

INTERMITTENT FASTING

DO'S

- choose a fast that fits your life and goals
- drink water and electrolytes during the fast
- eat protein, fat and fiber when you break your fast
- be consistent, but adjust the schedule as needed
- exercise (but ease into it)

DON'TS

- just skip breakfast
- use extended fasts as a "reset" from a "cheat day"
- drink multiple cups of coffee to get you through your fast
- snack
- break your fast with high glycemic, low protein meals

Cover Letter Intermittent Fasting Ideas

Ryan Serhant



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Intermediate Report of the Committee on Government Operations United States. Congress. House. Committee on Government Operations,1963 *Quick Bibliography Series* ,1976 Nutrition Education Materials Holly Berry Irving,1987

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