

# INTERMITTENT FASTING

**A sample schedule for an intermittent fasting program**

16:8 16 hour fast- 8 hour eating period, start 12 noon

14:10 14 hour fast- 10 hour eating period, start 10am

12:12 12 hour fast- 12 hour eating period start 8am

## Wake up- start of meal

Hydrate until start of meal- drink plenty of water and other calorie free drinks like coffee or tea



## Start of meal



First meal- eat healthy whole foods including adequate protein

## 4 pm

Second meal- Continue eating healthy whole foods with balanced nutrition



## 8 pm



Third meal- Eat a meal that will keep you full during the fast

## 8 pm until bedtime

Begin fast- stay hydrated through the evening until you break the fast the next day

# Sat Practice Intermittent Fasting Price

**L Darling-Hammond**



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