

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

Yi-Tong Ma



Fasting Diet Guide:

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