

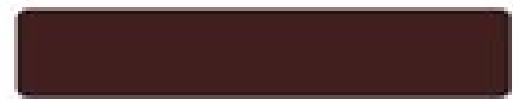
16/8 INTERMITTENT FASTING SCHEDULE



Fasting



Eating



Sleeping and Fasting

6am

10am

6pm

10pm

6am



PIQUE

Phonics Practice Intermittent Fasting Vs

M Carnoy



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