

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

Zhe Xu



Intermittent Fasting Tips:

Intermittent Fasting Tips Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Intermittent Fasting Tips**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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