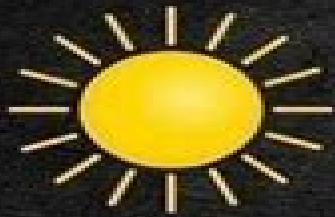


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## INTERMITTENT FASTING



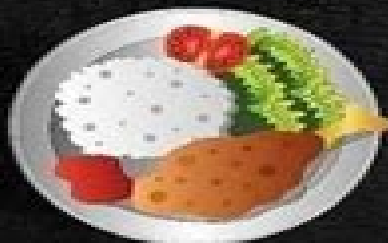
6 AM  
WAKE UP



7 AM  
GREEN TEA



9 AM  
MORE GREEN TEA



12 PM  
1ST BIG MEAL



4 PM  
EXERCISE TIME



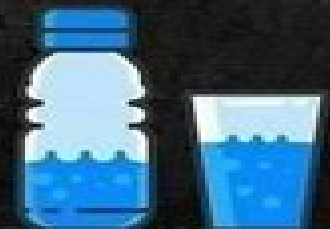
6 PM  
2ND BIG MEAL



8 PM  
LATE NIGHT SNACK



10 PM  
SLEEP TIME



LOTS OF WATER  
MORE WATER

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**Lingsheng Yao**



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