



prolon®

Preparation Guide for Fasting Week

YOU'VE COMMITTED TO YOUR 5-DAY FAST AND ARE READY FOR THE BIG DAY.

SO, NOW WHAT?

We've outlined a preparation guide to follow one week before starting your fast. The guide is just a suggestion on how to slowly transition your diet into a cleaner state, so you'll be ready to hit the ground running on Day 1.

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Prepping for your ProLon fast is not necessary, but we've found that weaning off your vices such as caffeine and junk food can help ease your transition into the 5-day fast. The below foods are just recommendations and can be adapted to your dietary needs. The outlined meal plan was shared by Dr. Felice Gersh, Board-Certified OB/GYN.

Vegetables

5 Servings or more daily

Choose: Dark green leafy vegetables, asparagus, spinach, squash, beets, tomatoes and at least 2 or more servings daily of cruciferous vegetables, including broccoli, cabbage, cauliflower, kale or Brussels sprouts

Starches and Grain Products

3-5 servings daily

Choose: Brown rice, other products made from brown rice (such as rice pasta, crackers, cereal), millet, quinoa, amaranth, sweet potatoes

Avoid: Refined carbohydrates (white bread, white rice, sugars), corn, and gluten-containing grains: wheat, oats, barley, rye, spelt, kamut

Protein

2-3 servings daily

Choose: Coldwater wild-harvested fish (e.g. salmon, sardines or halibut); organic, free-range (pesticide-free, hormone-free) poultry

Avoid: Eggs, shellfish and red meat (beef, lamb or pork)

Nuts, seeds and legumes

1-2 servings daily

Choose: Nuts (including almonds, cashews or pecans), seeds (including sunflower or pumpkin seeds) or legumes (including lentils, chickpeas or kidney beans)

Avoid: Peanuts. Preferably avoid walnuts, soybeans and soybean products

Fruits

5 servings or more daily

Choose: Potassium-rich fruits like figs, apricots, melons, apples, pears, raspberries, blackberries and bananas

Avoid: Allergenic or acid promoting fruits, including citrus fruits, strawberries, pineapple, cranberries, blueberries and plums

Milk and Dairy

0-2 servings daily

Choose: Rice milk or nut milk products

Avoid: Dairy products (cow's milk, cheese and yogurt)

Fats

Choose: Unrefined extra virgin olive oil, flaxseed oil or sesame oil

Avoid: Partially hydrogenated oils (margarine, shortening), and refined vegetable oils (corn, safflower, sunflower, canola, light olive oil)

Beverages

8 glasses or more daily

Choose: Purified water or non-caffeinated tea

Avoid: Alcohol and caffeine (including caffeinated coffee, tea and soft drinks)

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