> <li>• Fermented veggies</li> </ul>	<b>Higher Fat Foods - Moderate Amounts</b> <i>Watch omega 6:3 ratio and saturated fat</i> <ul style="list-style-type: none"> <li>• Almond</li> <li>• Avocado</li> <li>• Brazil</li> <li>• Cashew</li> <li>• Chia</li> <li>• Coconut</li> <li>• Filbert (hazelnut)</li> <li>• Flax</li> <li>• Hemp</li> <li>• Macadamia</li> <li>• Olives</li> <li>• Pecan</li> <li>• Pine nut</li> <li>• Pumpkin</li> <li>• Sesame</li> <li>• Sunflower</li> <li>• Walnut</li> <li>• Other raw nuts and seeds</li> <li>• Yogurt made from nuts and seeds about ½ cup per day)</li> </ul>	<b>Herbs, Spices and Condiments</b> <ul style="list-style-type: none"> <li>• Algae and seaweed</li> <li>• Basil</li> <li>• Bitter melon</li> <li>• Blueberries</li> <li>• Cardamom</li> <li>• Carob</li> <li>• Cinnamon</li> <li>• Citrus peel extract</li> <li>• Fenugreek</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Onion</li> <li>• Sea Veggies- kelp, dulse, nori, arame</li> <li>• Stevia</li> <li>• Luo Han (monk fruit)</li> <li>• Turmeric</li> </ul>	<b>Gluten-Free Grains- avoid if you are overweight max ½ cup per day – high carb</b> <ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Teff</li> <li>• Wild rice</li> </ul> <b>Low-Glycemic Fresh Fruits</b> <i>Best eaten with greens in smoothies or salads</i> <ul style="list-style-type: none"> <li>• Apples (green)</li> <li>• Blackberry</li> <li>• Blueberry</li> <li>• Raspberry</li> <li>• Strawberry</li> </ul>	<b>Medium and High-Glycemic Fruits</b> <ul style="list-style-type: none"> <li>• Apricots</li> <li>• Banana</li> <li>• Cherimoya</li> <li>• Guava</li> <li>• Mango</li> <li>• Papaya</li> <li>• Passion fruit</li> <li>• Peaches</li> <li>• Pears</li> <li>• Persimmon</li> <li>• Pineapple</li> <li>• Plums</li> <li>• Pomegranate</li> <li>• Star fruit</li> </ul> <b>Dried Fruit</b> <ul style="list-style-type: none"> <li>• Dates</li> <li>• Goji Berry</li> <li>• Prunes</li> <li>• Raisins</li> <li>• Others</li> </ul> <b>Fruit Juice – Fresh or Pasteurized</b>	<b>High-Glycemic Foods</b> <ul style="list-style-type: none"> <li>• Flour and flour products – crackers, bread, pasta etc. <i>(avoid even if whole grain)</i></li> <li>• Grains except possibly those listed – if you are underweight</li> <li>• Legumes</li> <li>• Starchy vegetables</li> <li>• White potato</li> <li>• Yellow potato</li> </ul>	<b>Processed Foods</b> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Animal products - commercial</li> <li>• Coffee</li> <li>• Deep fried food</li> <li>• High-fructose corn syrup</li> <li>• Hydrogenated oils</li> <li>• Margarine</li> <li>• Mayonnaise</li> <li>• Processed polyunsaturated oils <i>(they come in glass jars and are already oxidized)</i></li> <li>• Refined flour</li> <li>• Refined grains <i>(i.e. white rice)</i></li> <li>• Shortening</li> <li>• Sweeteners - artificial</li> <li>• Sweeteners - whole: honey, maple syrup, raw dehydrated cane juice, agave</li> <li>• White sugar</li> </ul> <b>Allergens</b> <ul style="list-style-type: none"> <li>• Corn</li> <li>• Dairy</li> <li>• Eggs</li> <li>• Gluten</li> <li>• Peanuts</li> <li>• Soy</li> <li>• Your personal allergens</li> </ul>

## Supplements (optional)

If you have trouble with the low-calorie lower carb menu plan, there are a few supplements that could help.

