

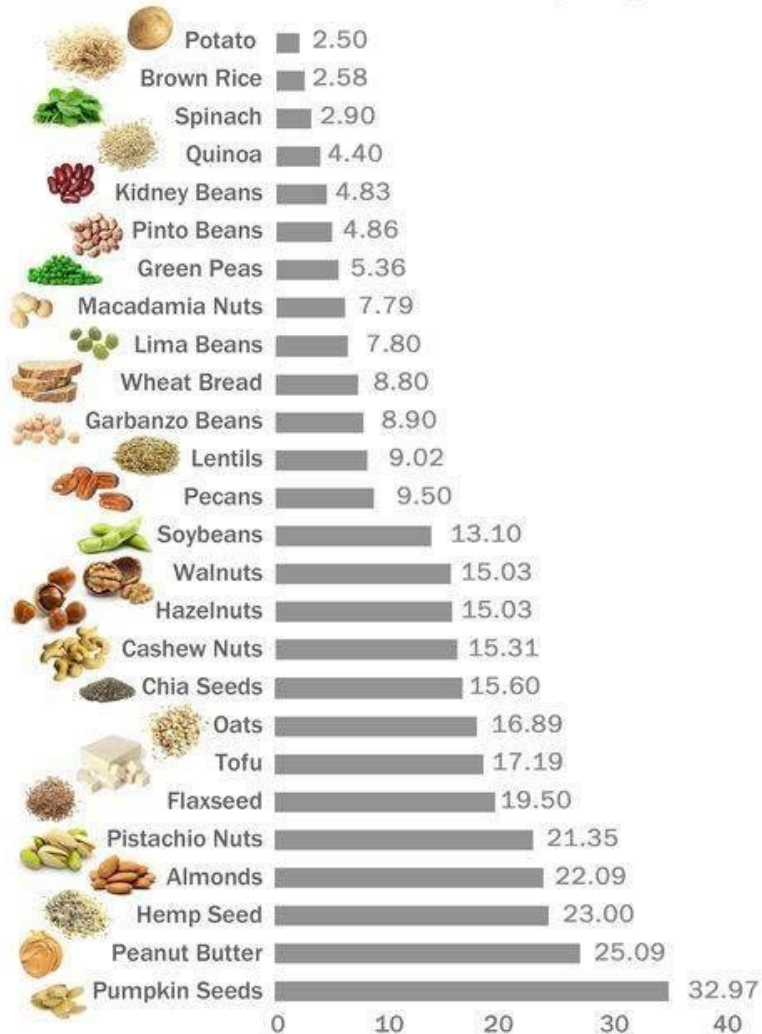
Healthy Fasting

Fasting shouldn't mean poor nutrition. Use the guide below to assist with your protein intake.

According to WebMD, "Adults in the U.S. are encouraged to get 10% to 35% of their day's calories from protein foods. That's about 46 grams of protein for women, and 56 grams of protein for men." (For reference, 100g beef brisket has 33g protein, chicken breast has 31g, and pork tenderloin has 22g. Visit www.nutritiondata.com for more info.)

VEGAN PROTEIN

PER 100G (3.5 OZ) IN WEIGHT



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