

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

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Intermittent Fasting Tips:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Intermittent Fasting Tips** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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