

# What to Eat While Intermittent Fasting

## Lean proteins



Chicken & Turkey



Fish



Eggs



Legume



Tofu

## Whole Grains



Quinoa



Brown Rice



Oats



Whole Grain Bread



Whole Grain Pasta

## Healthy Fats



Avocados



Nuts



Seeds



Low Fat Cheese



Olive Oil

## Fiber-rich vegetables and fruits



Leafy greens



Sweet potatoes



Berries



Carrots



Broccoli

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# Intermittent Fasting Compare Setup

**Murilo C. Naldi, Reinaldo A. C. Bianchi**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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