

PROTEIN SPARING MODIFIED FAST Basic Diet Guidelines

YOUR DAILY PROTEIN ALLOWANCE: _____ ounces (cooked)
_____ ounces (before cooking)

YOUR PROTEIN CHOICES INCLUDE (*baked, broiled, grilled, boiled, roasted, steamed or poached; no fats, sauces or gravies added*):

Very Lean Protein: *25 calories per ounce*

FISH: (white) haddock, sole, flounder, cod, scrod

SHELLFISH: shrimp, lobster, clams, mussels, scallops

COTTAGE CHEESE: plain or with chives

Lean Protein: *50 calories per ounce*

FISH: (dark) salmon, bluefish, porgies, swordfish, halibut, tuna

POULTRY: (skinless) chicken, turkey

ORGAN MEATS: liver, kidney (note: high in cholesterol)

CHEESE: those labeled “fat free” (note: these are often high in sodium)

EGGS: whites only (2 large egg whites = 1 ounce protein)

EGG SUBSTITUTES: ¼ cup = 1 ounce protein

Moderate Fat Protein: *75 calories per ounce*

HAMBURGER & GROUND POULTRY: extra lean and lean grades

BEEF: chuck, flank, tenderloin, rump, round

PORK: well trimmed tenderloin, ham

CHEESE: those labeled “low fat” (note: these are often high in sodium)

EGGS: 1 whole egg = 1 ounce protein (limit 2 per week/high in cholesterol)

*******DO NOT CHOOSE FROM THE FOLLOWING ITEMS*******

High Fat Protein: *100 calories per ounce*

MEAT: fatty cuts of beef, lamb and pork; regular ground meat

CHEESE: all cheeses, unless marked “fat free” or “low fat”

Very High Fat Protein: *125 calories per ounce*

MEATS: prime rib, sausage, hot dogs, bologna, salami, pepperoni, mortadella, spare ribs, short ribs, kielbasa, pate

Fluids:

You must drink at least eight 8 ounce glasses (64 ounces or 2 quarts) of non-calorie liquid every day. This will help to keep you well hydrated and reduce the incidence of lightheadedness.

Fluid Allowed:

Unlimited: Water (tap, spring, seltzer or soda water) decaffeinated black coffee or tea.

Limited: Diet soda (limit to 2 cans or 24 ounces per day due to sodium content), regular black coffee or tea (due to caffeine content), mineral water (due to higher sodium content).

Special use: Salted broth or bouillon may be used when lightheadedness is a recurring problem. Dissolve 1 cube or packet of bouillon in 8 ounces of hot water. Drink this slowly and then drink a second glass of cool, fresh water. This can help to boost your blood volume and your blood pressure.

Avoid: Regular soda and tonics, juices, milk, sport drinks, tonic water and “ade”-- type drinks. Read labels carefully. Many “clear” beverages contain sucrose, fructose, or corn syrup as sweeteners (these are types of sugars).

WARNING: AVOID ALL ALCOHOL. DO NOT DRINK ANY BEER, WINE, LIQUOR, LIQUEURS OR MIXED DRINKS. The protein sparing modified fast is a very low carbohydrate diet. When this diet is combined with alcohol, blood sugar can drop and blood alcohol levels will rise rapidly, causing you to feel and appear drunk.

Sodium (Salt): Unless instructed otherwise by your physician, you may salt food to taste.

Calcium Supplement: _____

Multivitamin/Mineral: _____

Potassium Supplement: (as prescribed by M.D.) _____

Ketones: Check your urine for ketones using Ketostix (available at the drug store).

Additional Items Allowed:

- ¼ head of lettuce with lemon juice or vinegar
- non-stick cooking spray (PAM or Mazzola No-Stick, any flavor)
- artificial sweeteners (Sweet N’Low, Equal, saccharin)
- sugar-free gum or mints (up to 5 pieces per day)

**Protein Sparing Modified Fast
Sample Menu
Week 1**

This is a sample menu of a 14 ounce cooked (16 ounces before cooking) protein sparing modified fast. Please refer to the *Basic Diet Guidelines* handout for a list of other acceptable foods and their calorie value.

