

Intermittent Fasting Weight Loss Diet Plan

Health



Follow a fasting window that suits you



Start from **14:10**
14 hours of fasting with an eating window of 10 hours



Then move to **16:8, 19:5** or **20:4**

BREAKFAST



Idli or dosa



A glass of ragi/oats porridge



A bowl of upma with vegetables

LUNCH



-2 mixed whole grain chapatis, 1 bowl of gravy / a bowl of chicken or fish



Mixed vegetable salad



2 eggs



brown rice/ millet kichdi

DINNER



Light food like vegetable or chicken soup



Steamed vegetables, stir fry

SNACKS



Nuts



Fruit



Flax seeds

HANDY TIPS TO FOLLOW:



Abstain from drinking or eating during fasting window



Drink plenty of water, at least 2-3 liters



Maintain portion control when you eat



Eat dinner before 8, 7 or 6 p.m., depending on the window

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Table of Contents Weight Loss Plan Usa Store Hours

1. Understanding the eBook Weight Loss Plan Usa Store Hours
 - The Rise of Digital Reading Weight Loss Plan Usa Store Hours
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan Usa Store Hours
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Loss Plan Usa Store Hours
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan Usa Store Hours
 - Personalized Recommendations
 - Weight Loss Plan Usa Store Hours User Reviews and Ratings
 - Weight Loss Plan Usa Store Hours and Bestseller Lists
5. Accessing Weight Loss Plan Usa Store Hours Free and Paid eBooks

- Weight Loss Plan Usa Store Hours Public Domain eBooks
 - Weight Loss Plan Usa Store Hours eBook Subscription Services
 - Weight Loss Plan Usa Store Hours Budget-Friendly Options
6. Navigating Weight Loss Plan Usa Store Hours eBook Formats
 - ePub, PDF, MOBI, and More
 - Weight Loss Plan Usa Store Hours Compatibility with Devices
 - Weight Loss Plan Usa Store Hours Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weight Loss Plan Usa Store Hours
 - Highlighting and Note-Taking Weight Loss Plan Usa Store Hours
 - Interactive Elements Weight Loss Plan Usa Store Hours
 8. Staying Engaged with Weight Loss Plan Usa Store Hours
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weight Loss Plan Usa Store Hours
 9. Balancing eBooks and Physical Books Weight Loss Plan Usa Store Hours
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weight Loss Plan Usa Store Hours
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Weight Loss Plan Usa Store Hours
 - Setting Reading Goals Weight Loss Plan Usa Store Hours
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Weight Loss Plan Usa Store Hours
 - Fact-Checking eBook Content of Weight Loss Plan Usa Store Hours
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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