



**EMPIRICAL**  
**WELLNESS**

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## **What to expect**

**Day 1** - You should feel pretty good. Day 1 is designed to ease you into the protocol

**Day 2 & 3** - You will feel a little hungry. These 2 days are the worst. Your body is transitioning from primarily burning food for fuel and gearing up for autophagy.

**Day 4** - You feel great! Or at least pretty good. Your body is in full autophagy and you shouldn't feel hungry anymore. You might even feel a boost in energy.

**Day 5** - You still feel good and not too hungry. Autophagy is still doing its job. You may get tired on day 5, depending on how much body fat you have available to burn.

**Rinse and Repeat for 2 more months** to get the full fasting mimicking protocol effect.



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## **Here are some tips to keep in mind**

1. Purchase your food 1 - 2 weeks ahead of time, to make sure you get everything you need for the fast. I would hate for shipping issues to hold you back.

2. I've suggested days and times to eat certain foods, take them as suggestions. I would stick to the food, but you can eat that food whenever you want during the day. If you want soup for breakfast and hot cereal for dinner, go for it. Maybe you want to save your guacamole packets for at night, feel free. Just don't add more food to any other day, you will get too many calories and you will counteract your body's transition into autophagy.

3. Salt everything! Salt is your friend, along with water. Make sure you are using a good mineral salt (Himalayan Pink, French Grey Salt, Redmond's Real Salt). Every nerve in your body conducts electricity through the exchange of sodium and potassium, you will get headaches, muscle aches and feel like garbage if you are not getting enough salt and other electrolytes.

4. Keep drinking water. As your body breaks down damaged proteins, cells, mitochondria and fat, it will release toxins into circulation that must be excreted. Autophagy will stress your liver, kidneys and digestive system during this process. Water is the key to making everything work as it should.



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5. Supplements will not negatively impact your fast, (except for branch chain amino acids). If you have vitamins, just take them, you will be fine.

6. Maybe only go 3 - 4 days if you are underweight. If you don't have enough resources to support a prolonged fast, you will feel exhausted by day 5. In contrast, someone with more fat to burn might feel energized and like they could go on for 5 more days.

7. Don't go longer than 5 days. If you are at a higher body fat percentage, you may have noticed positive changes you haven't seen before and thought "If 5 days are good, I'll go 7 or maybe 10". That is a mistake, this is not a way of life, it's a short window in which your body can clean up and repair itself. Fast for too long and the autophagy process will break down healthy tissue. Remember, you can/will do this for 2 more months to maximize benefits.

8. When you finish day 5, don't hit the buffet on day 6. You want to eat light meals for day 6 & 7 to let your body readjust to food. After day 7, you should be good. The re-feeding process is where the real magic happens, this is when your body rebuilds itself after getting rid of all the damaged cellular junk.



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**9.** Keep a journal of how you feel during this 5-day process and how you feel 2 days after. Do this for each of the 3 months you perform this protocol, so the next time you fast, you can make adjustments.

**10.** Limit exercise during this 5-day period. Your body will be under stress and you will not have the glycogen reserves necessary to perform strenuous activity. Instead, you will activate stress response and prevent yourself from getting the full benefit of the fast. Take a few long walks or multiple short walks throughout your day, this will be enough to keep your metabolism active. The maximum of exercise you could perform would be low-impact jogging or biking. Don't worry! Even without strenuous exercise, your body is doing a lot during this 5-day period, just let it do its job.



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## Do it yourself ratios

### Macros and Calorie Requirements

#### Day 1

Calories: 4.5 - 7 cal/lb body weight

Protein: 10%

Carbohydrates: 34%

Fat: 56%

#### Days 2 - 5

Calories: 3 - 5 cal/lb body weight

Protein: 9%

Carbohydrates: 47%

Fat: 44%

#### Calories per macro

Fat: 9

Carb: 4

Protein: 4

**Note:** On the spreadsheet below I keep the carbohydrates and protein somewhat lower and increase the fat to make this protocol keto friendly and allergen friendly. The requirements of the fasting mimicking protocol are that protein and carbohydrates are kept low enough to not stimulate IGF1 and mTOR growth signals. Autophagy occurs in the absence of growth signals.



