

INTERMITTENT FASTING TO SUIT YOUR SCHEDULE

A



SKIP BREAKFAST



First Meal at 1pm



Last Meal at 9pm

B



SKIP LUNCH



First Meal at 11pm



Last Meal at 7am

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C



SKIP DINNER



First Meal at 7am



Last Meal at 3pm

Intermittent Fasting Ideas

Patrick Vollmar



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