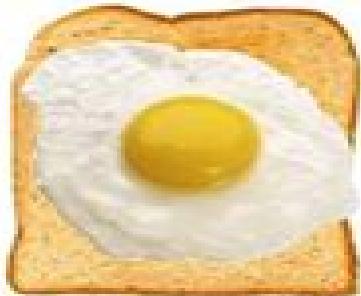


# INTERMITTENT FASTING TO SUIT YOUR SCHEDULE

A



**SKIP BREAKFAST**



First Meal at 1pm



Last Meal at 9pm

B



**SKIP LUNCH**



First Meal at 11pm



Last Meal at 7am

C



**SKIP DINNER**



First Meal at 7am



Last Meal at 3pm

Read the Caption

# Intermittent Fasting Ideas Coupon

**Anthony S. Fauci**

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