



Gentle and without
feeling hungry

5 days of simulated fasting
for more energy & youthful cells

Feel good with *pretend fasting*

Activate cell cleansing in 5 days and feel younger

Would you like to do something for your health in five days? It's easy with our guide to everyday pseudo-fasting, which allows you to give your body a break and regain strength. With pseudo-fasting, you eat regularly, but only nutrient-rich, light foods. This puts the body into a healthy fasting mode, in which repair processes are activated.

This is how the mock fast works:

Between **800 and 1,100 kilocalories** are **allowed** per day. The key is to choose the right nutrient-rich foods.

About half of the calories consumed consist of **complex carbohydrates** and the other half of **healthy fats**. The protein content is low.

For five days, you eat regularly but according to strict guidelines with **reduced calorie intake** and **purely plant-based foods**.

It is important that you adhere to the **guidelines** established in studies. Too many calories or proteins slow down the fasting response.

A sufficient supply of **micronutrients** is crucial to ensure that metabolic processes can proceed unhindered.

For lasting success, experts recommend **two to four 5-day fasting cycles per year**.



What can be eaten?

Day 1: 1,100 kcal

- Complex carbohydrates (vegetables, salads, mushrooms, low-sugar fruit)
- Healthy fats (walnuts, almonds, olive oil, etc.)
- 1–2 tablespoons of LaVita: supplement containing all essential micronutrients (vitamins and trace elements)
- 1 teaspoon of linseed oil for additional omega-3 fatty acids
- 2–4 cups of unsweetened tea
- As a snack between meals: 40 g nuts (almonds, walnuts, macadamia nuts, pecans)
- Water as desired

Day 2–5: 800 kcal

- Complex carbohydrates (vegetables, salads, mushrooms, low-sugar fruit)
- Healthy fats (walnuts, almonds, olive oil, etc.)
- 1–2 tablespoons of LaVita: supplement containing all essential micronutrients (vitamins and trace elements)
- 1 teaspoon of linseed oil for additional omega-3 fatty acids
- 2–4 cups of unsweetened tea
- Water as desired

The day after the mock fast

Vegetables, fruit, salads, mushrooms, healthy fats and nuts form the main components of your diet on the day after the mock fast. Do not overload your intestines yet. You can eat more again, but stick to moderate, light meals.



Suitable foods for entering fasting mode

Good fats

Avocado, olives, coconut milk, olive oil, hemp seeds, pecans, macadamia nuts, almonds, walnuts

Good proteins

Chia seeds, walnuts, cashews, pecans, almonds, lentils, almond milk, coconut yoghurt, nut butter

carbohydrates

Artichoke, aubergine, cauliflower, broccoli, mushrooms, cucumber, green peppers, carrots, lettuce, celery, tomatoes, savoy cabbage, red cabbage, courgette, all types of berries, papaya, grapefruit, orange, kiwi, apple



That's taboo.

- Sugar
- Simple carbohydrates
- Animal products
- Alcohol
- Drink black coffee in moderation at most, or if possible drink decaffeinated coffee, which has less of an effect on blood sugar levels.

A tidy cell simply functions *better.*

What effects can be expected after five days?

Even though it is not the goal of pseudo-fasting, you will lose some weight. Above all, the body starts its repair and cleansing programme. This means that damage that occurs in our cells is repaired. Molecular waste that has accumulated in the cells is removed. This makes our body fit for other things, and most people feel significantly fitter and better after pseudo-fasting. Much of this takes place at a molecular level.*

*Longo VD, Anderson RM. Ernährung, Langlebigkeit und Krankheit: Von molekularen Mechanismen zu Interventionen. Cell. 2022.

Fewer calories, sufficient nutrients

During fasting, you consume fewer calories than usual. This is precisely when your diet should be richer in micronutrient-rich foods. LaVita optimises your daily diet with all the essential micronutrients.



After the mock fast: What happens next

Continue to pay attention to your body's needs and support it as best you can with a healthy diet. Ideally, you should view mock fasting as a starting point for a healthy, plant-based diet with plenty of vegetables, fruits, nuts, legumes and herbs.

Pretend fasting

5 basic recipes for 5 days



During the mock fast, eat three light, nutritious meals a day. Don't forget to drink plenty of fluids!

Suitable drinks

- Water (30 ml/kg body weight)
- Unsweetened fruit, rooibos and herbal tea
- 1–2 servings of LaVita per day



Would you like to know which recipes are best for supporting your body during simulated fasting? These delicious basic recipes are quick and easy to prepare and make simulated fasting a breeze. Follow our food recommendations on page 3 and swap ingredients as you wish.