TIME	FOOD	PROTEIN OUNCES	CALORIES
6:30 am	8 oz Water	0	0
	1 K-Dur	-	-
	Multiple Vitamin	-	-
7:00 am	8 oz Water	0	0
	2 Egg Whites (large) (Cooked with Pam Spray)	1	50
12:00 noon	Calcium Supplement	-	-
	1 Diet Soda	-	1
	6 oz Grilled Chicken	6	300
3:00 pm	1 Diet Soda	-	1
5:00 pm	1/8 Head of Lettuce with Vinegar	-	1
	1 Diet Soda	-	1
	Calcium Supplement	-	-
6:30 pm	5 oz Grilled Hamburger	5	375
	1/8 Head of Lettuce with Vinegar	-	1
	12 oz Water	-	-
9:00 pm	4 oz Low Fat Cottage Cheese	2	100
	14 oz Water	-	-
TOTAL:		14 OUNCES PROTEIN	730 CALORIES

Drink at least two quarts of non caloric liquid each day.

**Protein Sparing Modified Fast
Sample Menu
Week 2 -- Onward**

This is a sample menu of a 14 ounce cooked (16 ounces before cooking) protein sparing modified fast. Please refer to the *Basic Diet Guidelines* handout for a list of other acceptable foods and their calorie value.

TIME	FOOD	CARBO GRAMS	PROTEIN OUNCES	CALORIES
6:30 am	8 oz Water	0	0	0
	1 K-Dur	-	-	-
	Multiple Vitamin	-	-	-
7:00 am	8 oz Water	-	0	0
	2 Egg Whites (large) (Cooked with Pam Spray)	-	1	50
	1 Tbsp Onion	1	0	4
	½ cup Mushrooms	2	0	8
12:00 noon	Calcium Supplement	-	-	-
	1 Diet Soda	-	-	1
	6 oz Grilled Chicken	-	6	300
	½ cup Cauliflower	3	0	25
3:00 pm	1 Diet Soda	-	-	1
5:00 pm	½ cup Raw Cucumber	2	-	8
	1 Diet Soda	-	-	1
	Calcium Supplement	-	-	-
6:30 pm	5 oz Grilled Hamburger	-	5	375
	½ cup Cooked Spinach	4	-	25
	12 oz Water	-	-	-
9:00 pm	4 oz Low Fat Cottage Cheese	-	2	100
	14 oz Water	-	-	-
TOTAL:		12 GRAMS CARBO	14 OUNCES PROTEIN	898 CALORIES

Drink at least two quarts of non caloric liquid each day.

Protein Sparing Modified Fast
12 Gram Carbohydrate
Sample Menu

Stir Fry

- ½ cup cooked bamboo shoots
- ½ cup cooked broccoli
- ½ cup cooked eggplant
- ½ cup raw alfalfa sprouts

Stir fry with water.

12 grams of carbohydrate

OR

Spinach Salad

- ½ cup raw spinach
- ½ cup raw cucumber
- ½ cup raw broccoli
- 4 raw radishes
- ½ cup raw alfalfa sprouts
- ½ cup raw Chinese cabbage
- 1 clove garlic – raw
- ½ cup raw zucchini

12 grams of carbohydrate

OR

LUNCH:

- ½ cup green beans (cooked)
- ½ cup cooked summer squash

DINNER:

- ½ cup chopped mustard greens (boiled)
- 2 Tbsp raw onion

12 grams of carbohydrate

Protein Sparing Modified Fast Vegetable Guidelines

Carbohydrate Allowance: 10 – 12 grams per day

<p><u>1 gram of carbohydrate</u></p> <p>½ cup Chinese cabbage – raw 1 clove of garlic – raw ½ cup spinach – raw 4 radishes – raw 1 Tbsp onion – raw ½ cup alfalfa sprouts – raw</p>	<p><u>3 grams of carbohydrate</u></p> <p>½ cup broccoli – raw ½ cup cauliflower – raw/cooked ½ cup eggplant – raw/cooked ½ cup sweet peppers – raw/cooked ½ cup summer squash – raw ½ cup turnip greens – raw</p>
<p><u>2 grams of carbohydrate</u></p> <p>½ cup green cabbage – raw 1 (7 ½”) celery stick ½ cup cucumber – raw ½ cup mushrooms – raw ½ cup chopped mustard greens – boiled ½ cup zucchini – raw</p>	<p><u>4 grams of carbohydrate</u></p> <p>½ cup asparagus – boiled ½ cup bamboo shoots – raw/cooked ½ cup broccoli – cooked ½ cup cabbage – cooked ½ cup kale – boiled ½ cup mushrooms – boiled ½ cup spinach – boiled ½ cup summer squash – cooked ½ cup zucchini – cooked ½ cup green/yellow beans – cooked</p>

Recipe Ideas for **Protein Sparing Modified Fast**

Vegetable Omelet

CALORIES: 70
PROTEIN: 2 Ounces
CARBOHYDRATE: 4 Grams

½ cup egg substitute
2 Tbsp minced onions
½ cup mushrooms
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with the spray. Cook on medium heat for 8 – 12 minutes.

