# 16:8 Intermittent Fasting

SAMPLE DAILY SCHEDULE FOR INTERMITTENT FASTING PROGRAM

# Wake Up-12pm



Hydrate-Drink plenty of water and other calorie-free drinks such as tea or coffee



# 12 pm



First Meal–Make sure to get plenty of nutrients by eating whole foods





# 4pm



Second Meal—Continue to eat a variety of healthy, nutritious foods



# 8pm



Third Meal–Focus on eating a meal that will keep you full during the upcoming fast



# 8pm-Bedtime



Begin Fast–Stay hydrated with water and other calorie-free drinks as desired



# **Intermittent Fasting Guide**

Dr. Emma Tyler



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