

## **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 sauces or gravies added, or fats, except where indicated*). *Organic is always preferred, when possible.*

- **Very Lean Protein:** *25 Calories per ounce*
  - FISH: (white) haddock, sole, flounder, cod, scrod
  - SHELLFISH: (use sparingly as they may contain small amounts of carbohydrates) shrimp, lobster, clams, crab, scallops
  - COTTAGE CHEESE: plain or with chives, “low fat” or “non-fat” (2 ounces = 1 ounce protein)
  - EGGS: whites only (2 large egg whites = 1 ounce protein)
  
- **Lean Protein:** *50 Calories per ounce*
  - FISH: 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)
  - EGG SUBSTITUTES: ¼ cup = 1 ounce protein
  
- **Moderate Fat Protein:** *75 Calories per ounce*
  - HAMBURGER (extra lean and lean grades) and GROUND CHICKEN or TURKEY
  - BEEF: chuck, flank, tenderloin, rump, and round
  - PORK: well-trimmed tenderloin, ham
  - LAMB: lean cuts only
  - CHEESE: those labeled “low fat” (note: these are often high in sodium).
  - Note: 2 oz. grated Parmesan = 1 oz. protein; for all other cheeses, 1 oz. = 1 oz.
  - EGGS: 1 whole egg = 1 ounce protein

\*\*\*\*\***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*

MEAT: prime rib, sausage, hot dogs, bologna, salami, pepperoni, mortadella, spare ribs, short ribs, kielbasa, paté

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

**Fluids Allowed:**

- **Unlimited:** Water (tap, spring, mineral, seltzer or soda water), decaffeinated beverages, such as black coffee, green or black tea, herbal teas. (Limit caffeinated beverages; see below)
- **Limited:** Diet soda (limit to 2 cans or 24 ounces per day), regular black coffee or tea (limit to one cup/day due to caffeine 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, alcoholic beverages, 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. 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. The protein sparing modified fast is a very low carbohydrate, generally low caloric diet. Total calories will depend on the amount and type of protein allowed in the diet, but in general, total caloric content will vary between 600-1000 calories/day.

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

**Supplements:**

- **Calcium Supplement:** \_\_\_\_\_
- **Multivitamin/Mineral:** \_\_\_\_\_
- **Potassium Supplement:** (as prescribed by physician) \_\_\_\_\_

**Ketones:** Check your urine for ketones using Ketostix (available at the drug store). The diet is working if this test shows ketones in your urine.

**Additional Items Allowed:**

- 1 tsp. olive or flax oil daily to dress vegetables
- ¼ head of lettuce with lemon juice or vinegar and oil as above
- non-stick cooking spray (PAM or Mazola No-Stick, any flavor)
- artificial sweeteners (Stevia, Sweet N'Low, Equal [aspartame], saccharin)
- sugar-free gum or mints (up to 5 pieces per day)
- soy sauce

### **Food Preparation Guidelines**

- Lightly salt all food, if desired.
- All foods must be weighed and measured accurately.
- Keep a daily food diary which includes: food choices, amounts, protein ounces, and carbohydrate grams.
- Steam foods in water or cook with non-stick spray.

## Protein Sparing Modified Fast Sample Menu

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. If you are allowed additional protein or carbohydrate, please increase serving sizes where appropriate.

<b>TIME</b>	<b>FOOD</b>	<b>CARB. GRAMS</b>	<b>PROTEIN OUNCES</b>	<b>CALORIES</b>
Upon rising	8 oz. water, multiple vitamin			
	Prescription potassium supplement			
	Omelet with 2 (large) whole eggs (OR 2 whites and 1 whole egg), and 1 oz. diced ham, ¼ cup steamed spinach and 2 cherry tomatoes, or other allowable veggies (or see cheese and scallion omelet recipe on page 7)	3	3	135
	Herbal tea or decaf coffee or tea			0
Mid morning	Herbal tea or decaf coffee, 8 oz. water			0
Lunch	5 oz. broiled shrimp, sole, or flounder		5	125
	½ cup steamed asparagus, cauliflower, or broccoli, or other allowable veggies	4		16
	1 diet soda or herbal tea			
	Calcium supplement, 12 oz. water			
Mid afternoon	Decaf coffee, diet soda, or herbal tea, 8 oz. water			
	1/8 head of lettuce topped with vinegar, 2 sliced radishes, 1 chopped scallion, and 6 slices cucumber or other allowable veggies	2		8
Supper	4 oz. grilled salmon, swordfish, or lean hamburger	3	4	435
	1/8 head of lettuce with vinegar and 1 tsp. oil (or 1 Tbsp. salad dressing, see recipe on page 7) with ¼ cup chopped peppers and ¼ cup mung bean sprouts or your choice of other allowable veggies			
	Calcium supplement, 12 oz. water			
Snack	4 oz. low fat cottage cheese		2	100
	12 oz. water or herbal tea			
<b>TOTAL:</b>		<b>12 gms CARB.</b>	<b>14 oz. PROTEIN</b>	<b>819 CALORIES</b>

