

INTERMITTENT FASTING TO SUIT YOUR SCHEDULE

A



SKIP BREAKFAST



First Meal at 1pm



Last Meal at 9pm

B



SKIP LUNCH



First Meal at 11pm



Last Meal at 7am

Read the Caption

C



SKIP DINNER



First Meal at 7am



Last Meal at 3pm

Ideas Intermittent Fasting

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 $4 \text{ s ba } 2 \text{ a q so } 4 \text{ 2 a q x ag } 2 \text{ so } 4 \text{ s } 2 \text{ ag}$
 $\text{a q so } 2 \text{ 4 a q x al oh } 3 \text{ s al } 3 \text{ a q } 3 \text{ oh a q x pb oh cl s pb } 2 \text{ a q oh a q cl a q x}$

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