

INTERMITTENT FASTING

A top-down view of a yellow background. In the center is a green plate with a white alarm clock. To the left is a white bowl filled with various fruits like strawberries, kiwi, and pineapple. To the right is a white measuring tape and two purple dumbbells. The text 'INTERMITTENT FASTING' is overlaid in a semi-transparent white box across the center.

Manual Intermittent Fasting

Lara Briden

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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