

**12-HOUR FAST**

**16-HOUR FAST**

**18-HOUR FAST**

**7am**  
**MEAL**



**10am**  
**SNACK**



**12pm**  
**MEAL**



**3pm**  
**SNACK**



**7pm**  
**MEAL**



**7am - 12pm**  
**FASTING**



**12pm**  
**MEAL**



**3pm**  
**SNACK**



**6pm**  
**MEAL**



**8pm**  
**MEAL**



**7am - 2pm**  
**FASTING**



**2pm**  
**MEAL**



**4pm**  
**SNACK**



**6pm**  
**MEAL**



**8pm**  
**MEAL**



# Fasting Diet Guide

**Lingsheng Yao**



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