

16:8 Intermittent Fasting



7 AM – wake up

innerspiritglow.in



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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