

Protein-Sparing Fasting-Mimicking Diet

Step 1: Determine Daily Protein Intake - Using this chart, determine your Ideal body weight based on height. This will be how many *grams of protein* you will eat each day during the PSFM diet. It's a 1:1 ratio.

Height	5'	5'1	5'2	5'3	5'4	5'5	5'6	5'7	5'8	5'9	5'10	5'11	6'	6'1	6'2
Ideal weight Male	106-124	112-127	118-130	124-133	130-136	134-139	138-143	142-147	146-153	151-159	155-165	158-171	161-177	164-183	167-189
Ideal weight Female	100-117	105-120	110-123	115-126	120-129	125-132	129-135	133-138	136-141	140-146	144-151	147-156	148-176	149-182	

**Note: Weight is in pounds. I like to select somewhere in the middle of the range for your protein target but no less than the lowest number for your range.*

Step 2: Calculate Calories from Fat Intake - Calculate how many calories you'll be consuming from protein and subtract it from the PSFM diet range of 500-800kcal/day. This gives you the number of calories you will eat from fats.

- protein Ideal weight x 4kcal/g = kcal from protein
- 500kcal - kcal from protein & 800kcal - kcal from protein = range of kcal from fat.
- e.g. 120g x 4kcal/g = 480kcal | 500-480 = 20kcal |
- 800-480 = 320kcal





Step 3: Determine Fat Intake in Grams of Fat - Daily fat intake is calculated by using the calorie range from the previous equation.

- 1 gram of fat is equal to 9 calories. Divide 9kcal into the fat kcal ranges calculated above.
- e.g. $20\text{kcal}/9 = 2\text{g of fat}$ | $320\text{kcal}/9 = 35\text{g of fat}$.
- Daily fat intake range is 2-35g.

Step 3: Follow this caloric intake range for 4 days -Follow the PSFM diet cycle outlined below.

- Eat your determined PSFM diet protein:fat ratios for 4 days.
- Eat your normal-caloric diet for 9 days.
- Repeat this cycle for 6-8 weeks.