Most of these are available through [www.UnstoppableNutrients.com](http://www.UnstoppableNutrients.com). Registration code RL1511 – first time order 10% off with coupon HCPC1511WELCOME, 10% off all orders over \$250 with coupon code HCPC1511OVER250



- **Electrolytes** – these can help with the transition period – to reduce detox symptoms that occur, in part, from rapid loss of fluid and electrolytes as glycogen is depleted – Seeking Health Optimal Electrolyte or Designs for Health Electrolyte Synergy are available at the Doctor's supplement store mentioned above at [www.UnstoppableNutrients.com](http://www.UnstoppableNutrients.com)
- **Greens Powder** – to provide micronutrients
- **Protein Powder** or **Branch Chain Amino Acids**– use with caution – too much protein will interrupt the fasting effects. I suggest no more than 10-15 grams a day and use simple ones that are low in carbs and have no added sugar.
- **Omega 3 Fatty Acid**
- **Keto-Nootropic** - Designs for Health – exogenous ketones plus herbs to curb cravings and improve the fasting, fat burning effects
- **MCT Oil or MCT Oil Powder** – Primal BC (from organic coconuts, vegan) – <https://amzn.to/32Sq0st>



## Creating Your Shopping List

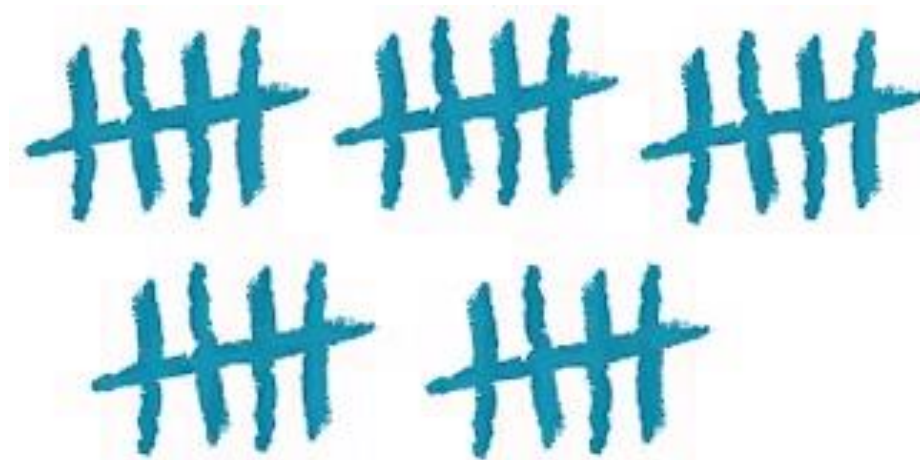
This document contains tools for you to use to create your shopping lists for recipes you plan to make during the **Fasting with Food Challenge**.

The charts below are provided as a tool to help you plan your shopping.

**Here are the steps you can follow if you choose to use this tool:**

- Determine which recipes you plan to make on each day of the challenge
- Write the recipe names in the boxes, along with the page in the recipe guide.
- Go through each recipe you plan to make and find the ingredients in the food lists.
- Write the name of the ingredient in the blank box.
- Use a hash mark (i.e., III) to represent the number of items of the ingredient needed. For example, if a recipe calls for 2 tomatoes, use 2 hash marks.
- Continue to mark the ingredients until you've come through all the recipes you plan to make.
- When you are finished, go through the ingredient list and count the number needed of each ingredient.

We hope you find this useful. If you already have your own method of creating your shopping list, feel free to use it.



## Additional Meal Ideas

### Breakfast Options

These are for “Do It Yourselfers.” I recommend you put your recipe into an app like Cronometer – <https://cronometer.com/> to measure the macros and calories so you can stay within the guidelines.

1. Green protein shake – recipe above
2. Green Smoothie – recipes above
3. Coconut or other non-dairy, unsweetened yogurt – recipe above
4. Grain-free granola\*\*\* Recipe above.

### Lunch and Dinner Options

I suggest making simple “Grab ‘n Go” foods that you can store in your refrigerator so you can put together quick and easy, delicious and nutritious meals throughout the challenge week.

