

Intermittent Fasting Weight Loss Diet Plan



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/boots 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

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O García

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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

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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**

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