

vegan intermittent fasting

The synergy of **vegan intermittent fasting** represents a powerful approach to health and wellness, blending the ethical and environmental benefits of a plant-based diet with the metabolic advantages of timed eating. This comprehensive guide delves into the multifaceted aspects of combining these two popular lifestyle choices, exploring their individual merits and how they complement each other. We will navigate the foundational principles of intermittent fasting, the pillars of a well-rounded vegan diet, and the practical considerations for successfully integrating them. Key areas of discussion will include the potential health benefits, the nutritional strategies for ensuring adequacy on a vegan intermittent fasting regimen, common challenges and how to overcome them, and expert insights to guide your journey. Understanding this combination can unlock enhanced energy levels, improved metabolic health, and support for weight management goals.

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Understanding Intermittent Fasting

Intermittent fasting (IF) is not a diet in the traditional sense, but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting. It focuses on when you eat, rather than strictly on what you eat. This approach aims to leverage the body's natural metabolic processes, which can shift into a fat-burning state during fasting periods. The concept is rooted in ancient human eating habits, predating the constant availability of food in modern society. By strategically limiting eating windows, individuals can encourage the body to utilize stored fat for energy, potentially leading to various health improvements.

Popular Intermittent Fasting Methods

Several popular methods of intermittent fasting exist, each offering a different structure for incorporating fasting into daily life. The choice of method often depends on individual lifestyle, preferences, and health goals. It's important to find a sustainable approach that can be maintained long-term for optimal results. Experimentation and listening to your body are key to discovering the most effective IF strategy for you.

- **The 16/8 Method:** This is perhaps the most common and easiest method to adopt for beginners. It involves fasting for 16 hours each day and restricting your eating to an 8-hour window. For example, you might eat between 12 PM and 8 PM, and fast from 8 PM to 12 PM the next day.

- **The 5:2 Diet:** This method involves eating normally for five days of the week and restricting calorie intake to around 500-600 calories on two non-consecutive days. This provides a more flexible approach to fasting, allowing for more freedom on most days.
- **Eat Stop Eat:** This involves a 24-hour fast once or twice a week. For instance, you might finish dinner on Monday and not eat again until dinner on Tuesday. This method can be more challenging for some but offers a significant fasting period.
- **Alternate-Day Fasting:** This involves alternating between days of normal eating and days of significant calorie restriction or complete fasting. This is a more advanced method and requires careful monitoring and adaptation.

The Science Behind Fasting

During a fasting state, the body undergoes several physiological changes. After several hours without food, the body depletes its readily available glucose stores and begins to tap into stored glycogen. Once glycogen stores are significantly reduced, the body enters a state of ketosis, where it starts to break down fat for energy, producing ketones. This metabolic shift is believed to be responsible for many of the observed health benefits of intermittent fasting, including improved insulin sensitivity and cellular repair processes like autophagy. Autophagy is a crucial cellular "clean-up" process where the body removes damaged cells and regenerates newer, healthier ones, contributing to longevity and disease prevention.

The Foundations of a Vegan Diet

A vegan diet is characterized by the exclusion of all animal products, including meat, poultry, fish, dairy, eggs, and honey. It is a lifestyle choice often driven by ethical concerns for animal welfare, environmental sustainability, and perceived health benefits. A well-planned vegan diet can be incredibly nutritious and can provide all the necessary vitamins, minerals, and macronutrients for optimal health. The emphasis is on whole, unprocessed plant foods, which are rich in fiber, antioxidants, and phytonutrients.

Key Components of a Healthy Vegan Diet

Building a nutritious vegan diet requires careful attention to a variety of food groups to ensure all essential nutrients are obtained. Focusing on variety is crucial to access the broad spectrum of vitamins, minerals, and beneficial compounds that plant-based foods offer. A balanced approach ensures that energy needs are met and that deficiencies are avoided.

- **Fruits and Vegetables:** These are packed with vitamins, minerals, antioxidants, and fiber. Aim for a wide variety of colors to ensure a

broad nutrient intake.

- **Whole Grains:** Sources of complex carbohydrates, fiber, and B vitamins. Examples include oats, quinoa, brown rice, and whole wheat bread.
- **Legumes:** Excellent sources of protein, fiber, iron, and zinc. This category includes beans, lentils, chickpeas, and peas.
- **Nuts and Seeds:** Provide healthy fats, protein, fiber, and essential minerals like magnesium and zinc.
- **Healthy Fats:** Avocados, nuts, seeds, and plant-based oils (like olive and flaxseed oil) are vital for hormone production and nutrient absorption.

