

A teal alarm clock is visible on the left side of the image, showing the numbers 12, 1, and 2. To the right, there is a blurred image of a plate containing various vegetables, including tomatoes and green peppers. A dark blue banner with white text is centered across the middle of the image.

**CAN I EAT ANYTHING
DURING INTERMITTENT
FASTING?**

Intermittent Fasting Deal

**Sir John Josias Conybeare, William
Neville Mann**



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