

How to:

INTERMITTENT FAST

EASY FASTING PLAN FOR WEIGHT LOSS

7AM

Wake up and drink an 8oz glass of water



10AM

Enjoy a beverage that won't break your fast, such as a black coffee, AminoLean, or tea

12PM

First meal of the day—have a healthy lunch with protein, vegetables, and carbs



3PM

Have a low carb snack that'll keep you full until dinner, foods like greek yogurt, a TrueFit shake, or trail mix



7PM

A healthy balanced meal with fats, protein, and veggies



10PM

Fast throughout the night

The Fast Diet

Richard Bailey



The Fast Diet:

Uncover the mysteries within its enigmatic creation, **The Fast Diet**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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The Fast Diet Introduction

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