

# ***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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