

# 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

**Marco Bassanello, Ruggero  
Geppini, Xin-Nong Li**



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