

PROTEIN SPARING MODIFIED FAST

How to speed up weight loss and break stalls.

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Introduction



WHAT IS A PROTEIN SPARING MODIFIED FAST?

Protein Sparing Modified Fasting (PSMF) is a pattern of eating where you get many of the benefits of fasting (weight loss, improved insulin sensitivity, etc.), without the negatives (loss of lean mass). In a water fast you lose about a third of a pound of lean mass each day of the fast. A 3 day fast during a week results in the loss of a pound of lean mass. Lean mass is not easy to build and we don't want to lose it if we can avoid it.

The idea behind a PSMF is to reduce carbs and fat as much as possible while still hitting your protein goal or even getting a bit more protein than your target. Instead of 0.8 times your lean mass for your protein goal, you want maybe 1.0 times your lean mass when doing a PSMF. The additional protein makes your body use even more stored fat for fuel, helps break stalls or accelerate weight loss and healing, and helps keep you feeling full, while also giving you the added benefit of the high thermic effect of food with protein, which means that you effectively lose 25 percent of the calories you take.

You also want to get some fat during this type of fast to ensure that you keep your hormones happy and that fat-soluble vitamins (A, D, E, and K) get absorbed. 30 to 50 grams of fat will be enough.

THERMIC EFFECT OF FOOD

Thermic effect of food (TEF) is the amount of energy needed to consume and digest different macro nutrients. Some (protein) require much more energy to be consumed than others (carbs and fat). This means that the total calories consumed will result in different amount of effective calories in the body depending on what macro nutrients were consumed.

This chart shows you the thermic effect of different macro nutrients.

Macro Nutrient	Thermic Effect of Food	Calories Consumed	Effective Calories
<i>Fat</i>	3%	100	97
<i>Carbohydrates</i>	8%	100	92
<i>Protein</i>	25%	100	75



Pure Protein Day

In my first book, *Secrets to a Healthy Metabolism*, I wrote about what I call a "pure protein day." I knew there was a strong thermic effect of food with protein. My guideline for a pure protein day was no carbs (no vegetables, either) and little fat. I was afraid of the backlash from the keto community, so I started calling it a pure protein and fat day. However, now that Craig and I understand the science behind protein-

sparing modified fasts, we know that the pure protein day works, and we were right all along!

A pure protein day maintains muscle while you utilize the fat on your body to generate fuel and ketones. The thermic effect of the protein helps burn calories, too!

I often still eat my keto bread (I originally called it "protein bread") with scrambled eggs or a grassfed beef burger.



This chart shows how protein results in more TEF and less effective calories in the body. This is another of the reasons why PSMF are powerful tools for weight loss and forcing the body to consume more bodyfat for fuel which is fat loss.

PSMF EXAMPLE

PSMF is something we treat a bit like water fasting in that we suggest you do it every once in a while—maybe a couple days a week or as needed to break a stall and increase weight loss.

Let's look at an example. A woman that weighs 170 pounds and has 38 percent body fat means she has 105 pounds of lean mass.

$$170 \times 0.38 = 64.6 \text{ pounds of bodyfat}$$

$$170 - 64.6 = 105.4 \text{ pounds of lean mass}$$

$$105 \times 1.0 \text{ is } 105 \text{ grams of protein}$$

Her macros would be little to no carbs, 105 grams of protein, and about 40 grams of fat.

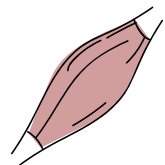
$$40 \text{ grams fat} = 360 \text{ calories (1g fat is 9 calories)}$$

$$360 \text{ minus TEF of } 3\% = 349 \text{ effective calories}$$

$$105 \text{ grams protein} = 420 \text{ calories (1g protein is 4 calories)}$$

$$420 \text{ minus TEF of } 25\% = 315 \text{ effective calories}$$

As you can see, this is like fasting while preserving lean mass because she is only getting about 780 calories, though only about 664 (349+315) of those calories are useful because of the thermic effect of food. She will get enough protein to preserve important lean body mass, but she will have to use a lot of stored fat to fuel her body. This is what makes PSMF such a great tool for accelerating weight loss or breaking a stall.



