

INTERMITTENT FASTING

A vibrant yellow background features a central green alarm clock with a white face, resting on a green plate. To the right, a white measuring tape is coiled. In the bottom right corner, there are four purple dumbbells. On the left, a white bowl is filled with fresh fruit, including strawberries, kiwi, and pineapple. The text 'INTERMITTENT FASTING' is overlaid in a semi-transparent white box across the center.

Manual Intermittent Fasting

Marina Maranza



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