

Intermittent fasting

Alternate day fasting

Alternate day fasting

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12 AM - 7 PM Normal eating schedule	12 AM - 7 PM Fasting	Normal eating schedule all day	12 AM - 7 PM Normal eating schedule	12 AM - 7 PM Fasting	Normal eating schedule all day	12 AM - 7 PM Normal eating schedule
7 PM - 12 AM Fasting	7 PM - 12 AM Normal Eating Schedule		7 PM - 12 AM Fasting	7 PM - 12 AM Normal Eating Schedule		7 PM - 12 AM Fasting

Source: Cleveland Clinic

INSIDER

Intermittent Fasting Ideas Same Day Delivery

RS Peters



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