



FEEL BETTER IN 5 DAYS

LaVita Summer Fast



With new
recipes

Feel good with a diet that mimicks fasting

Activate cell renewal in 5 days and feel younger

Would you like to do something for your health in 5 days? It's really easy with our guide to fasting mimicking diet (FMD) for everyday life, which allows you to give your body a break and regain your strength. With FMD, you eat regularly, but only nutrient-rich, light foods. This puts the body into a healthy fasting mode, during which repair processes are activated.

This is how FMD works:

Between **800 and 1,100 kilocalories** are **allowed** each day. It is important to choose the right nutrient-rich foods.

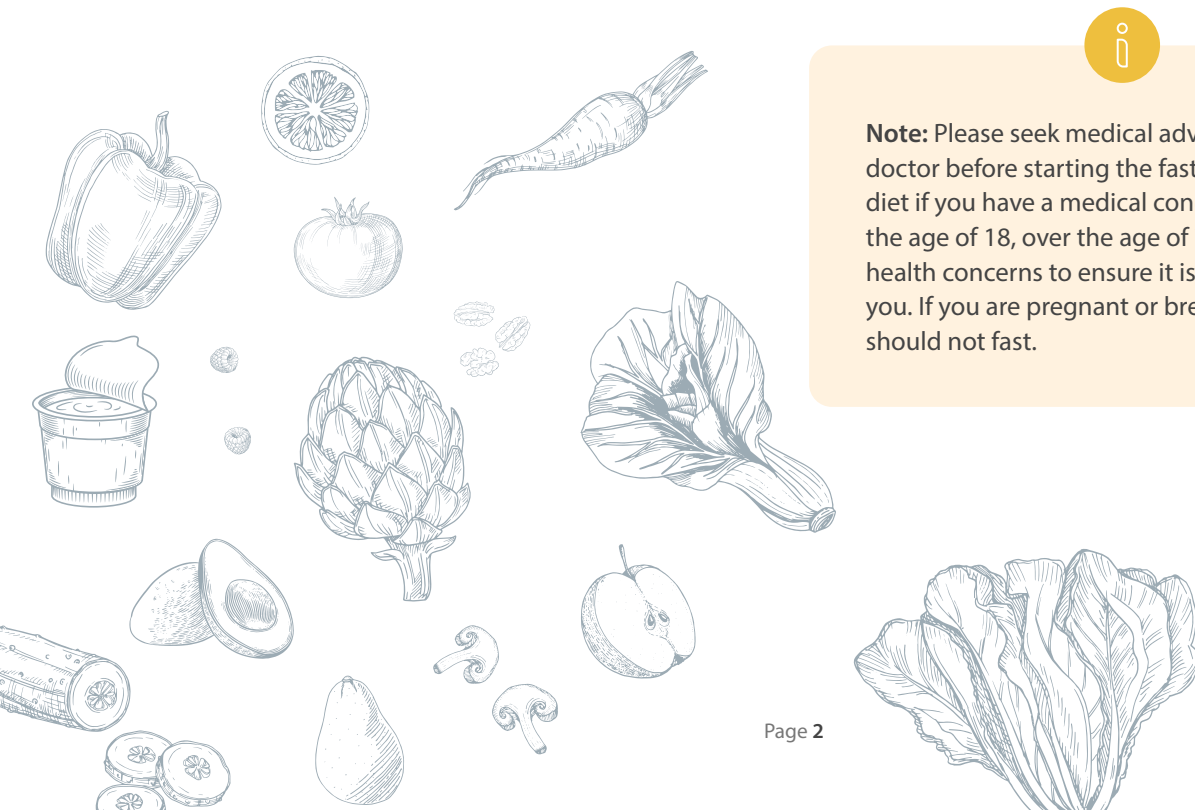
Around half of the calories consumed come from **complex carbohydrates** and the other half from **healthy fats**. The protein content is low.

For five days, you will eat regularly, but according to strict guidelines involving a **reduced calorie intake** and a **purely plant-based diet**.

It is important that you follow the guidelines established in **studies**. Too many calories or too much protein will slow down the fasting response.

It is essential to ensure an adequate supply of **micronutrients** so that metabolic processes can proceed unhindered.

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



Note: Please seek medical advice from a doctor before starting the fasting mimicking diet if you have a medical condition, are under the age of 18, over the age of 70 or have any health concerns to ensure it is appropriate for you. If you are pregnant or breastfeeding you should not fast.

What can you eat?

