



*Fasting through*  
**THE HOLIDAYS**

*Module 3*



# Module 3



# What You Should Eat While Intermittent Fasting

Intermittent fasting, as you probably know, is a type of eating pattern where you go through phases of eating and not eating. Not only do you need to know what you can have during the fasted state, but also how and when to eat when the eating period begins. This module is going to provide you with info for eating both while fasting and not fasting.



## DON'T OVERINDULGE

One of the biggest mistakes people make when following intermittent fasting is that they are counting the hours until they can eat, then they will overeat. The point is not to starve yourself for 20 hours so that you can binge eat for 4 hours. You want to stick to your regular diet, but eat in 2-3 more substantial meals, instead of constantly eating throughout the day. If you are restricting calories, continue to do so, but still stick to nutrient-dense meals. You want that food to fuel your body and sustain you for the next fasting phase.

## TRY NO-CALORIE BEVERAGES

If you are starting out with intermittent fasting, you might not know precisely what "fasting" entails. This does not mean you have absolutely nothing during the fasting window. Instead, you want to stay hydrated, so make sure you have plenty of water and you can try [ZeroLyte](#) or [LMNT](#) which are electrolytes. You can also have no-calorie beverages like tea and coffee. Just be careful about what you add to your coffee. Some people allow themselves a splash of non-dairy creamer in their coffee since

the calories are still extremely low, but try not to depend on that. When in doubt, test don't guess! If something does not make your blood glucose go up 10 points after 30 minutes, it is not considered breaking a fast. [Here is the meter I use.](#)

## STICK TO A HEALTHY DIET

Many people make the mistake of using intermittent fasting as an excuse to eat what they want, then fast, assuming it will balance out and they won't gain weight. This is the absolute wrong mindset to have, plus, you aren't going to obtain all the incredible benefits of intermittent fasting if you choose this method. When you are eating after fasting, ease into it slowly, starting with a normal-sized, healthy meal. Your meals during a shorter eating window should be as nutritious as possible, with lots of vitamins and minerals. Think lean protein, fruits and veggies, grains, nuts, and seeds. You may have one or two larger meals, but if you have gone 16-24 hours without a meal, you don't want that first meal to be riddled with preservatives, sugar, and processed ingredients.

## PROTEIN FIRST

Lean protein should be the star of the show when it comes to meal times. Some great choices include:

- Chicken breast
- Turkey breast
- Lean cuts of beef
- Lean ground beef
- Pork
- Eggs

Choose organic, pasture raised where possible. Aim for about 4 ounces of protein per meal. A good quality food scale really helps with this!

## VEGGIES NEXT

The next priority on your plate should be vegetables! I like to focus largely high fiber, low carb vegetables. They can fill you up and give you terrific nutrition and help with weight loss. In fact, I consider these “free” veggies meaning I eat as many as I want! Some of my favorites include:

- Cabbage
- Mushrooms
- Celery
- Greens
- Cucumbers

Other veggies that I definitely consume but I will limit to about a cup per serving are:

- Cauliflower
- Broccoli
- Asparagus
- Zucchini
- Pumpkin

## FATS

Another important component to a healthy diet is fat, the healthy kind! This includes:

- Olive oil
- Avocado oil
- Avocado
- Olives
- Coconut oil



## FRUIT

Fruits definitely have a place in a healthy diet! I usually stick to 1 or 2 servings of the lower sugar fruits like berries. But, in moderation, fruits can make a wonderful substitute for a dessert. I love making “Ice cream” using a splash of unsweetened almond milk, frozen strawberries and a scoop of stevia!



## COMPLEX CARBOHYDRATES

With an IF lifestyle, many people find they can finally stop counting calories and restricting certain food groups. And, by focusing on the above mentioned food categories, adding in healthy carbohydrates should not be an issue. Some great choices include:

- Brown rice
- Millet
- Quinoa
- Organic potatoes, especially sweet potatoes

Try and avoid heavily processed foods like white breads, commercial potato chips, candies, cookies, and sugar-filled foods.

Remember those “free” veggies and make sure you are getting at least 4 cups of vegetables in per day.