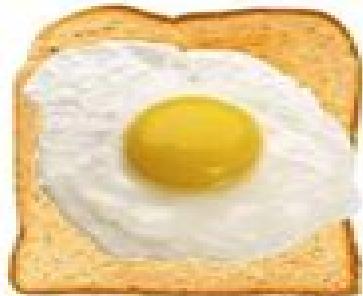


# INTERMITTENT FASTING TO SUIT YOUR SCHEDULE

A



**SKIP BREAKFAST**



First Meal at 1pm



Last Meal at 9pm

B



**SKIP LUNCH**



First Meal at 11pm



Last Meal at 7am

C



**SKIP DINNER**



First Meal at 7am



Last Meal at 3pm

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**5:2 Lifestyle** Delphine De Montalier,Charlotte Debeugny,2015-02-01 The growing popularity of the 5 2 intermittent fasting diet is not doubted Increasing numbers of advocates embrace its flexibility you choose which two days of the week are your fast days you lose weight and the diet is sustainable and healthy over the long term unlike many other diets This book has 100 recipes 4 weeks of sample menus and is packed with tips on how to integrate the 5 2 diet into your lifestyle It explains the benefits of intermittent fasting and how

it works both for weight loss and also for health and sets out the Golden Rules for the non fast days There are 30 recipes for fast days that are 500 calories and under These Super 500 recipes are composed of wholegrain fibre to slow digestion protein healthy fats and fresh vegetables for delicious food with all important texture colour and taste so fasting day food is tasty and satisfying

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Daum,1997 The Can Do Eating Plan for Overweight Kids and Teens succeeds where other programs fail because noted author and pediatric nutritionist Michelle Daum understands kids and the way they like to eat It is a medically proven program that balances sensible good for you foods with a variety of treats and is easy to follow It has helped hundreds of children achieve normal weight and feel good about themselves For the health and happiness of your child learn Why just cutting sweets won t work the fat free fallacy and how it fools you the exercise connection and how it builds self esteem realistic goals and how your child can reach them and a balanced eating plan that will work because it s full of foods kids love for kids who love food Plus Menus with plenty of choices and a brand name product guide that lists more than 400 snacks and other fun foods that fall within the plan s nutritional guidelines Success stories that will inspire you to start a Can Do plan that will help your child control weight look better and feel great

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