

INTERMITTENT FASTING

Who's it good for?

- People w/ a busy schedule
- Prefer to eat bigger meals
- Prefer fasted workouts



Who should avoid it?

- If you're underweight
- Have history of disordered eating
- Prefer to eat more often

Intermittent Fasting Today Same Day Delivery

Rachel S Tattersall

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Tanganyika. Legislative Council,1961 *5:2 Lifestyle* Delphine De Montalier,Charlotte Debeugny,2015-02-01 The growing popularity of the 5 2 intermittent fasting diet is not doubted Increasing numbers of advocates embrace its flexibility you choose which two days of the week are your fast days you lose weight and the diet is sustainable and healthy over the long term unlike many other diets This book has 100 recipes 4 weeks of sample menus and is packed with tips on how to integrate the 5 2 diet into your lifestyle It explains the benefits of intermittent fasting and how it works both for weight loss and also for health and sets out the Golden Rules for the non fast days There are 30 recipes for fast days that are 500 calories and under These Super 500 recipes are composed of wholegrain fibre to slow digestion protein healthy fats and fresh vegetables for delicious food with all important texture colour and taste so fasting day food is tasty and satisfying **The Lancet** ,1876

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