

## *Supplementary Material 1*

**Table 1:** Nutrient composition of two meals the intermittent fasting protocol.

	<b>Meal 1</b>	<b>Meal 2</b>	
<b>Foods</b>	Whole bread (50g)	Whole pasta (110g)	
	Shredded chicken breast (60g)	Ground beef (75g)	
	Tomato(24g)	Tomato sauce (75g)	
	Ricotta cheese (70g)		
<b>Nutrients</b>			<b>Daily total</b>
Energy (kcal)	326	330	656
Protein (g)	32,68 (40%)	33,82 (40%)	66,50 (40%)
Carbohydrate (g)	28,37 (34%)	34,98 (42%)	63,35 (38%)
Fat (g)	9,44 (26%)	6,76 (18%)	16,20 (22%)

**Note:** There were no restrictions on the consumption of green leafy salad.