Addressing Potential Nutrient Deficiencies

While a vegan diet can be very healthy, it's important to be aware of certain nutrients that require special attention. Vegans need to ensure adequate intake of vitamin B12, vitamin D, omega-3 fatty acids, iron, calcium, and iodine. These nutrients are either exclusively found in animal products or are more readily absorbed from animal sources. Supplementation or fortified foods are often recommended for these specific nutrients to maintain optimal health and prevent deficiency-related issues.

- **Vitamin B12:** This is paramount, as it's not reliably found in plant foods. Supplementation or consumption of B12-fortified foods (plant milks, cereals, nutritional yeast) is essential.
- **Vitamin D:** Primarily obtained from sun exposure, but supplementation or fortified foods are necessary, especially in regions with limited sunlight or during winter months.
- **Omega-3 Fatty Acids:** While flaxseeds, chia seeds, and walnuts provide ALA, the conversion to EPA and DHA can be inefficient. Algal oil supplements are a direct source of EPA and DHA.
- **Iron:** Plant-based iron (non-heme) is less readily absorbed than heme iron from animal products. Pairing iron-rich foods (lentils, spinach) with vitamin C sources (citrus fruits, bell peppers) enhances absorption.
- **Calcium:** Found in leafy greens (kale, bok choy), fortified plant milks, tofu, and sesame seeds.
- **Iodine:** Can be obtained from iodized salt or sea vegetables, but moderation is key with seaweed consumption.

Integrating Veganism and Intermittent Fasting

Combining veganism with intermittent fasting can be a powerful strategy for achieving significant health improvements. The principles of both approaches align well, focusing on mindful eating, improved metabolic function, and leveraging the body's natural processes. By structuring your eating within a defined window while adhering to a plant-based diet, you can harness synergistic benefits.

Choosing the Right Intermittent Fasting Method for Vegans

When adopting vegan intermittent fasting, the chosen IF method should complement a vegan lifestyle. For instance, the 16/8 method is often considered beginner-friendly and allows for two to three balanced vegan meals within the eating window, making it easier to meet nutritional needs. More restrictive methods might require more careful planning to ensure adequate calorie and nutrient intake during the shorter eating periods. It's crucial to select an IF pattern that allows for nutrient-dense vegan meals to be consumed without feeling rushed or overly restricted.

Structuring Vegan Meals Within the Eating Window

The success of vegan intermittent fasting hinges on the quality and composition of meals consumed during the eating window. Since the window is limited, each meal should be a powerhouse of nutrients. Focus on whole foods that provide sustained energy and satiety. Prioritize protein sources to aid muscle maintenance and satiety, complex carbohydrates for energy, and healthy fats for hormone production and absorption of fat-soluble vitamins. This ensures that you are not only meeting your calorie needs but also your micronutrient requirements within the confines of your IF schedule.

Nutritional Considerations for Vegan Intermittent Fasting

Successfully implementing vegan intermittent fasting requires a strategic approach to nutrition to ensure you're meeting all your dietary needs. The limited eating window means every meal counts, and a plant-based diet, while healthy, can sometimes be lower in certain nutrients if not carefully planned. Attention to protein, essential fatty acids, and micronutrients is paramount.

Ensuring Adequate Protein Intake

Protein is vital for muscle maintenance, satiety, and numerous bodily functions. On a vegan diet, protein sources are entirely plant-based. During

intermittent fasting, ensuring sufficient protein intake within the eating window is crucial, especially if engaging in physical activity. Combining various plant-based protein sources throughout the day can provide a complete amino acid profile. Foods like lentils, beans, tofu, tempeh, edamame, quinoa, and nuts/seeds are excellent choices. Some vegan protein powders can also be a convenient way to boost intake if needed.

Optimizing Micronutrient Absorption

While plant-based foods are rich in micronutrients, their absorption can sometimes be affected by the presence of anti-nutrients or the overall dietary pattern. For instance, iron absorption is enhanced by vitamin C. Calcium-rich foods should be consumed regularly. Vitamin B12 is critical and requires supplementation or fortified foods. Omega-3 fatty acids (ALA from flaxseeds, chia seeds, walnuts) are important, and for direct EPA and DHA, algal oil supplements can be considered. Ensuring a diverse intake of fruits, vegetables, legumes, and whole grains, coupled with strategic pairings and potential supplementation, is key for optimal micronutrient status.

