

# **16:8 Intermittent Fasting**

**7 AM** - wake up



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**8 AM** - lemon water



**10 AM** - coffee or tea



**12 PM** - lunch



**3 PM** - snack



**6 PM** - dinner



**7 PM** - snack



**8 PM** - begin fast for 16 hrs



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# Intermittent Fasting In The Us Login

**KJ Lindholm-Leary**

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