

# INTERMITTENT FASTING TO SUIT YOUR SCHEDULE

**A**



**SKIP BREAKFAST**



**First Meal at 1pm**



**Last Meal at 9pm**

**B**



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**First Meal at 11pm**



**Last Meal at 7am**

**Read the Caption**

**C**



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# Intermittent Fasting Ideas

**Michael Brown**



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