

NEW

INTERMITTENT FASTING

Guide

90+

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INSIDE
TO MIX &
MATCH

It's ABOUT time!

*Find the right rhythm
to lose weight and improve
your health for good*

5:2
16:8

AND
OTHER
PLANS
EXPLAINED

LEARN TO
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YOUR EATING
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Intermittent Fasting 2025 Edition

Rupesh Johri



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