

What should you eat on non-fasting days?

We want you to focus on eating real foods on your non-fasting days. And these food items are vegetables, meat, poultry, fish and seafood. When it comes to vegetables, you want to try to avoid eating vegetables that grow under the ground such as potatoes, yams, turnips and beets. Instead you want to try to eat more leafy greens and vegetables that grow above the ground such as broccoli, cauliflower, peppers, Brussels sprouts, eggplant, zucchini and asparagus. Your plate or bowl of food should consist of 70% leafy greens and non-starchy vegetables. And the rest of your plate or bowl should be a protein source.

Now when it comes to your protein source, you should try to select the fattier option. An example of this would be cooking a chicken leg and eating the skin rather than having boneless skinless chicken breasts. Also, don't be afraid to use healthy fats during the cooking process. Fats such as coconut oil, avocado oil, butter, ghee, duck fat and beef tallow are great cooking fats. Extra virgin olive oil, MCT oil, macadamia nut oil are also great fats to add, but after the cooking process is complete. They can give great extra flavor. If you are still hungry after your meal, then try having an avocado drizzled in olive oil, or you can have a handful of olives. There is no need to stress out over weighing your food or counting your macros unless you truly benefit from tracking the data.

Happy feasting everyone.