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

## Protein Sparing Modified Fast Sample Menu

<b>TIME</b>	<b>FOOD</b>	<b>CARB. GRAMS</b>	<b>PROTEIN OUNCES</b>	<b>CALORIES</b>
Upon rising	8 oz. water, multiple vitamin			
	Prescription potassium supplement			
	Omelet with 2 egg whites (large), and 1 whole egg, 1 Tbsp. onion and ½ cup mushrooms, or other allowable veggies from list. Cook with Pam spray.	3	2	133
	Herbal tea or decaf coffee or tea			0
Mid morning	Herbal tea or decaf coffee, 12 oz. water			0
Lunch	5 oz. roast turkey or chicken		5	250
	½ cup steamed green beans, or other allowable veggies (or see recipe on page 8 for chicken and broccoli)	4		12
	1 diet soda or herbal tea			0
	Calcium supplement, 12 oz. water			
Mid afternoon	Decaf coffee or herbal tea, 8 oz. water			0
	1/8 head of lettuce with vinegar, 2 sliced radishes, 1 chopped scallion, and 6 slices cucumber or other allowable veggies from list	2		8
Supper	5 oz. grilled tuna, cod, or halibut		5	125-250
	1/8 head of lettuce, ¾ cup watercress, and ½ cup raw spinach with vinegar and 1 tsp. oil, (or 1 Tbsp. Salad dressing, see recipe on page 7) or substitute other allowable veggies from list	3		57
	Calcium supplement, 8 oz. water			
	1 diet soda or herbal tea			0
Snack	4 oz. low fat cottage cheese		2	100
	12 oz. water or herbal tea			0
<b>TOTAL:</b>		<b>12 gms CARB</b>	<b>14 ounces Protein</b>	<b>685-810 CALORIES</b>

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

## Protein Sparing Modified Fast Sample Menu

<b>TIME</b>	<b>FOOD</b>	<b>CARB. GRAMS</b>	<b>PROTEIN OUNCES</b>	<b>CALORIES</b>
Upon rising	8 oz. water, multiple vitamin			
	Prescription potassium supplement			
	4 oz. low fat cottage cheese, mixed with		2	100
	1 chopped scallion and 6 slices cucumber	2		10
	Herbal tea or decaf coffee or tea			0
Mid morning	Herbal tea or decaf coffee, 8 oz. water			0
Lunch	Tuna or salmon salad (recipe page 8)	5	5	315
	1 diet soda or herbal tea			0
	Calcium supplement, 8 oz. water			0
Mid afternoon	Decaf coffee or herbal tea, 12 oz. water			
	1/8 head of lettuce with vinegar, 2 sliced radishes, 1 chopped scallion, and 6 slices cucumber or other allowable veggies from list	2		8
Supper	5 oz. grilled turkey burger or lean roast lamb		5	250
	1/8 head of lettuce with vinegar and 1 tsp. flax or olive oil, (or 1 Tbsp. salad dressing, see recipe on page 7), and 1/2 cup chopped peppers	3		60
	Calcium supplement, 8 oz. water			
	1 diet soda or herbal tea			0
snack	1 hard boiled egg and 1 oz. non fat cheese		2	125
	12 oz. water			
<b>TOTAL:</b>		<b>12 grams CARB</b>	<b>14 ounces PROTEIN</b>	<b>868 CALORIES</b>

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

## Protein Sparing Modified Fast Recipe Ideas

### Vegetable Omelet

½ cup egg substitute OR 2 egg whites and 1 whole egg  
2 Tbsp. minced onions  
½ cup mushrooms  
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with non-stick spray. Cook on medium heat for 5 – 7 minutes.

**Total:** 3 grams of carbohydrate and 2 ounces of protein

### Cheese, Zucchini, and Scallion Omelet

½ cup egg substitute OR 2 egg whites and 1 whole egg  
3 scallions, chopped  
½ cup diced zucchini  
1 oz. low fat cheese, shredded  
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with non-stick spray. Cook on medium heat for 5 – 7 minutes.