Day 1: 1.100 kcal

- **Complex carbohydrates:** Vegetables, salads, mushrooms, low-sugar fruit
- **Healthy fats:** Walnuts, almonds, olive oil, etc.
- **1–2 portions of LaVita:** a 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

Days 2–5: 800 kcal

- **Complex carbohydrates:** Vegetables, salads, mushrooms, low-sugar fruit
- **Healthy fats:** Walnuts, almonds, olive oil, etc.
- **1–2 portions of LaVita:** a supplement containing all essential micronutrients (vitamins and trace elements)
- **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 simulated fast. Don't put too much strain on your gut just yet. You can eat more again, but stick to moderate, light meals.



Foods that help you enter fasting mode

Healthy fats

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

Complex carbohydrates

Artichokes, aubergines, cauliflower, broccoli, button mushrooms, cucumber, green peppers, carrots, lettuce, celery, tomatoes, savoy cabbage, red cabbage, courgettes, all kinds of berries, papaya, grapefruit, oranges, kiwis, apples



That's off limits

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

Tidying up at the cellular level.

What effects can be expected after five days?

Even though this isn't the aim of FMD, you will lose some weight. Above all, the body kicks into its repair and cleansing programme. This means that any damage occurring in our cells is repaired. Molecular waste that has built up in the cells is cleared away. This gets our bodies ready for other things, and most people feel significantly fitter and better for it after FMD. Much of this takes place at a molecular level.*

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

Fewer calories, plenty of nutrients

During a FMD, you consume fewer calories than usual. This is precisely when your diet should be all the more rich in foods packed with micronutrients. What's more, LaVita optimises your daily diet by providing all the essential vitamins and trace elements.



After FMD: What to do next

Continue to listen to your body's needs and make sure you support it as best you can with a healthy diet. Ideally, you should see this FMD as the starting point for a healthy, plant-based diet rich in vegetables, fruit, nuts, pulses and herbs.

Fasting Mimicking Diet Light recipes for 5 days

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





Breakfast

Chia-Lemon

PUDDING

Ingredients for 1 portion:

- 30 g chia seeds
- 250 ml unsweetened almond milk
- 1 tsp lemon juice
- 1 tsp lemon zest
- ½ tsp vanilla

1

Mix the chia seeds with the almond milk. Stir in the lemon juice, lemon zest and vanilla.

2

Leave to soak for at least 3 hours or overnight.



Per portion: approx. 182 kcal, 6 g protein, 12 g fat, 13 g carbohydrates



Breakfast

Cucumber-Avocado

SMOOTHIE

Ingredients for 1 portion:

- ½ cucumber (approx. 250 g)
- 80 g avocado
- 50 g chickpeas
- 150 ml cold water
- juice of ½ lime
- 5 mint leaves
- parsley
- salt, pepper

1

Place all the ingredients in a blender and blend until smooth.

2

Pour into a glass and enjoy.



Per portion: approx. 244 kcal, 8 g protein, 14 g fat, 25 g carbohydrates



Lunch/Dinner

COLD Gazpacho

Ingredients for 1 portion:

- 400 g tomatoes
- 200 g cucumber
- 100 g red pepper
- ½ onion
- 1 tsp olive oil
- 1 tbsp white wine vinegar
- basil, parsley
- ½ spring onion
- salt, pepper

1

Wash the vegetables, peel them if necessary, and chop them into small pieces. Place the vegetables and basil in a blender, purée them, and season with salt, pepper, oil and vinegar.

2

Chop the spring onion finely too and scatter it over the gazpacho along with the parsley.

3

Chill for at least 1 hour.



Per portion: approx. 195 kcal, 6 g protein, 6 g fat, 30 g carbohydrates



Lunch/Dinner

Orange-Fennel

SALAD

Ingredients for 2 portions:

- 1 medium-sized fennel bulb
- 2 oranges
- 50 g rocket
- 2 tbsp chopped walnuts
- 1 tbsp olive oil/walnut oil
- 1 tbsp white balsamic vinegar
- ½ tsp mild mustard
- salt, pepper

1

Wash the fennel, remove the green tops and cut into fine strips. Peel the oranges, separate them into segments and cut into bite-sized pieces or wedges.

2

Wash the rocket and spin-dry it.

3

Mix the fennel, oranges and rocket in a bowl.

4

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

5

Arrange on two plates and sprinkle the walnuts over the top.



Per portion: 215 kcal, 3.9 g protein, 12 g fat, 25 g carbohydrates



Lunch/Dinner

Courgettes-Carpaccio

Ingredients for 1 portion:

- 350 g courgettes
- 1 tsp olive oil
- juice of ½ a lemon
- 20 g pine nuts
- fresh herbs and sprouts
- salt, pepper

1

Wash the courgettes, slice them into wafer-thin slices and arrange them on a plate.

