

# 16:8 Intermittent Fasting Plan

## To Burn Fat Fast!

7 AM

Wake up and have a cold glass of water or unsweetened green tea.

8 AM

Enjoy a black coffee for a healthy energy boost.

12 PM

Lunch time! Having a low carb meal will speed up your results.

3 PM

Need a snack? Berries and greek yoghurt is perfect!

5 PM

Feeling energetic? Now's a great time to get a gym session in!

7 PM

Time for a good-sized balanced dinner, including protein, fats and carbohydrates.

10 PM

Time for bed! Make sure to rest well and try to 8 hours sleep per night. This will help your gym recovery and maximise your energy for the next day.



# Yoga For Beginners Intermittent Fasting Update

**Ying-Ying Zheng**



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