

WORLD'S TRENDING PLAN

INTERMITTENT FASTING



6 AM
WAKE UP



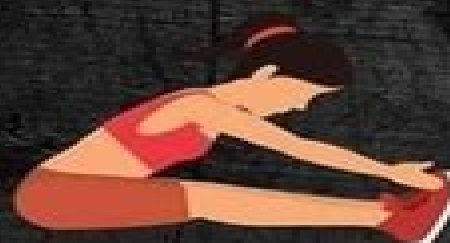
7 AM
GREEN TEA



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

Trending Intermittent Fasting

Lindsay Christensen

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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