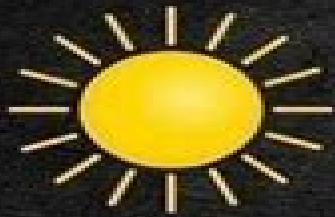


WORLD'S TRENDING PLAN

INTERMITTENT FASTING



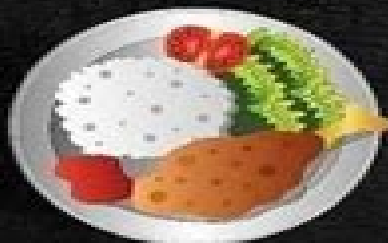
6 AM
WAKE UP



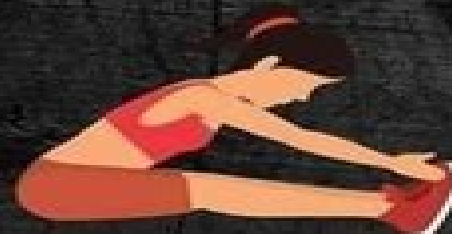
7 AM
GREEN TEA



9 AM
MORE GREEN TEA



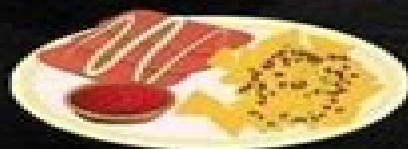
12 PM
1ST BIG MEAL



4 PM
EXERCISE TIME



6 PM
2ND BIG MEAL



8 PM
LATE NIGHT SNACK



10 PM
SLEEP TIME



LOTS OF WATER
MORE WATER

Booktok Trending Intermittent Fasting Today

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haste or worries mind Intermittent Fasting isn't a diet it's a pattern of eating It's a way of scheduling your meals so that you get the most out of them Intermittent Fasting doesn't change what you eat it changes when you eat Take a second to imagine how you'll feel once you achieve the health you desire and how your family and friends will react when they notice your new body and mental sharpness Get a copy today and see for yourself how intermittent fasting can not only be good for your weight but good for your whole body Scroll up and click buy now button Get the Paperback version and receive the Kindle eBook for FREE

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[Intermittent Fasting](#) Alex Bourne, Eden Rohmer, 2017-09-18

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Intermittent Fasting for Beginners - How to Lose Weight Boost Energy and Feel Amazing Ian Flood, 2020-11-03
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Intermittent Fasting For Women 101 Gin Fung, Will Ramos, 2019-01-07 If you have been thinking about using intermittent fasting to lose weight but don t know how then you have come to the right place read on Many women swear by Intermittent Fasting losing up to 10 pounds in three or four weeks all without exercise AND without having to watch what they EAT religiously But there are also many who don t know what it is and are thoroughly misled by all the mis information readily found on the Net You become worried about The impact on sleep quality when you intermittent fast Hearing other women miss periods when they fast Getting all your hormones out of whack and dealing damage to your body No worries Now This book on Intermittent Fasting for women is written exactly to allay and assuage those fears and more Written by a Lady for Ladies it gives the advice and tips specifically meant for the female body when intermittent fasting You will explore and learn How You can use intermittent fasting without worries about loss of sleep and hormonal imbalance You get all the benefits without the worries A ready 30 Day program that is tailored to get you started right off the bat with Intermittent Fasting Seasoned with What Tos and How Tos your intermittent fasting program will start off with minimal hiccups Get the knowledge of how to incorporate intermittent fasting as a MUM and pick up extra 2 tips that absolutely are life savers What to do and what not to do whilst fasting You heard it before But you get to know an extra 4 more steps which will definitely boost up your weight loss and make fasting so much easier How to successfully combine the Keto Diet with Intermittent Fasting for Women What many others don t tell you about the role of eating when you fast intermittently And so much more

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