**Total:** 3 grams of carbohydrate and 3 ounces of protein

### Salad Dressing (serving = 1 Tbsp.)

½ cup olive oil (or ¼ cup each flax and olive oils)  
4 Tbsp. balsamic vinegar (any vinegar is fine but this has the richest flavor)  
2-3 Tbsp. water  
1 tsp. dry mustard  
1 clove fresh garlic (use either whole piece for flavor or crushed for a stronger taste)  
Salt and pepper to taste  
Oregano, basil, parsley, tarragon or any herbs of your liking, fresh or dried (oregano and basil are typical of Italian dressings)

Put vinegar, water, and mustard in a jar that has a secure lid and shake well to thoroughly dissolve mustard. Then add oil and remaining ingredients and shake well again.

Store in refrigerator and shake well before using. It will harden when refrigerated and will need 5-10 minutes at room temperature to re-liquefy. (Amounts are approximate- You may wish to use more or less of certain ingredients to your personal taste).

**Total:** 0 grams of carbohydrate and protein



### **Greek Salad**

4 cherry tomatoes cut in half  
¼ cup diced red or green pepper  
6 slices cucumber  
1 slice red onion, separated into rings  
1 minced garlic clove  
Fresh or dried dill and parsley  
1 oz. grated low fat cheese or 2 oz. grated Parmesan  
1 Tbsp. salad dressing (recipe above)

Mix veggies and drizzle dressing over salad, topping with grated cheese.

**Total:** 7 grams of carbohydrate and 1 ounces of protein

### **Veggie Stir Fry**

½ cup cooked bamboo shoots  
½ cup cooked broccoli  
½ cup cooked eggplant  
½ cup shredded Chinese cabbage  
½ cup zucchini

Stir fry with water. Top with olive oil, if desired

**Total:** 12 grams of carbohydrate to divide into meals throughout the day

### **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

Toss with 1 Tbsp. of above salad dressing.

**Total:** 12 grams of carbohydrate to divide into meals throughout the day

Optional: to increase protein, add cheese or chunks of chicken or shrimp if protein allotment allows.

### **Tuna or Salmon Salad**

5 oz. tuna or salmon – packed in water (or use leftovers)  
2 cups lettuce – shredded  
½ small tomato – diced  
1 Tbsp. raw onion – diced  
¼ cup raw cucumber - diced

Mix all ingredients together. Drizzle 1 tsp. olive oil on top (if desired) and season with vinegar and spices. (Or you may use 1 Tbsp. above salad dressing)

**Total:** 5 grams of carbohydrate and 5 ounces of protein

### **Chicken and Broccoli**

5 oz. boneless skinless chicken breast

½ cup broth or consommé

½ cup broccoli

Place chicken and broccoli in casserole dish. Pour broth or consommé over both. Season with spices. Bake, covered, at 350° for 35 minutes.

**Total:** 4 grams of carbohydrate and 5 ounces of protein

### **Fish and Spinach**

5 oz. fish of your choice

2 cups raw spinach

½ lemon

½ cup broth or consommé

Place fish and spinach in a casserole dish. Pour broth or consommé and lemon juice over both. Season with spices of your choice. Bake, covered, at 350° for 35 minutes.

**Total:** 4 grams of carbohydrate and 5 ounces of protein

### **Greek Mushroom Salad** - Servings: 6

1 Tbsp. olive oil

½ pound mushrooms

3 cloves garlic, chopped fine

1 tsp. basil and marjoram

1 medium tomato, diced

3 Tbsp. lemon juice

½ cup water

1 pinch each salt and fresh ground pepper

1 Tbsp. fresh chopped parsley or fresh coriander

Heat the oil on low in a frying pan, and then gently fry the mushrooms for 2-3 minutes. Do not overcook. Sprinkle in garlic and basil, and then toss the mixture for a minute or two so the mushrooms are well coated. Add the tomato, lemon juice, water, salt, and pepper. Stir together and cook until the tomato softens. Remove from heat and let cool. Garnish with chopped herbs.

**Total:** 4 grams of carbohydrate and 1 ounces of protein per serving

### **Egg Drop Soup**

Whip 1 egg in a small bowl. Bring 2 cups chicken broth to a boil. Add a tsp. of olive oil to the boiling broth and a dash or two of soy sauce. Then, add 3 sliced scallions (include 1 inch of green) and 4 snow peas cut into thirds and cook for

a few minutes. Pour the beaten egg into the broth. Turn off heat and keep stirring mixture until egg is cooked.

**Total:** 2 grams of carbohydrate and 1 ounce of protein

Eliminate veggies for a protein-only snack. Add 1-2 oz. diced leftover grilled or stir-fried chicken to increase protein content.