Cheese and Scallion Omelet

CALORIES: 110
PROTEIN: 3 Ounces
CARBOHYDRATE: 4 Grams

½ cup egg substitute
2 Tbsp scallions
1 oz low fat cheese
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with the spray. Cook on medium heat for 8 – 12 minutes.

Tuna Salad

CALORIES: 272
PROTEIN: 6 Ounces
CARBOHYDRATE: 5 Grams

6 oz tuna – packed in water
2 cups lettuce – shredded
½ small tomato (3 oz) – diced

Mix all ingredients together. Season with vinegar and spices.

Chicken Tomato

CALORIES: 328

PROTEIN: 6 Ounces

CARBOHYDRATE: 7 Grams

6 oz boneless skinless chicken breast

¼ cup tomato juice

½ cup broccoli

Place chicken and broccoli in casserole dish. Pour tomato juice over both. Season with spices. Bake at 350° for 35 minutes.

Fish and Spinach

CALORIES: 162

PROTEIN: 6 Ounces

CARBOHYDRATE: 4 Grams

6 oz fish of your choice

2 cups raw spinach

Place fish and spinach in a casserole dish. Pour broth and lemon juice mixture over both. Season with spices. Bake at 350° for 35 minutes.

Preparation Guidelines

Lightly salt all food, if desired.

All foods must be weighed and measured accurately.

Recommended daily calorie total should range between 600 – 800 calories.

Keep a daily food diary which includes: food choices, amounts, calories, protein ounces, and carbohydrate grams.

Marinade Recipes

<p><u>For Poultry</u></p> <p> $\frac{3}{4}$ cup wine vinegar 3 Tbsp lemon juice 1 medium onion, minced 1 clove garlic, crushed $\frac{1}{4}$ cup chopped parsley 1 bay leaf $\frac{1}{8}$ tsp thyme $\frac{1}{8}$ tsp tarragon 2 tsp salt $\frac{1}{2}$ tsp pepper </p>	<p><u>For Fish</u></p> <p> 3 tbsp vermouth or dry white wine 1 $\frac{1}{2}$ tsp lemon juice $\frac{1}{2}$ tsp salt $\frac{1}{2}$ tsp oregano 1 clove garlic, minced $\frac{1}{2}$ tsp pepper </p>
<p> 1 cup chicken broth 2 Tbsp dry white wine $\frac{1}{4}$ tsp celery seeds 2 tsp oregano pepper to taste </p>	<p><u>For Beef</u></p> <p> 2 small onions $\frac{1}{4}$ cup lemon juice $\frac{1}{2}$ cup wine vinegar $\frac{1}{4}$ cup soy sauce 1 Tbsp Worcestershire sauce 1 clove garlic, minced 1 tsp salt pepper to taste </p>

Vegetable Herb & Spice Guide

VEGETABLE	APPROPRIATE HERB OR SPICE
Asparagus	Mustard seed, tarragon, lemon juice, garlic, onion, vinegar
Broccoli	Caraway seed, dill, mustard seed, tarragon
Brussels sprouts	Basil, caraway seed, dill, mustard seed, sage, thyme
Cabbage	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, tarragon
Carrots	Allspice, bay leaves, caraway seed, dill, ginger, mace, marjoram, mint, nutmeg, thyme
Cauliflower	Caraway seed, dill, mace, tarragon
Cucumbers	Basil, dill, mint, tarragon, chives, garlic, vinegar
Eggplant	Marjoram, oregano
Green salads	Basil, chives, dill, tarragon
Green or wax beans	Basil, dill, marjoram, mint, mustard seed, thyme, oregano, savory, tarragon, lemon juice, nutmeg
Mushrooms	Sage, oregano, paprika, pepper, garlic
Onions	Caraway seed, mustard seed, nutmeg, oregano
Spinach	Basil, mace, marjoram, nutmeg, oregano
Summer squash	Oregano, tarragon, basil
Tomatoes	Basil, bay leaves, celery seed, oregano, sage, tarragon, thyme, marjoram
Zucchini	Oregano, tarragon, basil