

# 16:8 Intermittent Fasting

## SAMPLE DAILY SCHEDULE FOR INTERMITTENT FASTING PROGRAM

### Wake Up - 12pm



Hydrate—Drink plenty of water and other calorie-free drinks such as tea or coffee



### 12pm



First Meal—Make sure to get plenty of nutrients by eating whole foods



### 4pm



Second Meal—Continue to eat a variety of healthy, nutritious foods



### 8pm



Third Meal—Focus on eating a meal that will keep you full during the upcoming fast



### 8pm - Bedtime



Begin Fast—Stay hydrated with water and other calorie-free drinks as desired



# Intermittent Fasting For Beginners

**LL Leslie**



## **Intermittent Fasting For Beginners:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Intermittent Fasting For Beginners** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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