

INTERMITTENT FASTING

A BEGINNER'S GUIDE TO BURNING FAT,
IMPROVING HEALTH AND GETTING IN
SHAPE FAST!!! FOOD PLAN AND RECIPES
INCLUDED.



MAYA CASTRO

Intermittent Fasting Ebook

Marcel A. Müller



Intermittent Fasting Ebook:

Embracing the Melody of Phrase: An Emotional Symphony within **Intermittent Fasting Ebook**

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