

Benefits Of 16 8 Intermittent Fasting

| 16/8 INTERMITTENT FASTING - LEANGAINS |                      |                      |                      |                      |                      |                      |                      |
|---------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| TIME                                  | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY               | SATURDAY             | SUNDAY               |
| MIDNIGHT - 8 AM                       | SLEEPING             | SLEEPING             | SLEEPING             | SLEEPING             | SLEEPING             | SLEEPING             | SLEEPING             |
| 8 AM - NOON                           | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      |
| NOON - 8 PM                           | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW | 8 HOUR EATING WINDOW |
| 8 PM - MIDNIGHT                       | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      | FASTING 4 HOURS      |

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