

INTERMITTENT FASTING

16:8 Plan

**7 AM
WAKE UP**



black coffee

**9 AM
STAY HYDRATED**



Mineral / Sparkling
Water

**11 AM
GET THINGS DONE**



Work / Exercise

**1-2 PM
SNACK**



Break Fast

**5-6 PM
FEAST**



Enjoy Lots of
Calories

**8-9 PM
SNACK**



Indulge Before Bed

Intermittent Fasting Update

Melissa White



Intermittent Fasting Update:

Ignite the flame of optimism with is motivational masterpiece, **Intermittent Fasting Update** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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