

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



12 pm



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



4 pm



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



8 pm



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

Mike Jess



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based on the 1844 novel the three musketeers les trois mousquetaires by alexandre dumas it recounts the adventures of d
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mysterious older woman and her henchmen he then travels to paris to join the musketeers of the guard d artagnan visits
capitaine de tréville commander of the musketeers at its headquarters

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