



## Partial Fasting Cheat Sheet

### The What:

- Partial fasting means limited and strategic calorie intake. 500-1100 calories per day (based on weight)
- Involves macro ratio of low protein (5-15%): low carbs (10-15%): high good fat (60-90%)

### The Why:

- Lowered calorie and protein intake mimics fasting and reboots the body.
- Promotes autophagy (removal of cellular debris) for healthy mitochondria and longevity.
- Helps to decrease inflammation and rests digestion.
- Kick starts weight-loss.
- Some find it easier to follow than traditional water fasting - though for some it triggers the appetite more than going without any food at all.
- Helpful for those with low nutritional stores who seek fasting benefits.

### The When:

- For deeper cellular repair: do a 5 Day partial fast monthly or seasonally.
- For cellular maintenance: do 1-2 days weekly, as part of Diet Variation.
- Implement after a water fast to continue benefits and transition to solid foods

### The How:

- Use in conjunction with intermittent fasting: 1-2 meals within a compressed time window
- Consume 500 - 1,100 calories daily for health benefits
- Daily calorie goals based upon body weight
- Foods consist mainly of fat, vegetables, and berries to cover nutritional needs
- Partial fast can be liquid, in the form of smoothies and broth to rest the digestive system
- Protein should not exceed 15-20 grams daily for autophagy benefits
- Consume good fats to maintain satiety and manage blood sugar
- Use online food calculators to check calories and macros
- Gentle exercise (walking, yoga) is acceptable during partial fasting; intense exercise is not

Approximate Weight	Approximate Daily Calorie Intake
100 lbs	500-700
150	700-900
200 lbs or more	900-1,100

#### 4 Basic Categories and Whole Food Examples:

- Choose 2-4 servings from each food category daily (depending on caloric goal)
- Consume ½ to 1 whole avocado daily
- Consume ½ to 1 cup of berries daily
- Choose organic when possible
- May consume unlimited organic herbal tea - 1-2 cups of black coffee ok.
- Chart offers basic ranges, calculate calories for accuracy
- This chart is a suggestion only. You may find what works best for you based on dietary sensitivities and needs. Just make sure you don't exceed the calories and protein - that is the only requirement.

**500-700 calories:** Approx. 2 servings from each group

**700-900 calories:** Approx. 3 servings from each group

**900-1,100 calories:** Approx. 4 servings from each group

<b>Fat (oils)</b> Choose 2-4 (Approx. 1 Tbs)	<b>Fiber (nuts and seeds)</b> Choose 2-4 (approx. 2 Tbs)	<b>Fruit</b> Choose 2-4 (Approx. ½ to 1 cup)	<b>Veggies</b> Choose 2-4 (Approx. 1-3 cups)
Coconut oil/butter/flakes, olive oil, grass-fed butter, ghee, macadamia nut oil, MCT oil, avocado oil, hemp oil, flax oil	Chia seeds, flax seeds, tiger nuts/flour/flakes, hemp seeds, raw nuts and seeds	Blueberries, raspberries, strawberries, blackberries, avocado, tomatoes	Leafy greens, broccoli, cauliflower, brussels sprouts, artichokes, carrots, sweet potatoes, squash

---> If DIY is too much to plan, you can use the 5 day Fasting Mimicking Diet from ProLon. It's a perfectly balanced partial fast in a box. [Purchase here.](#)