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Input your weight below for calculations								
Weight	150 lbs							
Day 1	7 cal/lb body weight (FMD study - 4.5 - 7 cal/lb body weight)							
Days 2-5	5 cal/lb body weight (FMD study - 3 - 5 cal/lb body weight)							
	Protein (%)	Protein (g)	Fat (%)	Fat (g)	Carbs (%)	Carbs (g)	Tot Calories	
Day 1	0.1	26.25	0.56	65.333	0.34	89.25	1050	
Days 2-5	0.09	16.875	0.44	36.67	0.47	88.125	750	
Calories per macro	Note: Add 1 Tbsp of coconut oil to which ever meal you wish.							
Fat	9							
Carb	4							
Protein	4							
Day 1	Calories	Fat	Carbohydrates	Protein	Calories	Percentages		
Mush Cocoa	25	1	4	0	Fat	486	47.79	
Hot Cereal	190	6	8	5	Carb	252	24.78	
Kale Chips	242	2	26	10	Protein	92	9.05	
Guac	100	9	5	1				
Almonds	100	9	3	4				
Imagine Mushroom Soup	140	5	12	2				
Guac	100	9	5	1				
Gynostema	0	0	0	0				
1 Tbsp Coconut Oil	120	13	0	0				
Totals	1017	54	63	23				
Day 2	Calories	Fat	Carbohydrates	Protein	Calories	Percentages		
Mush Cocoa	25	1	4	0	Fat	432	53.01	
Hot Cereal	190	6	8	5	Carb	188	23.07	
Guac	100	9	5	1	Protein	56	6.87	
Pistachios	120	10	6	5				
Imagine Creamy Tomato Soup	160	1	17	2				
Guac	100	9	5	1				
Gynostema	0	0	0	0				
1 Tbsp Coconut Oil	120	13	0	0				
Totals	815	49	45	14				
Day 3	Calories	Fat	Carbohydrates	Protein	Calories	Percentages		
Mush Cocoa	25	1	4	0	Fat	468	60.39	
Hot Cereal	190	6	8	5	Carb	148	19.10	
Guac	100	9	5	1	Protein	52	6.71	
Almonds	100	9	3	4				
Imagine Mushroom Soup	140	5	12	2				
Guac	100	9	5	1				
Gynostema	0	0	0	0				
1 Tbsp Coconut Oil	120	13	0	0				
Totals	775	52	37	13				
Day 4	Calories	Fat	Carbohydrates	Protein	Calories	Percentages		
Mush Cocoa	25	1	4	0	Fat	432	53.01	
Hot Cereal	190	6	8	5	Carb	188	23.07	
Guac	100	9	5	1	Protein	56	6.87	
Pistachios	120	10	6	5				
Imagine Creamy Tomato Soup	160	1	17	2				
Guac	100	9	5	1				
Gynostema	0	0	0	0				
1 Tbsp Coconut Oil	120	13	0	0				
Totals	815	49	45	14				
Day 5	Calories	Fat	Carbohydrates	Protein	Calories	Percentages		
Mush Cocoa	25	1	4	0	Fat	468	60.39	
Hot Cereal	190	6	8	5	Carb	148	19.10	
Guac	100	9	5	1	Protein	52	6.71	
Almonds	100	9	3	4				
Imagine Mushroom Soup	140	5	12	2				
Guac	100	9	5	1				
Gynostema	0	0	0	0				
1 Tbsp Coconut Oil	120	13	0	0				
Totals	775	52	37	13				
Shopping lists								
Mush Cocoa	1 box							
Hot Cereal	1 bag							
Kale Chips	1 bag							
Guac	10							
Pistachios	2							
Almonds	3							
Imagine Creamy Mushroom Soup	2 boxes							
Imagine Creamy Tomato Soup	1 Box							
Gynostema	1 box							