



Feel better with our fasting diet

More energy and well-being in 5 days

# Feel good with *fasting*

## Activate cell cleansing in 5 days and feel younger

Would you like to do something for your health in 5 days? It's easy with our guide to the Fasting Mimicking Diet, which allows you to give your body a break and regain strength. With Fasting Mimicking Diet, 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 Fasting Mimicking Diet works:

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

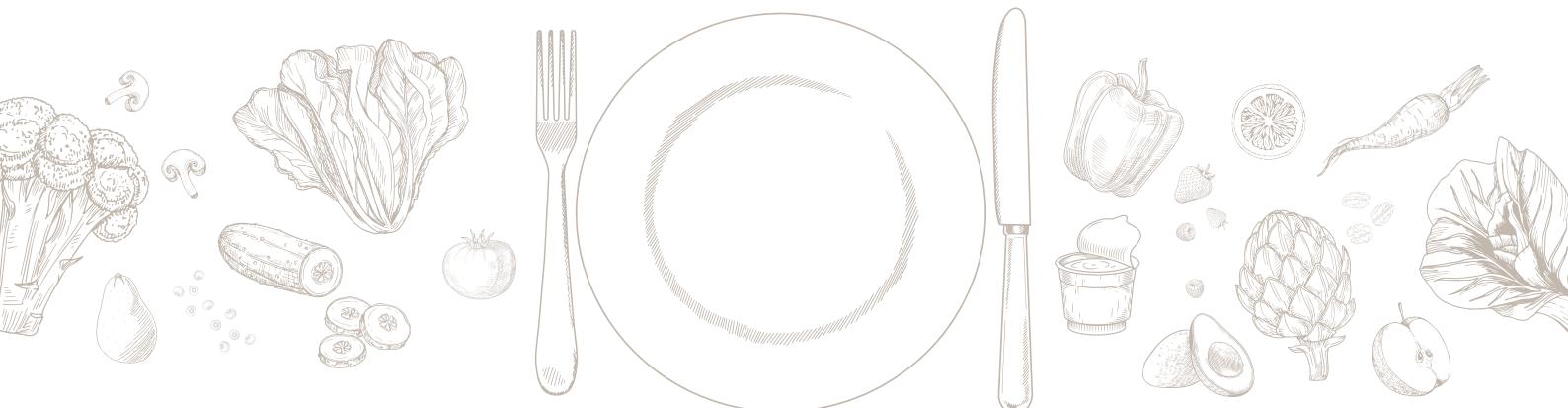
About half of the calories consumed consist of **complex carbohydrates** and the other half **healthy fats**. The protein content is low.

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 servings of LaVita:** supplement containing all essential micronutrients (vitamins and trace elements)
- **2–4 cups of unsweetened tea**
- **10 g of nuts as a snack between meals:**  
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 servings of LaVita:** supplement containing all essential micronutrients (vitamins and trace elements)
- **2–4 cups of unsweetened tea**
- **Water** as desired

### The day after the Fasting Mimicking Diet

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



#### Suitable foods for entering fasting mode:

##### Healthy fats

Avocado, olives, coconut milk, olive oil, hemp seeds, pecans, macadamia nuts, almonds, walnuts, chia seeds, flax seeds, nut butter

##### Complex 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



#### Foods to be avoided:

- Sugar
- Simple carbohydrates
- Animal-based foods
- Alcohol
- Black coffee can be drunk in moderation (up to 2 cups a day).

# A „tidy“ cell functions *better.*

## What effects can be expected after five days?

Even though it is not the goal of pFasting Mimicking Diet, you will lose some weight. Above all however, 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. Most people feel significantly fitter and better after Fasting Mimicking Diet even though many of the benefits take place at a molecular level.. Much of this takes place at a molecular level.\*

\*Longo VD, Anderson RM. Nutrition, longevity and disease: From molecular mechanisms to interventions. *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 Fasting Mimicking Diet: 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 Fasting Mimicking Diet as a starting point for a healthy, plant-based diet with plenty of vegetables, fruits, nuts, legumes and herbs.

# Fasting

## Light recipes for 5 days



During the Fasting Mimicking Diet 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/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 fasting a breeze. Follow our food recommendations on page 3 and swap ingredients as you wish.



Breakfast

# Chia – Pudding

## Ingredients for 1 serving:

- 15 g chia seeds
- 100 ml unsweetened Coconut milk, Alternatively: soy milk
- 1 tsp linseed oil
- 1 tbs desiccated coconut, chopped walnuts or flaked 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 milk, linseed oil and nuts using a whisk. Ensure that all seeds are covered with liquid.

2

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

3

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



**Per serving:** 245 kcal, 5 g protein, 17,5 g fat, 15 g carbohydrate



Breakfast

# Coconut Yoghurt with berries

## 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 tbs Kcoconut flakes
- Optional: a little vanilla, mint, unsweetened cacao powder or cinnamon

1

Pour the yoghurt into a bowl, stir in the linseed oil and sprinkle the berries and coconut flakes on top.

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 carbohydrate



Lunch/Dinner

# Minestrone Soup

## Ingredients for 2 servings:

- 100 g courgette
- 150 g red peppers
- 100 g cauliflower
- 100 g white beans
- 40 g onion
- 25 g olive oil (15 g)
- 1 can chunky tomatoes 400 ml
- 200 ml vegetable broth
- 1 pinch of chilli flakes
- herbal salt
- 2 tbs chopped parsley

1 Chop the courgette, peppers and cauliflower into small pieces, drain the beans and rinse well. Peel the onion and dice into small pieces. Sauté everything in a pan with hot olive oil for 2 minutes.

