

16:8 Intermittent Fasting

SAMPLE DAILY SCHEDULE FOR INTERMITTENT FASTING PROGRAM

Wake Up - 12pm



Hydrate—Drink plenty of water and other calorie-free drinks such as tea or coffee



12pm



First Meal—Make sure to get plenty of nutrients by eating whole foods



4pm



Second Meal—Continue to eat a variety of healthy, nutritious foods



8pm



Third Meal—Focus on eating a meal that will keep you full during the upcoming fast



8pm - Bedtime



Begin Fast—Stay hydrated with water and other calorie-free drinks as desired



Intermittent Fasting For Beginners

SA Adler



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quad $p \times x^2 1 p p$ quad $p \times x^3 1 p^2 p$ quad $p \times x^n 1 p^n 1 p$ we note that the above are the terms of a geometric sequence hence
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