Being keto adapted before doing PSMF will be very helpful. It is not required but it will make it much easier to do. When you are fully keto adapted (after 4-6 weeks or so) your body will be very efficient at tapping stored bodyfat for fuel. Most of our clients find that PSMF come very easy. The protein is very satiating and they actually stay full throughout the day.

Eight to ten years ago, Maria called this practice a “pure protein day.” Back then, we hadn’t heard of PSMF. We just knew the properties of the thermic effect of food and how our metabolisms worked, so we knew this could be helpful for people to lose weight faster. PSMF is becoming more popular and well-known and is a great tool for improving results.

So give it a try! You will love the results you see.

“

I tried a PSMF (“pure protein day”) today... I had to force myself to hit that protein goal, I just wasn’t hungry. I used the recommendation from Maria’s calculator, and am going to try another one tomorrow... It doesn’t feel at all like “fasting”!

—Jillian



Break "Fast"

French Toast Porridge

NUT
FREE

DAIRY
FREE

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 1

8 large egg whites
2/3 cup unsweetened almond milk
a few drops of [stevia glycerite](#) to taste
4 teaspoon maple extract
1/2 teaspoon fine sea salt
1 teaspoon butter-flavored coconut oil
Sprinkle of ground cinnamon

- 1 In a small bowl, whisk together the egg whites, almond milk, sweetener, extract, and salt.
- 2 In a medium-sized saucepan, melt the oil over medium heat. Add the egg mixture and cook, scraping the bottom with a wooden spoon, until the mixture thickens and starts curdling, about 4 minutes. Use a whisk to help separate the curds.
- 3 Once the curds form and the mixture has thickened, remove from the heat and transfer to a serving bowl. Sprinkle with cinnamon and serve with 1/4 cup unsweetened almond milk if desired.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
195	7g	29g	2g	0.4g

Chicken Breakfast Patties

NUT
FREE

DAIRY
FREE

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 12 (24 total, 2 per)

3 pounds ground chicken or ground turkey

3 teaspoons finely chopped dried sage

2 teaspoons finely chopped dried thyme

1 teaspoon red pepper flakes

½ teaspoon ground nutmeg

1 teaspoon maple extract

¼ teaspoon [stevia glycerite](#)

1½ teaspoons fine sea salt

½ teaspoon fresh ground black pepper

1 teaspoon lard or coconut oil, for frying

- 1 Place all the ingredients and in a large bowl and mix together with your hands until the seasonings are distributed throughout the meat. To check the seasoning, fry up a small dab of the mixture in a skillet over medium heat; taste it and add more seasoning if desired.
- 2 Form the sausage mixture into twenty-four 2-inch patties.
- 3 Refrigerate the sausages for a few hours to allow the flavors to meld.
- 4 Cook within 3 days. Can be frozen for up to a month for easy breakfasts!



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
289	16g	31g	3g	1g

Main Dishes



Broiled White Fish with Tartar Sauce

NUT
FREE

DAIRY
FREE

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 1

2 (6 ounce) fillets cod (or other white fish)
½ teaspoon fine grain sea salt
½ teaspoon smoked paprika
½ teaspoon garlic powder
½ teaspoon fresh ground pepper
½ tablespoons tartar sauce (page 51)

- 1 Preheat broiler.
- 2 Place cod on a cookie sheet with edges. Season fish with salt, paprika, garlic and pepper.
- 3 Place into oven and broil for 10 minutes or until fish flakes easily with a fork and is cooked through. Serve with a sprinkle of lemon juice if desired.
- 4 Store in an airtight container in the refrigerator for up to 3 days. To reheat, place on a rimmed baking sheet in a preheated 375°F oven for 5 minutes or until warmed through.
- 5 Serve with tartar sauce.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
285	10g	43g	3g	1g



Keto Fried Rice with Ground Chicken

NUT
FREE

DAIRY
FREE

Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 4

12 large egg whites
½ cup beef bone broth, homemade or store-bought
2 teaspoons wheat-free tamari, or 3 teaspoons coconut aminos
1 teaspoon fine sea salt
½ teaspoon ground black pepper
1 teaspoon lard or coconut oil
¼ cup diced onions
1 clove garlic, minced
1 pound lean ground turkey or ground chicken
For Garnish (optional):
1 teaspoon crushed red pepper
Thinly sliced scallions

