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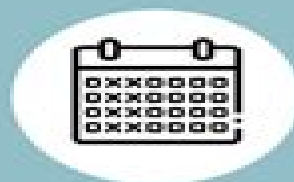
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a meal



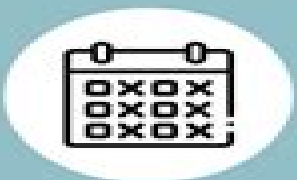
12-hour
intermittent
fasting



The 5:2
diet



14:10
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fasting



Alternate-day
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16:8
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18:6
intermittent
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Intermittent Fasting Best Customer Service

Richard C. Adelman, George S. Roth



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certain ingredients to recipes or mix and match All of the recipes are free of gluten wheat processed sugar and yeast and many are also dairy free Each dish includes a serving amount and indicates the number of calories per serve and there are also handy shopping preparation and cooking tips

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