This article is packed with ideas for quick and easy Grab ‘n Go Lunches and Dinners

<https://drritamarie.com/LunchIdeas>

1. Coconut wrap filled with veggies and a fat – olives, avocado, nut butter, a dip or dressing
2. Nori Wrap with veggies and avocado
3. Lettuce Tacos – romaine lettuce leaf filled with Taco “Meat”, guacamole, nut sour cream, and chopped veggies and sprouts
4. Stuffed red, orange or yellow bell pepper with guacamole, and sprouts, sauerkraut and other chopped veggies, raw or cooked
5. Your favorite veggies and a dip
6. Salad with avocado, sauerkraut, hemp seeds, olives, and walnuts topped with favorite dressing
7. Soup
8. Big bowl
9. Stir fry with cauliflower rice
10. Zucchini or squash noodles with pesto and veggies
11. Steamed vegetables with a delicious sauce

## Dip Ideas

- Pesto
- Spinach
- Cheddar
- Chipotle hemp
- Fermented
- Baba ganoush
- Zucchini or broccoli hummus

## Fasting with Food Challenge Do It Yourself Recipe Planner

*If you prefer to make your own menus, please be sure to put them into a nutrient tracker like chronometer or My Fitness Pal to make sure you get the correct calories and macronutrient ratio ranges. The menus provided have been carefully planned so be sure you substitute foods with similar nutrient profiles*

WEEKLY PLANNER	BREAKFAST RECIPE	LUNCH RECIPE	DINNER RECIPE	DESSERT RECIPE
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

## Fasting with Food Challenge SHOPPING LIST

DATE: \_\_\_\_\_

ITEMS	QUANTITY

## About the Author, Dr. Ritamarie Loscalzo MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 23 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

**Find all the Resources You Need for Natural Healing  
Based on Cutting-Edge Science**  
<http://www.DrRitamarie.com>

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)



**CAFE (Correcting Adrenal Fatigue and Exhaustion):** If you need a wake-up call that will heal instead of steal your energy, it's time for Dr. Ritamarie's CAFE program. This 5-part program provides insight and strategies to repair and refuel your tired adrenal glands, the body part responsible for protecting you in the face of stress and danger. [www.CAFEPprogram.com](http://www.CAFEPprogram.com)



**GREEN Cleanse:** A 7-day cleanse built around the healing mineral and nutrition-rich benefits of eating leafy is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens! [www.GREENCleanseProgram.com](http://www.GREENCleanseProgram.com)



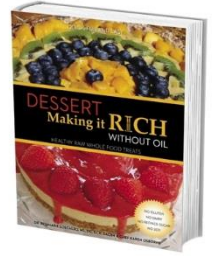
**VITAL Community:** Dr. Ritamarie's VITAL Community offers Vibrant Ideas and Tools for Awesome Living! VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, and who enjoy the fulfilling benefits of Awesome Living! [www.VITALHealthCommunity.com](http://www.VITALHealthCommunity.com)





**Dessert: Making It Rich Without Oil:** The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.drritamarie.com/go/Desserts>



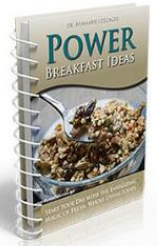
**Dried and Gone to Heaven DVD Home Study Kit:** This kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Now you can make all your favorite comfort foods in ways that support your health, rather than drain it. Complete with DVDs, recipe guide and instruction manual, laminated reference cards, and a whole new perspective on life.

<http://www.DriedAndGoneToHeaven.com>



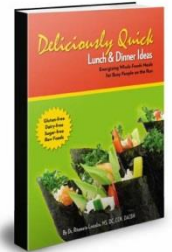
**Power Breakfasts Ideas:** Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://www.RawPowerBreakfast.com>



**Quick Healthy Meals on the Run: Lunch and Dinner Ideas:** A valuable resource of more than just recipes! A complete guide to creating quick and delicious meals from ingredients you have on hand.

<https://drritamarie.com/lunchdinner>



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ROOT CAUSE HEALTH CARE

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