

# 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

**G Orfield**



## **Intermittent Fasting Tips:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Intermittent Fasting Tips**

In some sort of inundated with screens and the cacophony of instant connection, the profound energy and mental resonance of verbal artistry often diminish in to obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, located within the lyrical pages of **Intermittent Fasting Tips**, a charming perform of literary splendor that pulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this exciting opus courses visitors on an emotional odyssey, delicately revealing the latent possible and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect their captivating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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