Hydration and Electrolyte Balance

Staying well-hydrated is absolutely critical, especially during fasting periods. Water is essential for all bodily functions and can help manage hunger pangs. When consuming fluids during the fasting window, stick to water, black coffee, or plain tea, as these typically do not break a fast. Electrolyte balance is also important, particularly for individuals who are active or live in hot climates. Sodium, potassium, and magnesium are key electrolytes. While fasting, it's generally recommended to avoid consuming electrolytes unless specifically advised by a healthcare professional, as some electrolyte drinks can contain calories or sugars that break a fast. However, ensure adequate intake from food sources during your eating window.

Potential Health Benefits of Vegan Intermittent Fasting

The combination of a vegan diet and intermittent fasting has been associated with a wide array of potential health benefits. These benefits stem from the synergistic effects of reduced inflammation, improved metabolic markers, and cellular regeneration processes. By adopting this lifestyle, individuals may experience enhanced well-being across several domains.

Improved Insulin Sensitivity and Blood Sugar Control

One of the most significant benefits of intermittent fasting, amplified by a vegan diet, is improved insulin sensitivity. Fasting periods give the body a break from constant glucose influx, allowing insulin levels to drop. This can help cells become more responsive to insulin, leading to better blood sugar control. For individuals managing or aiming to prevent type 2 diabetes, this

can be particularly impactful. A vegan diet, generally high in fiber and low in saturated fat, also contributes positively to blood sugar regulation, creating a powerful dual effect.

Weight Management and Fat Loss

Vegan intermittent fasting can be a highly effective strategy for weight management. By reducing the eating window, individuals often naturally consume fewer calories. Furthermore, during fasting periods, the body shifts to burning stored fat for energy. The high fiber content of vegan foods promotes satiety, helping to curb cravings and prevent overeating within the eating window. The combination aids in creating a sustainable calorie deficit without feeling deprived, supporting gradual and healthy weight loss.

Enhanced Cellular Repair and Autophagy

Intermittent fasting is known to trigger autophagy, a critical cellular housekeeping process. During autophagy, the body cleans out damaged cells, recycles cellular components, and regenerates newer, healthier cells. This process is linked to longevity and protection against various chronic diseases. A vegan diet, rich in antioxidants and anti-inflammatory compounds, can further support cellular health and complement the effects of autophagy stimulated by fasting.

Cardiovascular Health Improvements

Both veganism and intermittent fasting have individually been linked to improvements in cardiovascular health markers. When combined, their impact can be even more pronounced. Studies suggest that these lifestyle choices can lead to lower blood pressure, reduced LDL cholesterol levels, and improved triglyceride profiles. By minimizing the intake of saturated and trans fats commonly found in animal products and by improving metabolic flexibility through IF, the risk of heart disease can be significantly reduced.

Common Challenges and Solutions

While the benefits of vegan intermittent fasting are substantial, it's important to acknowledge that challenges can arise during the transition and ongoing practice. Recognizing these potential hurdles and having strategies in place can significantly improve adherence and success. Patience and adaptability are key to navigating these phases.

Managing Hunger and Cravings

Initial hunger pangs are a common experience when starting intermittent fasting. For individuals transitioning to a vegan diet simultaneously, this

can feel overwhelming. Staying well-hydrated with water, black coffee, or plain tea can help manage hunger. Nutrient-dense vegan meals within the eating window, rich in fiber and protein, promote satiety and can reduce cravings. Gradually increasing the fasting duration as your body adapts can also make hunger more manageable over time. Identifying trigger foods and finding healthy vegan alternatives can also be beneficial.

Ensuring Adequate Nutrient Intake on a Strict Schedule

The limited eating window of intermittent fasting can make it challenging to consume all necessary nutrients, especially on a vegan diet which already requires attention to certain micronutrients. Planning meals in advance is crucial. Focus on incorporating a wide variety of nutrient-dense vegan foods. If a particular nutrient is difficult to obtain through diet alone, consider fortified foods or a high-quality vegan supplement. Consulting with a registered dietitian or nutritionist specializing in plant-based diets and intermittent fasting can provide personalized guidance.

