

# INTERMITTENT FASTING

## DO'S

- choose a fast that fits your life and goals
- drink water and electrolytes during the fast
- eat protein, fat and fiber when you break your fast
- be consistent, but adjust the schedule as needed
- exercise (but ease into it)

## DON'TS

- just skip breakfast
- use extended fasts as a "reset" from a "cheat day"
- drink multiple cups of coffee to get you through your fast
- snack
- break your fast with high glycemic, low protein meals

# Intermittent Fasting Tips

**Lindsay Boyers**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

## **Intermittent Fasting Tips:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Intermittent Fasting Tips** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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mesopotamian mythology and the protagonist of the epic of gilgamesh an epic poem written in akkadian during the late 2nd  
millennium bc he was possibly a historical king of the sumerian city state of uruk who was posthumously deified his rule  
probably would have taken place sometime in the beginning of the early dynastic period c 290

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