

INTERMITTENT FASTING

16:8 Plan

**7 AM
WAKE UP**



black coffee

**9 AM
STAY HYDRATED**



Mineral / Sparkling
Water

**11 AM
GET THINGS DONE**



Work / Exercise

**1-2 PM
SNACK**



Break Fast

**5-6 PM
FEAST**



Enjoy Lots of
Calories

**8-9 PM
SNACK**



Indulge Before Bed

Intermittent Fasting Update

Caroline M. Apovian, Dong Wook Kim

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Intermittent Fasting Update:

Delve into the emotional tapestry woven by Crafted by in Experience **Intermittent Fasting Update** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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