Social and Lifestyle Adjustments

Adopting vegan intermittent fasting can impact social situations involving food, such as dining out with friends or attending family gatherings. Planning ahead by checking menus for vegan options or communicating dietary needs in advance can help. For family gatherings, bringing a vegan dish to share can ensure you have a suitable meal. It's also important to be flexible. If a social event falls within your fasting window, consider adjusting your fasting schedule for that day or finding a compromise that allows you to participate without compromising your overall goals. Open communication with loved ones can also foster understanding and support.

Tips for Success with Vegan Intermittent Fasting

Embarking on a vegan intermittent fasting journey can be incredibly rewarding. To maximize your chances of success and long-term adherence, consider implementing these practical tips. A thoughtful and prepared approach will pave the way for a smoother and more effective experience.

Start Gradually and Listen to Your Body

If you are new to both veganism and intermittent fasting, it is highly recommended to introduce them gradually. Perhaps start with a few days of vegan eating per week before committing fully, or begin with a shorter fasting window, like 12 hours, and slowly extend it to 16 hours. Pay close attention to how your body responds. If you experience persistent fatigue, dizziness, or extreme hunger, it may be a sign to adjust your approach or consult a healthcare professional. Your body's signals are invaluable

indicators of what works best for you.

Prioritize Whole, Unprocessed Foods

The quality of your food within the eating window is paramount. Focus on whole, unprocessed plant-based foods such as fruits, vegetables, legumes, whole grains, nuts, and seeds. These foods are rich in fiber, vitamins, minerals, and antioxidants, providing sustained energy and promoting satiety. Minimizing processed vegan junk food and sugary beverages is essential for both the health benefits of veganism and the effectiveness of intermittent fasting.

Stay Hydrated and Manage Electrolytes Prudently

Adequate hydration is non-negotiable. Drink plenty of water throughout the day, especially during fasting periods. Unsweetened beverages like black coffee and plain tea are also acceptable and can aid in appetite control. While electrolytes are crucial, be mindful of what you consume during your fast. Plain water is ideal. If you feel you need electrolytes, discuss with a healthcare professional or ensure you are consuming electrolyte-rich foods within your eating window. Salt intake should be managed judiciously.

Plan Your Meals and Snacks

Meal planning is a cornerstone of successful vegan intermittent fasting. Knowing what you will eat during your eating window helps ensure you meet your nutritional needs and avoid impulsive, unhealthy food choices. Prepare meals and snacks in advance, especially if you have a busy schedule. This not only saves time but also helps you stay on track with your dietary goals and fasting schedule. Batch cooking can be a great time-saver.

Expert Perspectives on Vegan Intermittent Fasting

The growing interest in vegan intermittent fasting has garnered attention from health professionals and researchers. While individual responses can vary, experts generally acknowledge the potential benefits when implemented correctly. A balanced and informed approach, often guided by professional advice, is typically recommended to maximize positive outcomes and mitigate risks.

The Role of a Registered Dietitian

For those embarking on vegan intermittent fasting, consulting a registered dietitian (RD) or a registered dietitian nutritionist (RDN) is highly advisable. These professionals can provide personalized guidance, ensuring

that the vegan diet is nutritionally complete and that the intermittent fasting schedule is appropriate for individual health needs. They can help identify potential nutrient deficiencies and recommend appropriate supplementation, as well as create meal plans that are both satisfying and supportive of the chosen eating pattern. Their expertise is invaluable in navigating the complexities of combining these two lifestyle choices.

Scientific Evidence and Future Research

While research on the specific combination of veganism and intermittent fasting is still emerging, the evidence for each component is robust. Studies on vegan diets highlight their benefits for chronic disease prevention and management, while research on intermittent fasting points to improvements in metabolic health, cellular function, and longevity. Future research is expected to further explore the synergistic effects of this combination, providing more nuanced insights into its long-term impact on human health. The current scientific consensus suggests that when approached mindfully, this lifestyle can be a powerful tool for well-being.

FAQ

Q: Is vegan intermittent fasting suitable for everyone?

A: Vegan intermittent fasting may not be suitable for everyone. It is generally not recommended for pregnant or breastfeeding women, individuals with a history of eating disorders, those with certain medical conditions like type 1 diabetes or hypoglycemia, or individuals taking specific medications. It is always advisable to consult with a healthcare professional or a registered dietitian before starting any new dietary regimen, especially one that involves combining restricted eating patterns with dietary choices.

