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eBook: BBC Digital ...

Reducing your calorie

intake for a few days

of a week has proven

a simple and effective

means of losing

weight and

maintaining a

healthier lifestyle.

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full of easy and

delicious recipes to

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incredible variety of  
dishes to create your  
perfect fasting day.

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The Happy Foodie  
Intermittent fasting is hugely popular right now and for good reason. It has been shown to help reduce weight and target visceral fat (that fat that sits around our organs like the liver), as well ...

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foods to eat on a  
'fasting day ...

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With every new year  
(and newfound zest  
for improving our  
health) inevitably  
comes a new popular  
diet or fitness trend.  
This year, you may

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have heard of  
something called  
“ intermittent  
fasting ” , or IF.  
Unlike traditional  
diets, IF

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content, from 100  
calories to 350  
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and match the Fasting

incredible variety of dishes to create your perfect fasting day.

From hot broths to sensational salads and hearty hotpots, Good Food: Fasting Day Recipes is guaranteed to have your taste buds watering.

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If you're looking to boost your intermittent fasting weight-loss results, stick with fruits that are lower in sugar than others.

Examples of lower-sugar fruits: Apples, blueberries, strawberries, blackberries, grapes,

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pomegranates,  
oranges, cherries,  
grapefruit, apricots,  
peaches, prunes,  
oranges, and kiwi.

Intermittent Fasting:

The Best Foods for

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Aim to include  
essential fats from  
oily fish, nuts and  
seeds, lean sources of  
protein, wholegrains

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and starchy carbs and plenty of fruit and vegetables to supply dietary fibre, vitamins and minerals. Is it effective for weight loss and is it sustainable?

What is an intermittent fasting diet? - BBC Good Food

From hot broths to



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Though a healthy

diet minimizes  
processed foods,

there can be a time  
and place for items

like whole-grain

bread, bagels, and

crackers, as these

foods are more

quickly digested for

fast and easy...

20 Best Foods to Eat

While Intermittent

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You can make sure your diet remains healthy by choosing whole foods like meat, fish, eggs, vegetables, fruits and legumes when you eat. Summary Eating whole foods when you aren ' t fasting may...

How to Fast Safely: 10  
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During this period of the diet, it ' s advised you enjoy fewer processed and more home-cooked foods, with plenty of vegetables and fruit as well as whole grains, beans, lentils, extra fibre, lots of...

Fast 800 Calorie Diet

*Page 28/34*

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Explained with  
recipes for breakfast

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...

“ Anyone attempting to lose weight should focus on nutrient-dense foods like fruits, veggies, whole grains, nuts, beans, seeds, as well as dairy and lean proteins, ” suggests Pincus.

Foods to Eat While

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Bavin help families

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money, sort food

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Episodes Recipes.

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Walnut Muffins,

French Onion Soup,

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recipes during your  
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