

INTERMITTENT FASTING

16:8 Plan

7 AM
WAKE UP



black coffee

1-2 PM
SNACK



Break Fast

9 AM
STAY HYDRATED



Mineral / Sparkling
Water

5-6 PM
FEAST



Enjoy Lots of
Calories

11 AM
GET THINGS DONE



Work / Exercise

8-9 PM
SNACK



Indulge Before Bed

Intermittent Fasting Update

Patrick Vollmar

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