

INTERMITTENT FASTING



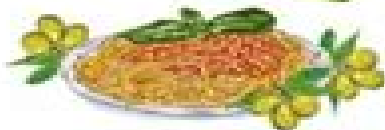
6AM: wake up



7AM: tea



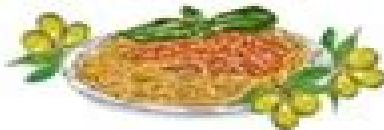
9AM: more tea



12PM: BIG meal #1



4PM: WORKOUT TIME!



6PM: BIG meal #2



8PM: late night snack



10-11PM: SLEEPY TIMES!

New Album Release Intermittent Fasting Near Me

Desmond Francis O'Neill, Oscar W. Hill



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