

INTERMITTENT FASTING

16:8 Plan

**7 AM
WAKE UP**



black coffee

**9 AM
STAY HYDRATED**



Mineral / Sparkling
Water

**11 AM
GET THINGS DONE**



Work / Exercise

**1-2 PM
SNACK**



Break Fast

**5-6 PM
FEAST**



Enjoy Lots of
Calories

**8-9 PM
SNACK**



Indulge Before Bed

Intermittent Fasting Update

Melissa White



Intermittent Fasting Update:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Intermittent Fasting Update** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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