# WORLD'S TRENDING PLAN INTERMITTENT FASTING



6 AM



7 AM GREEN TEA



9 AM MORE GREEN TEA



12 PM IST BIG MEAL



4 PM
EXERCISE TIME



6 PM 2ND BIG MEAL



8 PM LATE NIGHT SNACK



10 PM SLEEP TIME



# **Trending Intermittent Fasting**

**Ian Pickup** 

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