

INTERMITTENT FASTING BY AGE CHART

Age: 40–45

8:00 AM Lemon Water
8:30 AM Skip breakfast
12:00 PM Avocado Chicken
Salad
3:00 PM Nuts
7:00 PM Macadamia basil
pesto pasta
8:00 PM Begin fasting



Age: 45–50

8:00 AM Black Coffee
8:30 AM Skip breakfast
12:00 PM Tuna avocado
salad wrap
3:00 PM Hummus & raw
veggie sticks
7:00 PM Asian friend "noodles"
8:00 PM Begin fasting



Age: 50–55

8:00 AM Apple cider
vinegar drink
8:30 AM Skip breakfast
12:00 PM Broccoli tofu
salad
3:00 PM Dark chocolate
7:00 PM Salmon kale salad
8:00 PM Begin fasting



Age: 55–58

8:00 AM Apple cider
vinegar drink
8:30 AM Skip breakfast
12:00 PM Broccoli tofu
salad
3:00 PM Dark chocolate
7:00 PM Salmon kale salad
8:00 PM Begin fasting



Age: 58–60

8:00 AM Black Coffee
8:30 AM Skip breakfast
12:00 PM Tuna avocado
salad wrap
3:00 PM Hummus & raw
veggie sticks
7:00 PM Asian friend "noodles"
8:00 PM Begin fasting



Age: 60–62

8:00 AM Lemon Water
8:30 AM Skip breakfast
12:00 PM Avocado Chicken
Salad
3:00 PM Nuts
7:00 PM Macadamia basil
pesto pasta
8:00 PM Begin fasting



Age: 62–65

8:00 AM Apple cider
vinegar drink
8:30 AM Skip breakfast
12:00 PM Broccoli tofu
salad
3:00 PM Dark chocolate
7:00 PM Salmon kale salad
8:00 PM Begin fasting



Age: 65+

8:00 AM Lemon Water
8:30 AM Skip breakfast
12:00 PM Avocado Chicken
Salad
3:00 PM Nuts
7:00 PM Macadamia basil
pesto pasta
8:00 PM Begin fasting



Intermittent Fasting Temu 2025

Michael Seilmaier



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