

# Intermittent Fasting Weight Loss Diet Plan

Health



Follow a fasting window that suits you



Start from **14:10**

14 hours of fasting with an eating window of 10 hours



Then move to **16:8, 19:5 or 20:4**

## BREAKFAST



Idli or dosa



A glass of ragi/oats porridge



A bowl of upma with vegetables

## LUNCH



-2 mixed whole grain chapatis, 1 bowl gravy / a bowl of chicken or fish



Mixed vegetable salad



2 eggs



brown rice/ millet kichdi

## DINNER



Light food like vegetable or chicken soup



Steamed vegetables, stir fry

## SNACKS



Nuts



Fruit



Flax seeds

## HANDY TIPS TO FOLLOW:



Abstain from drinking or eating during fasting window



Drink plenty of water, at least 2-3 liters



Maintain portion control when you eat



Eat dinner before 8, 7 or 6 p.m., depending on the window

# Weight Loss Plan Latest Store Hours

**O García**



## **Weight Loss Plan Latest Store Hours:**

**How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight** , **New York Magazine** ,1990-07-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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Medical Times ,1981 Vegetarian Times ,1996-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

Daily Report ,1992-03 **The Lancet** ,1876 The Methodist Times ,1892 *New York Magazine* ,1983-11-07 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Precalculus Roland E. Larson,1997

**The 21 Day Blast Plan: Lose weight, lose inches, gain strength and reboot your body** Annie Deadman,2018-12-27 Get fit at home with Woman Home s fitness guru Hello My name is Annie Deadman and I m the proud creator of the 21 Day Blast Plan a three week healthy eating and fitness programme that kicks your sweet tooth into touch calms your gut and leaves you with less fat and firmer muscles *Advent Review and Sabbath Herald* ,1974

**Newsweek** ,1981-04 **Nursing World** ,1929 Journal of the American Veterinary Medical Association American Veterinary Medical Association,2003 Vols for 1915 49 and 1956 include the Proceedings of the annual meeting of the association

**House Beautiful** ,1977-07 The New York Times Magazine ,2007 *Health* ,1989 *Utah Science* ,1983

**Diet in Health and Disease** Julius Friedenwald,John Ruhrah,1909

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