

16:8 Intermittent Fasting

7 AM - wake up



innerspiritglow.in

8 AM - lemon water



10 AM - coffee or tea



12 PM - lunch



3 PM - snack



6 PM - dinner



7 PM - snack



8 PM - begin fast for 16 hrs



SAVE FOR LATER

Intermittent Fasting In The Us

Ian K. Smith

Intermittent Fasting In The Us:

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