

# 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



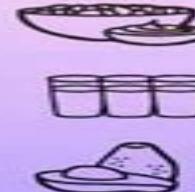
## Age: 58–60

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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