

# WORLD'S TRENDING PLAN

## INTERMITTENT FASTING



6 AM  
WAKE UP



7 AM  
GREEN TEA



9 AM  
MORE GREEN TEA



12 PM  
1ST BIG MEAL



4 PM  
EXERCISE TIME



6 PM  
2ND BIG MEAL



8 PM  
LATE NIGHT SNACK



10 PM  
SLEEP TIME



LOTS OF WATER  
MORE WATER

# Intermittent Fasting Trending

**Lingjun Ying**



## **Intermittent Fasting Trending:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Intermittent Fasting Trending** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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