

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



12pm



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



4pm



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



8pm



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

S Ben Porath



Intermittent Fasting For Beginners:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Intermittent Fasting For Beginners** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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