

INTERMITTENT FASTING

A sample schedule for an intermittent fasting program

16:8 16 hour fast- 8 hour eating period, start 12 noon

14:10 14 hour fast- 10 hour eating period, start 10am

12:12 12 hour fast- 12 hour eating period start 8am

Wake up- start of meal

Hydrate until start of meal- drink plenty of water and other calorie free drinks like coffee or tea



Start of meal



First meal- eat healthy whole foods including adequate protein

4 pm

Second meal- Continue eating healthy whole foods with balanced nutrition



8 pm



Third meal- Eat a meal that will keep you full during the fast

8 pm until bedtime

Begin fast- stay hydrated through the evening until you break the fast the next day

Intermittent Fasting This Month Returns

Huangqi Zhang

Intermittent Fasting This Month Returns:

Eventually, you will totally discover a extra experience and feat by spending more cash. still when? accomplish you understand that you require to get those all needs once having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more vis--vis the globe, experience, some places, in the same way as history, amusement, and a lot more?

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