

A woman with short dark hair, wearing a white sleeveless top, stands in a kitchen with white subway tiles. She is smiling and looking down at a smartphone in her hand. In the foreground, a table covered with a light blue patterned cloth holds a healthy meal: a large white bowl of green salad with tomatoes and cucumbers, a small green bowl of red beans, a glass bottle of olive oil, and a wooden cutting board with sliced cucumbers, tomatoes, and a piece of bread. A round wooden clock is visible on the wall behind her.

Intermittent Fasting & Diet Plan

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