Q: What are the main challenges of combining veganism and intermittent fasting?

A: The primary challenges often revolve around ensuring adequate nutrient intake within a restricted eating window, managing hunger, and navigating social situations. Vegans need to be particularly mindful of obtaining sufficient protein, iron, calcium, vitamin B12, and omega-3 fatty acids. The limited time for eating in IF can exacerbate these concerns, requiring careful meal planning and potentially supplementation. Hunger pangs during fasting periods can also be challenging, though often manageable with hydration and nutrient-dense foods during the eating window.

Q: How can I ensure I get enough protein on a vegan intermittent fasting plan?

A: To ensure adequate protein intake, prioritize protein-rich vegan foods during your eating window. Include sources like lentils, beans, chickpeas, tofu, tempeh, edamame, quinoa, nuts, and seeds in your meals. You can also

consider incorporating vegan protein powders into smoothies or shakes, especially if your eating window is short or your protein needs are high due to physical activity. Consuming a variety of protein sources throughout the day helps ensure you get a complete amino acid profile.

Q: Are there any specific vegan foods that are particularly beneficial for intermittent fasting?

A: Yes, nutrient-dense vegan foods that are high in fiber and protein are particularly beneficial for intermittent fasting. These include leafy green vegetables, berries, avocados, legumes (beans, lentils), whole grains (oats, quinoa, brown rice), nuts, and seeds. These foods help promote satiety, provide sustained energy, and offer a wide range of micronutrients, which are crucial when your eating window is limited.

Q: Can vegan intermittent fasting help with weight loss?

A: Yes, vegan intermittent fasting can be an effective strategy for weight loss. By reducing the time spent eating, individuals often naturally consume fewer calories. Additionally, during fasting periods, the body may increase its reliance on stored fat for energy. The high fiber content in vegan foods also contributes to feelings of fullness, which can help control appetite within the eating window, making it easier to maintain a calorie deficit.

Q: What should I drink during my fasting window on a vegan intermittent fasting plan?

A: During your fasting window, it's best to stick to calorie-free beverages that won't break your fast. This includes plain water, black coffee (without sugar, milk, or cream), and plain tea (herbal or black, without sugar or milk). These can also help manage hunger and cravings. Avoid any beverages with calories, such as fruit juices, plant milks, or sweetened teas.

Q: How long should I fast for when starting vegan intermittent fasting?

A: It's recommended to start gradually. If you are new to intermittent fasting, begin with a shorter fasting window, such as 12 hours (e.g., 8 PM to 8 AM), and gradually increase it to 14 or 16 hours as your body adapts. Listen to your body and don't push yourself too hard initially. The 16/8 method (16 hours fasting, 8 hours eating) is a popular and often manageable starting point for many.

Q: Will I be able to get enough Vitamin B12 on a vegan intermittent fasting diet?

A: Vitamin B12 is not reliably found in plant-based foods, so it's essential for all vegans, including those practicing intermittent fasting, to ensure adequate intake. This is typically achieved through B12 supplements or by consuming B12-fortified foods such as certain plant milks, breakfast cereals, and nutritional yeast. It is crucial to incorporate these regularly within

your eating window or as directed by a healthcare professional.

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vegan intermittent fasting: Vegan Intermittent Fasting: Lose Weight, Reduce Inflammation, and Live Longer - The 16:8 Way - With over 100 Plant-Powered Recipes to Keep You Fuller Longer Petra Bracht, Mira Flatt, 2020-12-22 This complete vegan guide to 16:8 fasting offers tried and true strategies to living healthier—and longer Intermittent fasting is one of the easiest ways to achieve better health—period. But for those of us who follow a vegan diet, finding the balance between plant-based eating and intermittent fasting can prove challenging. In Vegan Intermittent Fasting, groundbreaking doctor Petra Bracht and recipe developer Mira Flatt share their completely plant-based program. You'll unlock all the benefits of fasting while still eating the foods you love (without feeling hungry). Evidence-based 16:8 method: Eat 2 or 3 times over 8 hours (say, 11:00 am to 7:00 pm), then fast for 16 hours (including time spent asleep, of course). A complete guide to the first 14 days: Delicious recipes for every meal, plus a comprehensive shopping list, make it easy to adapt your lifestyle. Guided exercises: You'll boost your fasting plan's effectiveness while building endurance, power, muscle control, and flexibility. Vegan intermittent fasting is an easy and sustainable way to improve your whole-body well-being.

