

# 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 Schdule		7 PM - 12 AM Fasting	7 PM-12 AM Normal Eating Schdule		7 PM - 12 AM Fasting

Source: Cleveland Clinic

INSIDER

# Intermittent Fasting Ideas Same Day Delivery

**RS Peters**

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