

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

Trending Intermittent Fasting

SA Dillow



Trending Intermittent Fasting:

Discover tales of courage and bravery in is empowering ebook, **Trending Intermittent Fasting** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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