### **Protein Sparing Modified Fast Vegetable Suggestions**

Carbohydrate Allowance: 12 grams per day

<p><b><u>1 gram of carbohydrate</u></b></p> <ul style="list-style-type: none"> <li>½ cup raw, shredded Chinese cabbage</li> <li>1 clove of garlic – raw</li> <li>½ cup spinach – raw</li> <li>4 radishes – raw</li> <li>1 Tbsp. onion – raw</li> <li>3 scallions</li> <li>½ cup alfalfa sprouts – raw</li> <li>¼ cup chopped parsley</li> <li>6 slices cucumber</li> <li>½ cup endive</li> <li>4 snow peas (pea pods)</li> </ul>	<p><b><u>3 grams of carbohydrate</u></b></p> <ul style="list-style-type: none"> <li>½ cup broccoli – raw</li> <li>½ cup cauliflower – raw/cooked</li> <li>½ cup cooked collards</li> <li>½ cup eggplant – raw/cooked</li> <li>½ cup mung bean sprouts</li> <li>¼ cup pumpkin, cooked and mashed</li> <li>½ cup sweet peppers – raw/cooked</li> <li>½ cup summer squash – raw</li> <li>1/3 cup tomato juice</li> <li>4 cherry tomatoes</li> <li>½ small tomato</li> <li>½ cup turnip greens – raw</li> </ul>
<p><b><u>2 grams of carbohydrate</u></b></p> <ul style="list-style-type: none"> <li>½ cup bamboo shoots – raw/cooked</li> <li>¼ cup steamed Chinese cabbage</li> <li>½ cup green or red cabbage – raw</li> <li>1 (7 ½”) celery stick</li> <li>½ cup mushrooms – raw</li> <li>½ cup chopped mustard greens, steamed</li> <li>½ cup zucchini – raw</li> <li>¾ cup watercress</li> </ul>	<p><b><u>4 grams of carbohydrate</u></b></p> <ul style="list-style-type: none"> <li>½ cup (6 spears) asparagus – cooked (steamed)</li> <li>½ cup broccoli – steamed</li> <li>½ cup green or red cabbage – steamed</li> <li>¼ cup leeks, chopped, raw</li> <li>½ cup kale or Swiss chard– steamed</li> <li>½ cup mushrooms – stir-fried in water, or steamed</li> <li>½ cup spinach – steamed</li> <li>½ cup zucchini or summer squash – steamed</li> <li>½ cup green/yellow beans – cooked (steamed)</li> </ul>

## Marinade Recipes

<p><b><u>For Poultry</u></b></p> <p>¾ cup wine vinegar            3 Tbsp. lemon juice            2 tsp. instant minced onion            1 clove garlic, crushed            ¼ cup chopped parsley            1/8 tsp. thyme            ¼ tsp. tarragon            ½ tsp. salt            ½ tsp. pepper</p> <p>Marinate for 1-2 hours and bake at 350 degrees for 30-60 minutes (depends on cut of chicken).</p>	<p><b><u>For Fish</u></b></p> <p>1 ½ Tbsp. lemon juice            1 Tbsp. water            1 tsp. instant minced onion            ½ tsp. powdered mustard            ½ tsp. dried oregano            ½ tsp. dried basil            ¼ tsp. salt            pinch ground black pepper</p> <p>Spoon over fish and bake uncovered at 475 degrees until fish flakes with a fork.</p>
<p><b><u>For Poultry</u></b></p> <p>1 cup chicken broth            2 Tbsp. dry white wine            ¼ tsp. celery seeds            2 tsp. oregano            pepper to taste</p> <p>Marinate for 1-2 hours and bake at 350 degrees for 30-60 minutes (depends on cut of chicken)</p>	<p><b><u>For Fish</u></b></p> <p>3 Tbsp. vermouth or dry white wine            1 ½ Tbsp. lemon juice            ¼ tsp. salt            ½ tsp. oregano            1 clove garlic, minced            ½ tsp. pepper</p> <p>Marinate for 1 hour and bake or broil until flaky.</p>
<p><b><u>For Beef</u></b></p> <p>2 small onions, chopped            ¼ cup lemon juice            ½ cup wine vinegar            ¼ cup soy sauce            1 clove garlic, minced            ¼ tsp. salt            pepper to taste</p> <p>Marinate beef (flank steak or tenderloin) for 2-3 hours and broil until done to your taste.</p>	

## Vegetable Herb & Spice Guide

<b>VEGETABLE</b>	<b>Best combined with</b>
Asparagus	Mustard seed, tarragon, lemon juice, garlic, onion, vinegar
Broccoli	Caraway seed, dill, mustard seed, tarragon
Cabbage	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, tarragon
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, yellow or green (zucchini)	Oregano, tarragon, basil
Tomatoes	Basil, bay leaves, celery seed, oregano, sage, tarragon, thyme, marjoram