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 fats, sauces or gravies added):*

Very Lean Protein: *25 calories per ounce*
FISH: (white) haddock, sole, flounder, cod, scrod
SHELLFISH: shrimp, lobster, clams, mussels, scallops
COTTAGE CHEESE: plain or with chives

Lean Protein: *50 calories per ounce*
FISH: (dark) 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)
EGGS: whites only (2 large egg whites = 1 ounce protein)
EGG SUBSTITUTES: ¼ cup = 1 ounce protein

Moderate Fat Protein: *75 calories per ounce*
HAMBURGER & GROUND POULTRY: extra lean and lean grades
BEEF: chuck, flank, tenderloin, rump, round
PORK: well trimmed tenderloin, ham
CHEESE: those labeled "low fat" (note: these are often high in sodium)
EGGS: 1 whole egg = 1 ounce protein (limit 2 per week/high in cholesterol)

*******DO <u>NOT</u> 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*
MEATS: prime rib, sausage, hot dogs, bologna, salami, pepperoni, mortadella, spare ribs, short ribs, kielbasa, pate

Protein Sparing Modified Fast
Vegetable Guidelines

Carbohydrate Allowance: 10 – 12 grams per day

<u>1 gram of carbohydrate</u> ½ cup Chinese cabbage – raw 1 clove of garlic – raw ½ cup spinach – raw 4 radishes – raw 1 Tbsp onion – raw ½ cup alfalfa sprouts – raw	<u>3 grams of carbohydrate</u> ½ cup broccoli – raw ½ cup cauliflower – raw/cooked ½ cup eggplant – raw/cooked ½ cup sweet peppers – raw/cooked ½ cup summer squash – raw ½ cup turnip greens – raw
<u>2 grams of carbohydrate</u> ½ cup green cabbage – raw 1 (7 ½") celery stick ½ cup cucumber – raw ½ cup mushrooms – raw ½ cup chopped mustard greens – boiled ½ cup zucchini – raw	<u>4 grams of carbohydrate</u> ½ cup asparagus – boiled ½ cup bamboo shoots – raw/cooked ½ cup broccoli – cooked ½ cup cabbage – cooked ½ cup kale – boiled ½ cup mushrooms – boiled ½ cup spinach – boiled ½ cup summer squash – cooked ½ cup zucchini – cooked ½ cup green/yellow beans – cooked

Recipe Ideas
for
Protein Sparing Modified Fast

Vegetable Omelet

CALORIES: 70
PROTEIN: 2 Ounces
CARBOHYDRATE: 4 Grams

½ cup egg substitute
2 Tbsp minced onions
½ cup mushrooms
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with the spray. Cook on medium heat for 8 – 12 minutes.

Cheese and Scallion Omelet

CALORIES: 110
PROTEIN: 3 Ounces
CARBOHYDRATE: 4 Grams

½ cup egg substitute
2 Tbsp scallions
1 oz low fat cheese
Non-stick spray

Mix all ingredients. Spray a non-stick frying pan with the spray. Cook on medium heat for 8 – 12 minutes.

Tuna Salad

CALORIES: 272
PROTEIN: 6 Ounces
CARBOHYDRATE: 5 Grams

6 oz tuna – packed in water
2 cups lettuce – shredded
½ small tomato (3 oz) – diced

Mix all ingredients together. Season with vinegar and spices.

Chicken Tomato

CALORIES: 328
PROTEIN: 6 Ounces
CARBOHYDRATE: 7 Grams

6 oz boneless skinless chicken breast
¼ cup tomato juice
½ cup broccoli

Place chicken and broccoli in casserole dish. Pour tomato juice over both. Season with spices. Bake at 350° for 35 minutes.

Fish and Spinach

CALORIES: 162
PROTEIN: 6 Ounces
CARBOHYDRATE: 4 Grams

6 oz fish of your choice
2 cups raw spinach

Place fish and spinach in a casserole dish. Pour broth and lemon juice mixture over both. Season with spices. Bake at 350° for 35 minutes.

Preparation Guidelines

Lightly salt all food, if desired.

All foods must be weighed and measured accurately.

Recommended daily calorie total should range between 600 – 800 calories.

Keep a daily food diary which includes: food choices, amounts, calories, protein ounces, and carbohydrate grams.

Marinade Recipes

For Poultry	For Fish
¾ cup wine vinegar 3 Tbsp lemon juice 1 medium onion, minced 1 clove garlic, crushed ¼ cup chopped parsley 1 bay leaf 1/8 tsp thyme 1/8 tsp tarragon 2 tsp salt ½ tsp pepper	3 tbsp vermouth or dry white wine 1 ½ tbsp lemon juice ½ tsp salt ½ tsp oregano 1 clove garlic, minced ½ tsp pepper
1 cup chicken broth 2 Tbsp dry white wine ¼ tsp celery seeds 2 tsp oregano pepper to taste	**For Beef** 2 small onions ¼ cup lemon juice ½ cup wine vinegar ¼ cup soy sauce 1 Tbsp Worcestershire sauce 1 clove garlic, minced 1 tsp salt pepper to taste

Vegetable Herb & Spice Guide

VEGETABLE	APPROPRIATE HERB OR SPICE
Asparagus	Mustard seed, tarragon, lemon juice, garlic, onion, vinegar
Broccoli	Caraway seed, dill, mustard seed, tarragon
Brussels sprouts	Basil, caraway seed, dill, mustard seed, sage, thyme
Cabbage	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, tarragon
Carrots	Allspice, bay leaves, caraway seed, dill, ginger, mace, marjoram, mint, nutmeg, thyme
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	Oregano, tarragon, basil
Tomatoes	Basil, bay leaves, celery seed, oregano, sage, tarragon, thyme, marjoram
Zucchini	Oregano, tarragon, basil