- 1 Place egg whites medium-sized bowl. Add the broth, tamari, salt, and pepper and whisk until well combined.
- 2 In a large skillet over medium heat, place a teaspoon of lard or coconut oil. Add the onions and garlic to the skillet and sauté until the onions are translucent, about 2 minutes. Place the ground turkey to the skillet. Cook for 2 minutes and season well with salt and pepper.
- 3 Pour the egg mixture into the skillet and cook until the mixture thickens and small curds form, while scraping the bottom of the pan and whisking to keep large curds from forming. (A whisk works well for this task.) This will take about 7 minutes.
- 4 Place the “fried rice” on a platter. Garnish with crushed red pepper and scallions, if desired, and serve.
- 5 Store in an airtight container in the refrigerator for up to 3 days. To reheat, place the shrimp fried “rice” in a lightly greased sauté pan over medium heat, stirring often, for 2 minutes or until warmed through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
514	31g	50g	3g	0.2g

Snacks



Keto (Venison) jerky

NUT
FREE

DAIRY
FREE

Prep Time: 5 minutes

Cook Time: 6-8 hours

Servings: 8

1 pound boneless venison or beef loin

MARINADE:

½ cup organic wheat-free tamari

1 tablespoon MCT oil or macadamia nut oil

¼ teaspoon liquid stevia

2 tablespoons lime juice

1 tablespoon grated fresh ginger

1 teaspoon minced garlic

1 teaspoon fine sea salt

- 1 Place the meat in the freezer for 1 hour to make it easier to slice cleanly. Slice the meat across the grain into long strips, 1 inch wide and ⅛ inch thick.
- 2 Combine the marinade ingredients in a large shallow bowl. Submerge the strips of meat in the marinade, cover, and marinate in the fridge for at least 2 hours or overnight. Remove the meat from the marinade and sprinkle with the salt.
- 3 Dehydrator method: Place the strips of meat in a dehydrator, not touching each other, and set the dehydrator to low (170°F).
- 4 Oven method: If you do not have a dehydrator, preheat the oven to 160°F. Place a rimmed baking sheet on the bottom of the oven (or bottom rack) to catch drips. Arrange the strips of marinated meat directly on the middle rack, not touching each other. Alternatively, place a wire rack on a rimmed baking sheet and arrange the strips of meat on the wire rack.
- 5 For both methods: Dehydrate the meat for 6 to 8 hours, until the jerky dries to the desired chewiness. For a chewier jerky, dehydrate for less time.
- 6 Store in an airtight container in the refrigerator for up to 2 weeks or in the freezer for up to a month.



Jerky tastes great and is the ultimate portable food. We often pack it on camping trips. But it is hard to find store-bought jerky that doesn't contain gluten or soy. Thankfully, making homemade jerky is extremely easy; it just takes time to dehydrate. My tip for you is to make a double batch and store it in the freezer.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
114	3g	19g	2g	0g

Sweet Treats



Snow Cones

NUT
FREE

DAIRY
FREE

Prep Time: 2 minutes
Cook Time: 0 minutes
Servings: 1

- 1 Shave ice and place into a cup. Mix the Everly into the water.
Drizzle over ice and enjoy!

1 cup shaved ice
1 tablespoon Everly mix (any flavor)
2 tablespoons water

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
0	0g	0g	0g	0g



Meal Plans



Meal Plan Example

Day 1					Day 2				
Begin Eating Window					Begin Eating Window				
French Toast Porridge					Chicken Breakfast Patties				
Servings:					Servings:				
Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
195	7g	29g	2g	0.4g	289	16g	31g	3g	1g
Snack/Side or Dessert					Snack/Side or Dessert				
Snow Cones					Keto Venison Jerky				
Servings:					Servings:				
Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
0	0g	0g	0g	0g	114	3g	19g	2g	0g
End Eating Window					End Eating Window				
Salt Crusted Fish					Keto Fried Rice with Ground Pork				
Servings:					Servings:				
Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
494	19g	75g	2g	1g	514	31g	50g	3g	0.2g
Day 1 Totals					Day 4 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
689	26g	104g	4g	1.4g	917	50g	100g	8g	1.2g