

INTERMITTENT FASTING FOR BEGINNERS

A SIMPLE GUIDE TO SUCCESS

Wake Up–12pm



Hydrate—Drink plenty of water and other calorie-free drinks such as tea or coffee



12pm

First Meal—Make sure to get plenty of nutrients by eating whole foods



4pm

Second Meal—Continue to eat a variety of healthy, nutritious foods



8pm

Third Meal—Focus on eating a meal that will keep you full during the upcoming fast



8pm–Bedtime

Begin Fast—Stay hydrated with water and other calorie-free drinks as desired



Intermittent Fasting Yoga For Beginners Vs

Clemens Wendtner



Intermittent Fasting Yoga For Beginners Vs:

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