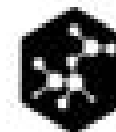


## 30-Day Intermittent Fasting Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drink Awareness	<b>1</b> Eat: 12 AM - 8 PM  No snacking after 8 PM	<b>2</b> Eat: 8 AM - 8 PM  No more juices, smoothies, diet sodas, etc.	<b>3</b> Eat: 8 AM - 8 PM  Drink a full glass of water every day after getting up	<b>4</b> Eat: 10 AM - 8 PM  Exclusively water/coffee/tea before 10 AM	<b>5</b> Eat: 8 AM - 8 PM  Swap breakfast for Bulletproof Coffee/Tea	<b>6</b> Eat: Noon - 8 PM  No more milk/ sugar/creamers in coffee/tea	<b>7</b> Eat: 8 AM - 8 PM  Enjoy the weekend, but do not re-eat with junk food
Food Awareness	<b>8</b> Eat: 8 AM - 8 PM  Reflect the previous week	<b>9</b> Eat: 10 AM - 8 PM  Start reading labels and pay attention to ingredients	<b>10</b> Eat: 8 AM - 8 PM  Buy raw and avoid processed foods	<b>11</b> Eat: Noon - 8 PM  Swap (basic) side dishes for green vegetables	<b>12</b> Eat: 8 AM - 8 PM  Limit snacks (nutraceuticals) to noon - 8 PM	<b>13</b> Eat: Noon - 8 PM  Test ketones with test strips or a meter	<b>14</b> Eat: 8 AM - 8 PM  Enjoy the weekend, but do not re-eat with junk food
Mindfulness	<b>15</b> Eat: 8 AM - 8 PM  Reflect the previous week	<b>16</b> Eat: Noon - 8 PM  Introduce a walk after dinner	<b>17</b> Eat: Noon - 8 PM  Avoid social media while fasting	<b>18</b> Eat: Noon - 8 PM  Implement a 10 min. morning routine: Yoga/Meditation	<b>19</b> Eat: Noon - 8 PM  Turn off the Wi-Fi and dim the lights every day at 10 PM	<b>20</b> Eat: Noon - 8 PM  Test ketones with test strips or a meter	<b>21</b> Eat: Noon - 8 PM  Enjoy the weekend, but do not re-eat with junk food
Performance	<b>22</b> Eat: Noon - 8 PM  Reflect the previous week	<b>23</b> Eat: Noon - 8 PM  Start the day with a fasted workout (>10 min.)	<b>24</b> Eat: Noon - 8 PM  Cook with healthy fats (olive/coconut/avocado oil)	<b>25</b> Eat: Noon - 8 PM  Take a hot or a iced shower before dinner	<b>26</b> Eat: Noon - 8 PM  Eat hydrated throughout the day	<b>27</b> Eat: 2 PM - 8 PM  Test ketones with test strips or a meter	<b>28</b> Eat: Noon - 8 PM  Enjoy the weekend, but do not re-eat with junk food
	<b>29</b> Eat: Noon - 8 PM  Reflect previous week	<b>30</b> Eat: 8 PM - 8 PM  Test final ketone levels					



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# Intermittent Fasting Viral Challenge This Month

**Thomas Lathrop Stedman**



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, 1991 *Excerpta Medica*, 1987 **Proceedings of the National Academy of Sciences of the United States of America** National Academy of Sciences (U.S.), 2002 **Stedman's Medical Dictionary** Thomas Lathrop Stedman, 2000 Now in its Twenty Seventh Edition this dictionary is the successor to the first American medical dictionary This latest Deluxe Edition contains over 102 000 terms including 12 000 new terms and is written and reviewed by a group of internationally renowned physicians researchers and academicians that cover 52 medical and health science specialties Added features to the content of this edition include Genus Finder High Profile terms Word Finder Terminologia Anatomica the Art Program cross references in blue Building Blocks and more Beautifully bound in leather with exquisite custom design marbled end papers satin ribbon bookmark and gold trimmed pages **Concise Dictionary of Modern Medicine** J. C. Segen, 2006 This text includes 20 000 alphabetized entries for current medical acronyms and terms The entries also consist of encyclopedic definitions clinical aspects of medical terms and references to popular medical journals **Pediatric Annals**, 1985

*Textbook of Natural Medicine* Joseph E. Pizzorno, Michael T. Murray, 2006 With over 90 well known contributors in depth coverage of more than 70 specific diseases and 10 000 citations of peer reviewed research literature you will find accurate detailed pharmacologic information on herbs and supplements and crucial knowledge for making recommendations to patients book jacket *British Abstracts*, 1952 *Abridged Index Medicus*, 1976

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