

DIY 5-Day Fast

Pre-packaged Foods Shopping List

Many grocery stores carry Amy's & Pacific soups now as well as many of the other items. If you are looking for an online source I have found Thrive Market to be a great resource for most of these products or something similar – you can visit it [here](#).

Main Items:

- Breakfast bar options:
 - 1 bag of Purely Elizabeth Granola and add in 1 TB of coconut oil with each serving
- Soup options (Need a total of 10 servings, noting that Amy's can counts @2 servings)
 - 5-6 cans of Amy's Gluten-free Soups
 - 10 Single Serve Pacific Gluten-free Soups (@110 calories per serving)
- Cracker options:
 - 1 box of Absolutely Gluten-free Crackers or
 - 1 Boxes of Mary's Gone Gluten-free Crackers
- Olive options:
 - 5 Gaea Snack Olives OR
 - Other snack pack olives packed in olive oil
- Snack bar options:
 - 1 package of Absolutely Gluten-free Chocolate Macaroons OR
 - 1 package of Jeenies Chocolate Macaroons OR
 - 1 package of Creation Nation Energy Bites (note this does take a little prep & additional ingredients)
 - Needs either honey or maple syrup
 - Needs Nut butter, Ghee, or Coconut oil
- "Energy Drink" option:
 - 1 bottle of food grade Vegetable Glycerin
- Herbal teas:
 - Hibiscus
 - Mint
 - Lemon
- Supplements:
 - Algal oil
 - Multi-vitamin

Additional Snack Options: Can have ONE of these on days 3-5 if still hungry)

- Cucumbers
- Celery
- Broccoli (fresh)

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Daily Menu:

Day 1

- Can have Mint, Lemon, or Hibiscus tea (Unsweetened throughout the day)
- Drink at least 64 ounces total of water per day
- Breakfast:
 - Granola with Coconut Oil (@280 calories total)
 - Algal Oil Supplement
- Lunch
 - Soup (@110-130 calories worth)
 - Olives
 - Crackers (@180 calories worth)
 - Multi-vitamin
- Snack
 - Granola with Coconut Oil (@280 calories total)
- Dinner
 - Soup (@110-130 calories worth)
 - “Snack Bar” (@110 calories worth)

Day 2

- Make up “Energy Drink” in a 32-ounce bottle
 - 1 tsp vegetable glycerin per 50lbs of body weight mixed with 32-ounces of water. Drink throughout the day
- Can have Mint, Lemon, or Hibiscus tea (Unsweetened throughout the day)
- Drink at least 64 ounces total of water per day
- Breakfast:
 - Granola with Coconut Oil (@280 calories total)
- Lunch
 - Soup (@110-130 calories worth)
 - Olives
 - Multi-vitamin
- Snack
 - Olives
- Dinner
 - Soup (@110-130 calories worth)
 - “Snack Bar” (@110 calories worth)

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Day 3

- Make up “Energy Drink” in a 32-ounce bottle
 - 1 tsp vegetable glycerin per 50lbs of body weight mixed with 32-ounces of water. Drink throughout the day
- Can have Mint, Lemon, or Hibiscus tea (Unsweetened throughout the day)
- Drink at least 64 ounces total of water per day
- Breakfast:
 - Granola with Coconut Oil (@280 calories total)
- Lunch
 - Soup (@110-130 calories worth)
 - Crackers (@180 calories worth)
 - Multi-vitamin
- Snack
 - NO SNACK
- Dinner
 - Soup (@110-130 calories)

Day 4

- Make up “Energy Drink” in a 32-ounce bottle
 - 1 tsp vegetable glycerin per 50lbs of body weight mixed with 32-ounces of water. Drink throughout the day
- Can have Mint, Lemon, or Hibiscus tea (Unsweetened throughout the day)
- Drink at least 64 ounces total of water per day
- Breakfast:
 - Granola with Coconut Oil (@280 calories total)
- Lunch
 - Soup (@110-130 calories worth)
 - Olives
 - Multi-vitamin
- Snack
 - Olives
- Dinner
 - Soup (@110-130 calories worth)
 - “Snack Bar” (@110 calories worth)

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Day 5

- Make up “Energy Drink” in a 32-ounce bottle
 - 1 tsp vegetable glycerin per 50lbs of body weight mixed with 32-ounces of water. Drink throughout the day
- Can have Mint, Lemon, or Hibiscus tea (Unsweetened throughout the day)
- Drink at least 64 ounces total of water per day
- Breakfast:
 - Granola with Coconut Oil (@280 calories total)
 - Algal Oil
- Lunch
 - Soup (@110-130 calories worth)
 - Crackers (@180 calories worth)
 - Multi-vitamin
- Snack
 - NO SNACK
- Dinner
 - Soup (@110-130 calories worth)

Day 6 – Transition Day

- Start with Liquids such as soup
- Then light meals of rice or other gluten free grains
- SMALL amounts of fish, meat, or legumes

Day 7 – Resume ‘Normal’

- Can return to ‘normal’ – hopefully healthy diet!

TIPS:

Exercising is NOT advised while on the fast. The fast is a time to rejuvenate and reset metabolic functions. Most report greater success when they have been able to carve out extra time for “self-care”. Things like meditation, enjoying hobbies, laughter, and extra rest during the 5 days.

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DISCLAIMER:

The information provided above is for informational purposes only. You should not start a fasting program without talking it over with your health care provider. You should be between the ages of 18 to 70 to do a 5-day 'fast'. If you are younger than 18 or over 70 years of age, talk to your health care advisor about your eligibility.

Do NOT consume the above foods if you are allergic to nuts (macadamia, cashew, almond, pecan), soy, oats, sesame, or celery/celeriac.

If you have any unique or special health needs or conditions, such as a fever, cough, diarrhea, sign of an active infection, dietary restrictions, do not do a 5-day fast until you no longer have an infection or dietary restriction.

If you are pregnant or breast feeding, do not do a 5-day fast until you are no longer pregnant and are no longer breast feeding.

If you are underweight for your height, do not fast until you are no longer underweight per below weight/height ranges:

4'11"-5'2" and under 100 pounds

5'3"-5'4" and under 105 pounds

5'5"-5'7" and under 115 pounds

5'8"-5'10" and under 125 pounds

5'11"-6'0" and under 135 pounds

6'1"-6'4" and under 150 pounds

Do NOT fast without the supervision of a licensed health care provider if you have any diagnosed chronic medical condition or you are taking medications (except low-dose aspirin, Aspirin 81 or statins) for any diagnosed condition or disease, such as diabetes (type 1 or type 2), cardiovascular disease, kidney disease, liver disease or a history of syncope (fainting). If you would like to consult with a health care provider who is familiar with fasting.