

# *16:8 Intermittent Fasting*

## SAMPLE DAILY SCHEDULE FOR INTERMITTENT FASTING PROGRAM

### Wake Up - 12pm



Hydrate—Drink plenty of water and other calorie-free drinks such as tea or coffee



### 12pm



First Meal—Make sure to get plenty of nutrients by eating whole foods



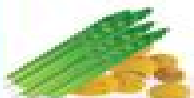
### 4pm



Second Meal—Continue to eat a variety of healthy, nutritious foods



### 8pm



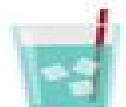
Third Meal—Focus on eating a meal that will keep you full during the upcoming fast



### 8pm - Bedtime



Begin Fast—Stay hydrated with water and other calorie-free drinks as desired



# Intermittent Fasting This Week

**Joseph K. Fita**



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