2

Marinate in oil, season, and serve with herbs, sprouts and toasted pine nuts.



Per portion: approx. 245 kcal, 7 g protein, 20 g fat, 13 g carbohydrates



Lunch/Dinner

Ratatouille

FRESH FROM THE OVEN

Ingredients for 1 portion:

- 200 g courgettes
- 200 g aubergines
- 200 g tomatoes
- 80 g peppers
- ½ onion
- 1 clove of garlic
- 1 tsp olive oil
- 1 tbsp tomato purée
- thyme, rosemary, oregano
- salt, pepper

1

Preheat the oven to 200 °C (top and bottom heat). Cut the vegetables into even slices or cubes.

2

Spread everything out in a small ovenproof dish. Mix the tomato purée with olive oil, herbs, salt, pepper and a little water, then pour it over the vegetables.

3

Mix well or arrange in a single layer. Bake for 30–35 minutes until the vegetables are tender and lightly browned.



Per portion: approx. 195 kcal, 6 g protein, 6 g fat, 30 g carbohydrates



Lunch/Dinner

Melon-Cucumber

SOUP

Ingredients for 1 portion:

- 150 g honeydew melon or watermelon
- 500 g cucumber
- 100 g chickpeas (cooked, tinned)
- 1 tsp olive oil
- 1 tsp lime juice
- fresh mint
- pepper

1

Cut the melon and cucumber into pieces. Place them in a blender and purée well with the chickpeas, olive oil and lime juice.

2

Season with pepper to taste and garnish with fresh mint. Chill until ready to serve.



Per portion: approx. 316 kcal, 13 g protein, 8 g fat, 51 g carbohydrates



Lunch/Dinner

Kohlrabi-Apple

SALAD

Ingredients for 1 portion:

- 250 g kohlrabi
- 100 g apple
- 1 tsp walnut oil
- 3 walnuts
- 1 tsp lemon juice
- parsley

1

Peel the kohlrabi, wash the apple and grate both into strips.

2

Mix with the dressing, add the walnuts and leave to stand for a short while.



Per portion: approx. 265 kcal, 6 g protein, 16 g fat, 26 g carbohydrates



Lunch/Dinner

Roasted Vegetables

WITH ROSEMARY

Ingredients for 1 portion:

- 300 g courgettes
- 120 g peppers
- 150 g carrots
- 100 g button mushrooms
- 1 tsp olive oil
- rosemary
- thyme
- salt, pepper

1

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

2

Mix with oil and herbs in a bowl, then bake at 200 °C for about 25 minutes.



Per portion: approx. 217 kcal, 9 g protein, 7 g fat, 30 g carbohydrates



Lunch/Dinner

Cauliflower Tabbouleh

SALAD

Ingredients for 1 portion:

- 300 g cauliflower
- 200 g cucumber
- 2 tbsp spring onions
- parsley
- mint
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- 20 g flaked almonds
- 2 tbsp pomegranate seeds

1

Wash the cauliflower and cucumber. Finely grate the cauliflower, peel the cucumber and chop it into small pieces.

2

Mix the vegetables with the remaining ingredients and leave to marinate thoroughly.



Per portion: approx. 304 kcal, 12 g protein, 17 g fat, 30 g carbohydrates



Lunch/Dinner

Strawberry-Basil

SALAD

Ingredients for 1 portion:

- 180 g strawberries
- 50 g leaf salad
- 10 basil leaves
- 80 g olives
- 1 tsp olive oil
- 1 tbsp balsamic vinegar

1

Wash the lettuce and strawberries and pat them dry. Cut the strawberries in half and remove the green tops.

2

Mix the olives, basil, lettuce and strawberries together in a bowl and drizzle with balsamic vinegar and olive oil.



Per portion: approx. 218 kcal, 3 g protein, 14 g fat, 18 g carbohydrates

A good day starts with LaVita.

LaVita in a glass every morning, keeping you well looked after all round, every day.
For more energy¹ and to support the immune system.²



LaVita.
The micronutrient

lavita.com
+49 (0)871 / 972 170

LaVita

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

Legal Notice

Publisher:
LaVita GmbH, Ziegelfeldstr. 10, 84036 Kumhausen

Please note: The content of this e-book is based on current nutritional science principles. The publisher and its agents accept no liability for personal injury, damage to property or financial loss. Reproduction is permitted only with the publisher's authorisation. Use or distribution by unauthorised third parties in any printed, audiovisual, audio or other media is prohibited.