Breakfast

Coconut yoghurt

with fruit

Ingredients for 1 serving:

- 150 g coconut yoghurt (unsweetened, natural)
- 1 tsp linseed oil
- 100 g berries (mixed, fresh or frozen)
Alternatively: apple, papaya or grapefruit
- 1 tbsp sliced almonds
- Optional: a little vanilla, mint, unsweetened cocoa powder or cinnamon

1

Pour the yoghurt into a bowl, stir in the linseed oil and sprinkle the berries and almonds on top as a topping.

2

Add a little vanilla, mint, cocoa powder or cinnamon to taste and enjoy.



Per serving: 235 kcal, 5 g protein, 17 g fat, 13.5 g carbohydrates



Breakfast

Chia- custard

Ingredients for 1 serving:

- 15 g chia seeds
- 100 ml unsweetened coconut drink
Alternatively: almond drink
- 1 teaspoon linseed oil
- 1 tablespoon desiccated coconut, chopped walnuts or sliced almonds
- 100 g berries
(mixed, fresh or frozen)
Alternatively: apple, papaya or grapefruit
- Optional: a little vanilla, mint, unsweetened cocoa powder or cinnamon

1

Mix the chia seeds in a bowl or glass with coconut drink, linseed oil and nuts using a whisk. Ensure that all seeds are covered with liquid.

2

Leave the chia pudding to soak in the fridge for at least 4 hours, preferably overnight.

3

Spread the berries over the chia pudding, refine with vanilla, unsweetened cocoa powder or cinnamon to taste, and enjoy.



Per serving: 245 kcal, 5 g protein, 17.5 g fat, 15 g carbohydrates



Lunch/Dinner

Raw vegetable salad

with nuts

Ingredients for 1 serving:

- 100 g red cabbage
- 100 g carrot (approx. 1 medium-sized carrot)
- 1 tbsp cashew nuts (10 g)
- 1 tsp sesame seeds (5 g)
- 1 spring onion
- 1 handful of parsley or coriander
- 2 tbsp olive oil (15 g)
- 1 tbsp lemon juice
- Salt, pepper

1

Remove the outer leaves and stalk from the red cabbage. Cut the red cabbage into very fine strips. Place the cabbage in a bowl, add $\frac{1}{4}$ teaspoon of salt and knead well with your hands.

2

Cut the carrot into thin strips as well. Add to the cabbage along with the cashews, sesame seeds, spring onions cut into rings and herbs.

3

Drizzle with olive oil and lemon juice, season with salt and pepper to taste, and enjoy.



Per serving: 281 kcal, 5 g protein, 23 g fat, 14 g carbohydrates



Lunch/Dinner

Microgreens salad

Ingredients for 1 serving:

- 2 handfuls of mixed salad leaves, e.g. rocket, chicory, radicchio, lamb's lettuce, dandelion leaves
- 1 small handful of microgreens, e.g. cress, radish cress, kohlrabi leaves, etc.
Alternatively: kale or baby spinach leaves
- 100 g vegetables, e.g. cherry tomatoes, jarred artichoke hearts, courgette, blanched cauliflower, broccoli
- 2 tbsp olive oil
- 1 tbsp light lemon juice
- Salt, pepper

Served with:

- 1 handful of olives (50 g)

1

Wash the salad and microgreens and place on a plate. Chop the vegetables into small pieces, add them to the salad and mix everything together.

2

Drizzle with olive oil and lemon juice and season with salt and pepper to taste.



Per serving: 272 kcal, 4 g protein, 25.5 g fat, 5 g carbohydrates



Microgreens are seedlings that have formed two to three leaves, depending on the plant species. They are considered particularly nutritious and are available in organic shops. They are also easy to grow yourself in pots on your windowsill.



Lunch/Dinner

Minestrone

Ingredients for 1 serving:

- 150 g courgette (approx. 1 small courgette)
- 100 g carrot (approx. 1 medium-sized carrot)
- 1 medium-sized vine tomato
- 1 shallot
- 2 tbsp olive oil
- 150 g courgette (approx. 1 small courgette)
- 100 g carrot (approx. 1 medium-sized carrot)
- 1 medium-sized vine tomato
- 1 shallot
- 2 tbsp olive oil

1

Wash the vegetables and dice them into small pieces. Heat the oil in a saucepan and sauté the vegetables for 2 minutes. Add the tomato purée and enough water to just cover the vegetables.

2

Season with chilli flakes, salt and pepper and simmer for 12–15 minutes. Sprinkle with parsley and enjoy.



Per serving: 228 kcal, 6 g protein, 16 g fat, 15 g carbohydrates



Multiply the quantity and cook several portions at once.

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