vegan intermittent fasting: Vegan Intermittent Fasting Katie Maria, 2019-02-05 Are you a vegan looking to begin an intermittent fasting lifestyle? Are you a little confused on where to start? Fasting has been around for centuries and veganism has been around for decades, but intermittent

fasting has only made its way into the world recently. Despite being relatively new, this type of fasting has already caught the attention of experts and celebrities alike, making it the latest health craze in today's society. While the fundamental principles of this new diet seem to contradict many of the former beliefs surrounding meal times and meal frequency, the results that people have seen are astonishing. Once these testimonials hit the internet in the form of weight loss success stories and other diet results, the popularity of intermittent fasting suddenly took off in both the fitness community and outside thereof. This short book will explain how intermittent fasting works and take a look at the pros and cons of the lifestyle, both independently and as it relates to veganism. Then it will share some tips and tricks on getting started and finish off by debunking some of the most common myths surrounding the topic.

vegan intermittent fasting: Intermittent Fasting for Vegans Romeo Wiggins, 2018-08-22
INTERMITTENT FASTING FOR VEGANS - SIMPLE GUIDE TO FASTING FOR HEALTH AND HEALING Grab your copy of this great physical book today! Whether you're looking to try veganism and fasting for weight-loss or you're a vegan wondering about whether intermittent fasting could help improve your health, this book is sure to provide some helpful insights. This book goes into the intricacies of combining a vegan diet with intermittent fasting. This book provides a lot of information and goes into great detail on the topics related to both veganism and intermittent fasting, containing helpful information for both seasoned campaigners and beginners alike. The topics covered in this book are: Basics Of The Vegan Diet Where Vegans Get Nutrients What Is Intermittent Fasting? Health Benefits Of Intermittent Fasting Healing Powers Of Intermittent Fasting Pillars Of Intermittent Fasting Combining Veganism and Intermittent Fasting How, When And Where To Start Exercise And Working Out While Fasting Simple Fasting Plan What To Expect And Potential Effects Some of the benefits of combining intermittent fasting and veganism are the following: You can start immediately, with no big shopping lists to complete first. You will spend less money, not more, because you'll be eating less often. You can adapt the fasting schedule to suit your lifestyle, you simply shift your fasting time to when suits you best. You don't have to join any plans, purchase scales, or buy special diet food items You can skip a day occasionally for a special holiday meal or event and get right back into your fasting schedule with ease. You don't have to worry about toting diet meals to work or bringing your own food to a restaurant because of severe diet restrictions. Combining Veganism and Intermittent Fasting How, When And Where To Start Exercise And Working Out While Fasting Simple Fasting Plan What To Expect And Potential Effects The health benefits to be derived from combining intermittent fasting and veganism can be tremendous! Intermittent fasting and veganism work very well together, and can perform wonders for your health and wellness. Combining intermittent fasting and veganism is so easy to try. Get started with this book today and see how it can change your life! Get your physical copy today!

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vegan intermittent fasting: Guide To Vegan Intermittent Fasting Fiona Lorenzetti, 2021-09-15
Intermittent fasting doesn't require you to follow a specific diet. You can easily incorporate

intermittent fasting into your daily routine, especially if you're currently adhering to a plant-based or vegan diet. This book provides a lot of information and goes into great detail on the topics related to both veganism and intermittent fasting, containing helpful information for both seasoned campaigners and beginners alike. The topics covered in this book are: -Basics Of The Vegan Diet -Where Vegans Get Nutrients -What Is Intermittent Fasting? -Health Benefits Of Intermittent Fasting -Healing Powers Of Intermittent Fasting -Pillars Of Intermittent Fasting -Combining Veganism and Intermittent Fasting -How, When, And Where To Start -Exercise And Working Out While Fasting -Simple Fasting Plan -What To Expect And Potential Effects

vegan intermittent fasting: *Vegan Intermittent Fasting* Petra Bracht, Mira Flatt, 2021-03-02 The definitive (and first!) vegan guide to intermittent fasting for weight loss and improved health-with over 80 plant-powered recipes to keep you fuller longer.

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