



prolon<sup>®</sup>

## Transition Day Meal Guide

Healthy eating suggestions & shopping list.

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# Congratulations on completing your ProLon fast!

The hard work is done, and now it's up to you to maintain your healthy reset. Introducing food to your body on transition day can feel liberating and confusing at the same time. Here are a few tips to help guide you through a successful transition off ProLon.

Remember when introducing food back into your system, you want to keep it light and mostly consume plant-based foods. Keep these tips in mind when deciding what to eat:

- ❖ Limit fruits that are high in sugar – keep sugar lower than 10g per day
- ❖ Limit sugary drinks, refined pasta or bread, and white rice
- ❖ Limit meat, fish, cheese, and other animal products – if you're going to eat animal products, then choose low-mercury fish
- ❖ Try to eat an assortment of vegetables
- ❖ Choose unsweetened coconut or almond milk over milk from animals
- ❖ Choose unsaturated fats (olive oil, nuts, avocados) over saturated fats (butter, lard, fatty pieces of meat, fried foods, some baked goods)

The below recipes and ingredients are just suggestions. If you have dietary restrictions, please discuss diet plans with your doctor. Here are some examples of what to eat on your transition day.



# Breakfast

Many people aren't as hungry as they think they will be on day 6, keeping it light for breakfast is recommended. If you need your caffeine fix, make sure any added creams are dairy-free. Try substituting regular milk with alternative milk, such as almond milk.

## Recipe - Avocado Toast:



Ingredients	1 Serving
Avocado	1/2
Lemon	1 Slice
Whole Wheat Toast	1 Slice
Red Pepper Flakes	Generous pinch
Olive Oil	1/2 tbsp

### **Instructions**

1. Scoop out half an avocado into a medium-sized bowl and mash in the pepper flakes, lemon juice, and olive oil. Try to keep consistency chunky, not smooth.
2. Toast your bread in the toaster or toaster oven.
3. Spread avocado mix on the toast and garnish with excess lemon and pepper flakes.
4. Enjoy!



# Snack

Keep it light! You may or may not be needing a snack throughout your day.

## Fast Bar™

We recommend supplementing with our premium nutrition, Fast Bar™. Fast Bar is high in healthy fats and can help sustain energy throughout the day.

## Trail Mix

If you don't have a Fast Bar on hand, we recommend making your own trail mix. Your trail mix can include:

- Almonds
- Pecans
- Cashews
- Dried blueberries
- Dark chocolate





# Lunch

Although you might be souped out from your 5-day fast, soup is a great option for your stomach on transition day. Enjoy this soup for lunch and save a little for dinner.

## Recipe - Kale & Carrot Soup:

Ingredients	4 Servings	Ingredients cont.	4 Servings
Tuscan Kale	1 cup	Garlic Cloves	5 cloves
Carrots	1 (large)	Lemon Juice	To taste
Celery Stalks	1	Vegetable Broth	4 cups
Chickpeas	7oz. can	Red Pepper	¼ tsp
Mushrooms	½ cup	Black Pepper	¼ tsp
White Onion	½	Turmeric	¼ tsp

### Instructions

1. In a large pot, heat olive oil on medium-high heat and sauté onion, celery and carrots for minutes. Then add mushrooms, garlic, and continue to stir for an additional 3 minutes.
2. Stir in vegetable stock, lemon juice, peppers, turmeric, salt and chickpeas. Cover and turn heat to simmer for 15 minutes.
3. Add kale and simmer for an additional 3-5 minutes.
4. Garnish your bowl of soup with a slice of lemon and added pepper flakes if you want to spice things up.
5. Enjoy!





# Dinner

Remember to listen to your body and eat as tolerated. Today is a day to take it slow and controlled as you shift out of fasting mode and into the re-feeding phase.

Note: If you don't enjoy walnuts, substitute the nuts for an avocado on top of the vegetables.

## Recipe - Roasted Vegetables With Walnuts:



Ingredients	3 Servings
Orange Bell Pepper	½ small bell pepper cut into cubes
Red Bell Pepper	½ small bell pepper cut into cubes
Garlic	2 cloves, minced
Portabella Mushrooms	2oz, cut in halves
Red Onion	¼ red onion cut into cubes
Zucchini	1, sliced thick
Summer Squash	½, sliced thick
Fresh Basil	1 tbsp, snipped
Walnuts	¼ cup, chopped
Olive Oil	1 ½ tsp
Balsamic Vinegar	1 tsp
Sea Salt	1/8 tsp
Sea Salt	1 tsp
Olive Oil	1 tbsp

### Instructions

1. Preheat oven to 400°F. Mix bell peppers, onion and mushrooms into a large bowl with olive oil and salt. Once all veggies are fully covered with oil, place vegetables on a large baking sheet. Make sure vegetables are not overlapping. Cook for 8-10 minutes.
2. Add zucchini, yellow squash and garlic, and stir lightly onto the sheet. Add walnuts to the vegetables and cook for 5-10 minutes or until vegetables are crisp and walnuts are toasted.
3. Drizzle with balsamic vinegar and toss all the vegetables. Sprinkle lightly with basil. Optional: add fresh avocado on top.
4. Enjoy!



# ProLon® Longevity Diet Shopping List

If you are looking for a more general shopping guide, we've got you covered. Below is a list of shopping items to pick up to follow the guidelines of the Longevity Diet.

## Plants

White	Leeks, Garlic, Onion, Cauliflower, Mushrooms
Red	Beets, Red Peppers, Organic Strawberries, Cranberries
Yellow & Orange	Butternut Squash, Carrots, Yellow Peppers, Pumpkin, Lemons, Sweet Potatoes
Green	Broccoli, Kale, Bok Choy, Cabbage, Brussel Sprouts, Cucumbers, Celery, Green Peppers, Zucchini, Avocado, Olives, Lime
Blue & Purple	Purple Cabbage, Eggplant, Organic Blueberries, Black Berries

## Fresh herbs & seasoning

Basil	Fenugreek
Thyme	Sea Salt
Bay leaves	Saffron
Turmeric	Paprika
Black pepper	Cayenne
Ginger	

## Pantry Items

Olive oil	Macadamia nuts
Apple Cider Vinegar	Legumes
Cashews	Pumpkin seeds
Almonds	Pecans
Walnuts	Quinoa
Steel cut oats	Brown rice

## Refrigerated

Almond milk  
Coconut milk  
Cashew milk  
Hummus

## Seafood

Wild Caught Salmon  
Sardines  
Cod

Mixing and matching these healthy ingredients in reasonable portions for your metabolic needs are a great way to support your overall healthy eating plan between ProLon cycles.

