

# 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



**12 pm**



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



**4 pm**



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



**8 pm**



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:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Intermittent Fasting Yoga For Beginners Vs** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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