2 Add the tomatoes and vegetable stock. Season with chilli flakes and a little herb salt.

3 Simmer for 15 minutes. Ladle the soup into bowls and serve sprinkled with parsley.

 Per serving: 225 kcal, 6,5 g protein, 14 g fat, 18 g carbohydrate

 Multiply the quantity and cook several portions at once.



Lunch/Dinner

# Orange-Fennel Salad

## Ingredients for 2 servings:

- 1 medium-sized fennel
- 2 oranges
- 50 g rocket
- 2 tbs chopped walnut
- 1 tbs olive oil/walnut oil
- 1 tbs white balsamico vinegar
- ½ tsp mild mustard
- salt & pepper to taste

1

Wash the fennel, remove the green parts and cut into fine strips. Peel and fillet the oranges and cut into bite-sized pieces or segments.

2

Wash the rocket and spin dry.

3

Mix the fennel, oranges and rocket in a bowl.

4

Mix the olive oil, balsamic vinegar, mustard, salt and pepper and pour over the salad.

5

Arrange on two plates and sprinkle with walnuts.



Per serving: 215 kcal, 3,9 g protein,  
12 g fat, 25 g carbohydrate



Lunch/Dinner

# Green Curry

## Ingredients for 2 servings:

- 1 courgette (ca. 300 g)
- 150 g broccoli
- 100 g green beans
- 1 small onion (ca. 70 g)
- 1 clove of garlic
- 1 tsp freshly grated ginger
- 2 tsp green curry paste (according to taste)
- 100 ml light coconut milk (e.g. 10–12 % fat)
- 100 ml vegetable broth
- 1 tsp olive oil or coconut oil
- 1/2 tsp cumin
- Optional: lime juice for a fresh note

Salt, pepper, chilli to taste  
fresh coriander for garnishing

1

Finely chop the onion, garlic and ginger. Wash the vegetables and cut them into bite-sized pieces. Wash and trim the beans.

2

Heat oil in a pan, briefly sauté onion, garlic, ginger and cumin. Add curry paste and fry for 1 minute to release the flavours.

3

Add the green beans and vegetables and fry briefly.

4

Deglaze with vegetable stock, bring to the boil and simmer gently for approx. 15 minutes until the vegetables are soft. Stir in the coconut milk and season to taste with salt, pepper and chilli if desired. Bring to the boil again briefly.

5

Divide between two plates and garnish with a squeeze of lime juice and coriander, if desired.



**Per serving:** 180 kcal, 6,2 g protein, 8,7 g fat, 20 g carbohydrate



Lunch/Dinner

# Oven-baked Vegetables with dip and pumpkin seeds

## Ingredients for 2 servings:

- 150 g broccoli
- 150 g cauliflower
- 1 courgette (200 g)
- 1 small pepper
- 150 g carrots
- 1 red onion
- 1 glove of garlic
- 1 tbs herbs of Provence
- salt, pepper
- 2 tbs olive oil
- 2 tbs pumpkin seeds

## For the dip

- 100 g soy yoghurt
- 2 tsp lemon juice
- 1 tbs chopped parsley
- salt, pepper

1

Wash the vegetables, peel if necessary, and cut into bite-sized pieces.

2

Finely chop the garlic. Mix the olive oil with the garlic and herbs in a bowl. Mix all the vegetables with the marinade and place on a baking tray lined with baking paper. Season everything with salt and pepper and add the pumpkin seeds. Bake the vegetables in the oven at 200 degrees Celsius for approx. 25 minutes.

3

Meanwhile, mix the soy yoghurt, lemon juice and parsley to make a dip. Season with salt and pepper.

4

Once the roasted vegetables are cooked, remove them from the oven and enjoy them warm with the dip.



Per serving: 317 kcal, 10,8 g protein, 18,8 g fat, 28,7 g carbohydrate



Lunch/Dinner

# Microgreens - Salad with cherry tomatoes

## Ingredients for 2 servings:

- 100g leaf salad mix
- 100g broccoli (flower heads, raw or briefly blanched)
- 6–8 cherry tomatoes
- 120 g Artichoke hearts from a jar (in water, drained)
- 6–8 black olives (optional, drained)
- 1 tsp olive oil
- 1 tbs lemon juice
- salt, pepper
- fresh herbs (e.g. parsley or basil)
- sprouts or cress for garnishing

1

Cut the broccoli into small florets and blanch briefly or use raw. Slice the artichoke hearts. Wash the tomatoes and cut them in half.

2

Mix the lettuce in a bowl with broccoli, tomatoes, artichokes and olives.

3

Mix together the lemon juice, olive oil, salt, pepper and herbs and pour over the salad.

4

Garnish with sprouts or cress.



**Per serving:** 120 kcal, 4 g protein, 6 g fat, 12 g carbohydrate

# A good day starts with LaVita.

Every morning a glass of LaVita, every day complete support.  
For more energy<sup>1</sup> and a support of the immune system<sup>2</sup>.



**LaVita.**  
The micronutrient concentrate.

[lavita.com](http://lavita.com)  
[info@lavita.com](mailto:info@lavita.com)



<sup>1</sup>**Energy:** LaVita provides ample iron, folic acid, magnesium, niacin, vitamin C, vitamin B2, B12 and B6, which help reduce tiredness and fatigue. <sup>2</sup>**Immune system:** With iron, vitamins C, A, D, B6, B12, folic acid, copper, selenium and zinc, LaVita contains all the relevant micronutrients that support the normal functioning of the immune system.

## Imprint

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