

INTERMITTENT *Fasting*

THE COMPLETE GUIDE TO INTERMITTENT FASTING FOR BEGINNERS AND FOR
WEIGHT LOSS: THE HEALTHY WAY TO SHED YOUR POUNDS FOR GOOD!

A top-down view of a white ceramic plate on a light-colored surface. The plate is used as a clock face, with wooden cutlery serving as the hands. A wooden spoon is positioned vertically at the 12 o'clock position. A wooden fork is positioned horizontally at the 3 o'clock position. Another wooden spoon is positioned vertically at the 9 o'clock position. A hand is visible at the bottom left holding the handle of the fork at 3 o'clock, and another hand is visible at the bottom right holding the handle of the spoon at 9 o'clock.

Paul Andrews

Intermittent Fasting Spotify Best

Patrick Vollmar



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