



✦ Superfoods for Intermittent Fasting

The Power of Plant-Based Nutrition

Intermittent fasting isn't just about timing meals; it's also about choosing the right foods to optimize energy, metabolism, and overall well-being. Whole, nutrient-dense plant-based foods provide essential vitamins, minerals, and antioxidants that work synergistically with fasting to enhance fat metabolism, balance hormones, and support longevity.

A recent large-scale study in the British Medical Journal highlights those diets rich in plant-based proteins, such as legumes, whole grains, and nuts, significantly reduce the risk of chronic conditions like diabetes, cardiovascular disease, and stroke. On the flip side, high consumption of red meat and animal-based proteins has been linked to increased health risks and a shorter lifespan.

Harnessing the power of plant-based superfoods can lead to a longer, healthier, and more vibrant life!

Why Are These Foods Considered Super?

All the foods on this list contain phytochemicals; natural compounds found in edible plants that act as nature's medicine. These substances protect the body against inflammation, oxidative stress, and age-related diseases, making them a perfect match for those incorporating intermittent fasting into their lifestyle.

Top Superfoods for Optimized Fasting

Black Coffee

One of the richest sources of antioxidants, black coffee is a metabolism-boosting beverage that promotes fat breakdown and cognitive function.

- ◆ Enhances energy and alertness
- ◆ Aids fat oxidation & metabolic efficiency
- ◆ Organic coffee contains more beneficial antioxidants

💡 Tip: Try a dark roast with an espresso shot or opt for an iced black cold brew for a refreshing, low-calorie drink.

Spinach

This leafy green powerhouse is loaded with essential vitamins, minerals, and plant compounds that contribute to overall wellness.

- ◆ Supports heart, brain, and bone health
- ◆ High in dietary fibre for digestion
- ◆ Best enjoyed raw, frozen, or lightly steamed

💡 Tip: Frozen spinach contains four times more key nutrients than fresh!

Quinoa

Quinoa (pronounced KEEN-wah) is a high-protein grain that provides all nine essential amino acids, making it a valuable plant-based protein source.

- ◆ Double the protein of conventional grains
- ◆ Rich in fibre, iron, and B vitamins
- ◆ Helps regulate blood sugar and energy levels

💡 Tip: Swap white rice for quinoa—it cooks faster and has a light, fluffy texture.

Extra Virgin Olive Oil (EVOO)

Derived from the first cold pressing of olives, extra virgin olive oil is a nutrient-dense fat source packed with anti-inflammatory polyphenols that benefit cardiovascular health and cognitive function.

- ◆ Rich in heart-protecting monounsaturated fats
- ◆ Combats inflammation & oxidative stress
- ◆ Boosts brain function & supports healthy aging

💡 Tip: Drizzle sparingly—while beneficial, olive oil is calorie-dense.

Black Beans

Previously referred to as "the meat of the poor," black beans are now recognized as an affordable, plant-based protein powerhouse filled with fibre, essential nutrients, and slow-digesting carbohydrates.

- ◆ Aids in muscle recovery and tissue repair
- ◆ Provides long-lasting, steady energy
- ◆ Among the highest-ranked antioxidant foods

💡 Tip: Rinse canned beans thoroughly to lower sodium content.

Beets

This deep-red root vegetable is one of the most potent natural sources of nitrates, which enhance circulation and endurance while regulating blood pressure.

- ◆ Packed with fibre, folate, potassium, and vitamin C
- ◆ Enhances oxygen flow & cardiovascular performance
- ◆ Naturally cholesterol-free & low in sodium

💡 Tip: Opt for pre-cooked beets, slice them, and toss them into salads or smoothies.

Nuts & Seeds

Nuts like walnuts, almonds, and pistachios, as well as flaxseeds and chia seeds, are rich in omega-3 fatty acids, which help reduce inflammation and promote heart health.

- ◆ Boosts good cholesterol levels & supports circulation
- ◆ Excellent source of plant-based protein & fibre
- ◆ Packed with vitamins, minerals, and healthy fats

💡 Tip: Keep small portions of nuts & seeds for easy, on-the-go nutrition.

Broccoli

Broccoli belongs to the cruciferous vegetable family, known for its cancer-fighting compounds and gut-supporting fibre.

- ◆ Abundant in vitamin C, fibre, and phytonutrients
- ◆ Encourages detoxification & supports gut bacteria
- ◆ Promotes cardiovascular and digestive health

💡 Tip: Lightly steam broccoli to preserve its essential nutrients.

Blackberries

These deep purple berries are rich in antioxidants, fibre, and essential vitamins, helping to fight free radical damage and slow the aging process.

- ◆ Loaded with vitamin A, C, and K
- ◆ Supports brain health & immune function
- ◆ Provides natural anti-inflammatory benefits

💡 Tip: Go organic whenever possible to avoid pesticide residues.

Lentils





Lentils are a protein-rich legume that is fibre-dense, iron-packed, and incredibly versatile.

- ◆ Aids in energy production & muscle maintenance
- ◆ Promotes steady blood sugar regulation
- ◆ Naturally low in fat & cholesterol-free

💡 Tip: No soaking required! Lentils cook in 10-25 minutes or use pre-cooked lentils for convenience.

Integrating These Superfoods into Your Fasting Routine

During Eating Windows:

-  Include quinoa, spinach, and black beans in grain bowls or salads.
-  Enjoy black coffee to support fat metabolism and mental focus.
-  Use extra virgin olive oil for sautéing or drizzling over dishes.
-  Snack on blackberries, nuts, and seeds for sustained energy release.

Breaking a Fast:

- ✓ Start with a small amount of healthy fats (avocado, nuts, olive oil) to avoid blood sugar spikes.
- ✓ Include plant-based proteins (lentils, quinoa, beans) for muscle support and satiety.
- ✓ Opt for fibre-rich foods (vegetables, whole grains) to promote digestion.

Fuel Your Fast with Nutrient-Dense Superfoods

Choosing wholesome, plant-based nutrition while following intermittent fasting allows for better blood sugar regulation, long-lasting energy, and reduced inflammation.

By prioritizing high-quality, nutrient-dense foods, fasting becomes more sustainable, cravings are minimized, and long-term wellness is optimized.

Intermittent Fasting for Women 30 40 50 60+

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