

Protein-Sparing Modified Fast (PSMF) Guidelines

ALLOWED FOODS (EAT AS MUCH AS YOU ARE HUNGRY FOR):

- Lean red meat: all lean cuts of beef (no ribs and rib eye), veal, buffalo, venison, ostrich
- Organ meats: liver, kidneys, heart, tongue
- All poultry, except duck and goose (but without skin)
- Lean pork
- All fish: fatty, lean, white, oily, raw, or cooked
- All shellfish
- Eggs
- Nonfat dairy products (if tolerated)
- Non-starchy vegetables, raw or cooked ([see list here](#))
- Extras: coffee, tea, vinegar, natural flavorings, spices, herbs, pickles, sauerkraut, lemon, salt, mustard (gluten-free)

OTHER GUIDELINES:

- Eat at least one pound of fatty fish per week (salmon, sardines, mackerel, herring) to ensure adequate omega-3 intake
- Also take one teaspoon per day of either extra virgin cod liver oil (EVCLLO) or one teaspoon per day or four capsules per day of Green Pastures Fermented Cod Liver Oil/Butter Oil blend for fat-soluble vitamins and additional EPA/DHA
- Drink one to two liters of water each day
- If constipation is a problem, take a prebiotic like Biotagen from Klaire Labs. Start at a small dose and build up slowly over time, since prebiotics may cause gas and bloating initially.
- Consume fermented vegetables like sauerkraut, kimchi, and sauerruben and/or a probiotic to maintain beneficial gut flora
- If doing PSMF for more than two weeks, I recommend a high-quality multivitamin like Nutrient 950 with Vitamin K.
- Two free meals a week are permitted. This isn't your chance to binge on junk food, but instead to eat a normal amount of carbohydrate and fat during your meal.
- Average weight loss on PSMF is one pound every three to four days; some go faster, some slower
- Do PSMF until target weight is achieved, or four months, whichever comes first. If you notice hypothyroid or adrenal fatigue symptoms, stop.