

# DIY Fasting Mimicking Diet Plan

Dr. Valter Longo is internationally recognized as a leader in the field of aging studies and related diseases. Known as a “Guru of Longevity,” he and his colleagues at the University of Southern California created this plan based on years of research.

You can read more here:

<https://valterlongo.com/fasting-mimicking-diet-longevity/>

## The Basics of the FMD

The FMD program is done over five consecutive days. It consists of high quality foods that provide about 1,100 calories on the first day and 800 calories the next four days. The nutrients have been precisely researched and include meals of plant-based whole foods like nuts, olives, teas, and soup mixes.

Overall the food in the FMD program comprises about 60% of calories from fats, 10% from protein, and 30% from complex carbohydrates. The program is gluten free and without added sugars or animal proteins. While following the FMD, exercise and alcohol are omitted and coffee is limited or eliminated. **\*The ingredients may contain nuts so it's not appropriate for those with a nut allergy.**

## What Happens with FMD in Humans?

After years of experiments with FMD in animal models that showed benefits on metabolism and lifespan, Dr. Longo's team analyzed the effects in a human clinical trial that was published in 2017.

One hundred healthy subjects participated in the study. Half followed the FMD consecutive five days a month for three months in a row, and the other half ate their usual diet. Profound benefits were seen in terms of weight loss, visceral (belly) fat loss, lower blood pressure, blood sugar, and blood cholesterol, and markers of inflammation.

Even more profound was the decrease of insulin like growth factor 1 (IGF-1), which is a biomarker that may promote cancer growth. There also was an increase in stem cell production, which is a marker for regeneration of cells.

In fact, the FMD program is now patented as a program that promotes regenerative and rejuvenating changes, which is unique from all other data for fasting programs. They teamed up with a company called ProLon to sell to the public. Learn more here:

[ProLon Fasting Mimicking Diet Plan](#)

## ProLon “Original” Fasting Mimicking Diet Plan

	ONE	TWO	THREE	FOUR	FIVE
Breakfast	L-Bar Herbal Tea Algal Oil x 2	L-Bar Herbal Tea	L-Bar Herbal Tea	L-Bar Herbal Tea	L-Bar Herbal Tea Algal Oil x1
Lunch	Soup Olives Crackers Vitamins x 2	Soup Olives Vitamins x 1	Soup Crackers Vitamins x 1	Soup Olives Vitamin x 1	Soup Crackers Vitamin x 1
Snack	Tea L-Bar	Tea Olives	Tea	Tea Olives	Tea
Dinner	Soup Choco-Crisp	Soup Choco-Crisp	Soup	Soup Choco-Crisp	Soup
Total KCal	1,100	725	725	725	725

\*Add a daily electrolyte drink such as a [ProLon L-Drink Substitute](#).

## “DIY” Fasting Mimicking Diet Plan

To see the list of substitute ingredients, here is the original post: [Create Your Own Fasting Mimicking Diet](#)

	KCal	Grams	Fat	Carbs	Protein
Tea/Coffee	0	130g	0g	0g	0g
<a href="#">Keto Bar</a>	240	47g	21g	15g	6g
Olives	25	15g	2.5g	0.1g	0.2g
<a href="#">Crackers</a>	100	35	7g	1g	9g
<a href="#">Soup</a>	130	240g	2g	25g	3g
<a href="#">Alga Oil</a>	5	1	0.5g	0g	0g
<a href="#">Electrolytes</a>	0	130g	0g	0g	0g

So if you substitute the [suggested DIY ingredients](#) into the original protocol, it becomes:

	<b>ONE</b>	<b>TWO</b>	<b>THREE</b>	<b>FOUR</b>	<b>FIVE</b>
Breakfast	Tea Keto Bar Algal Oil	Tea Keto Bar	Tea Keto Bar	Tea Keto Bar	Tea Keto Bar Algal Oil
Lunch	Soup Olives Crackers Vitamin	Soup Olives Vitamin	Soup Crackers Vitamin	Soup Olives Vitamin	Soup Crackers Vitamin
Snack	Tea Almonds	Tea Olives	Tea Almonds	Tea Olives	Tea
Dinner	Soup Keto Bar Vitamin	Soup ½ Keto Bar Vitamin Electrolytes	Soup Olives Vitamin Electrolytes	Soup ½ Keto Bar Vitamin Electrolytes	Soup Vitamin Electrolytes
Total KCal	1,100	725	725	725	725

*\*Always consult a physician or other healthcare professional before beginning a new diet.*

[ProLon Fasting Mimicking Diet Plan](#)