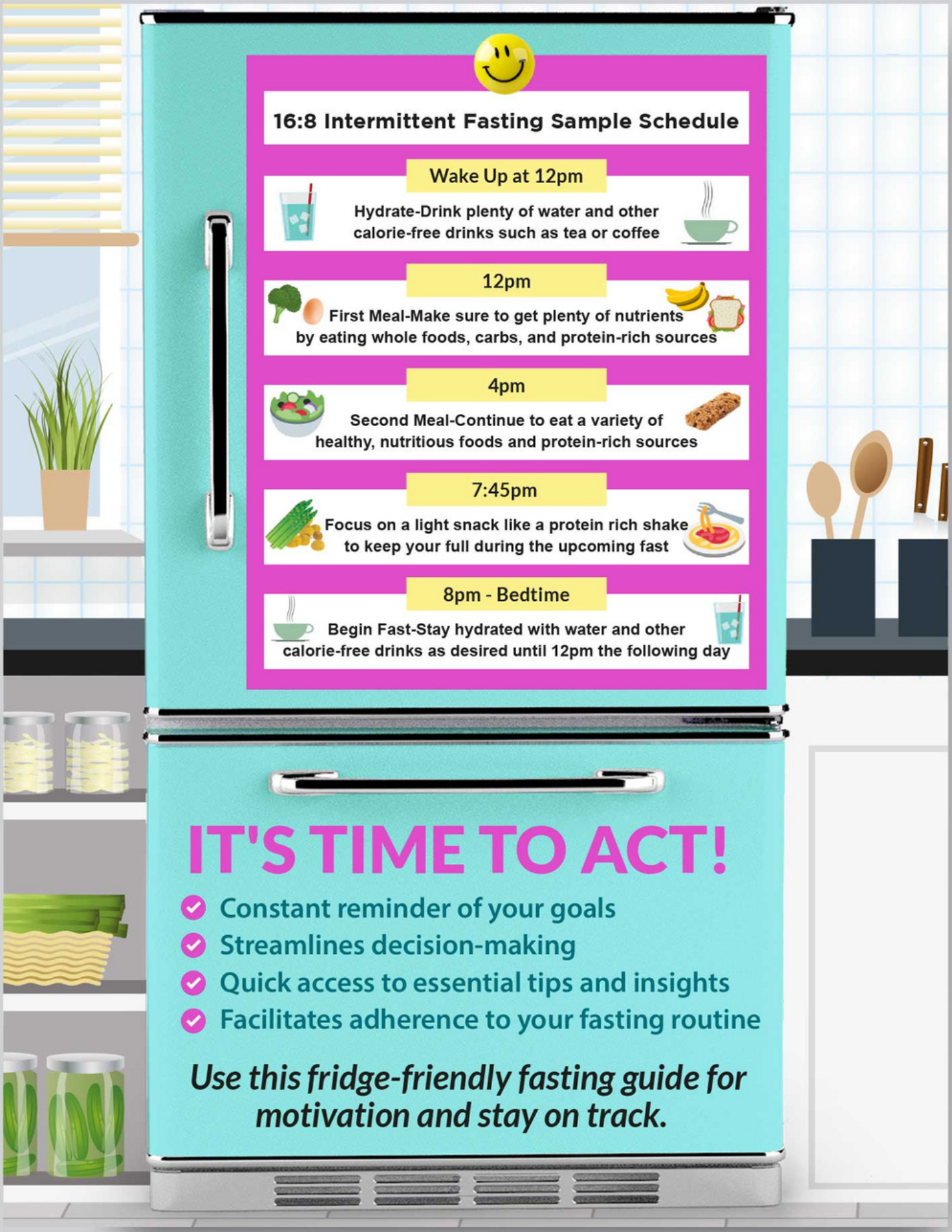
16:8 Intermittent Fasting Sample Schedule
Wake Up at 12pm
Hydrate-Drink plenty of water and other calorie-free drinks such as tea or coffee
12pm
First Meal-Make sure to get plenty of nutrients by eating whole foods, carbs, and protein-rich sources
4pm
Second Meal-Continue to eat a variety of healthy, nutritious foods and protein-rich sources
7:45pm
Focus on a light snack like a protein rich shake to keep your full during the upcoming fast
8pm - Bedtime
Begin Fast-Stay hydrated with water and other calorie-free drinks as desired until 12pm the following day
IT'S TIME TO ACT!
Constant reminder of your goals
Streamlines decision-making
Quick access to essential tips and insights
Facilitates adherence to your fasting routine
Use this fridge-friendly fasting guide for motivation and stay on track.