

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

Intermittent Fasting Trending

Rosina Ehmann



Intermittent Fasting Trending:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Intermittent Fasting Trending** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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