

# Your Simple Fasting Diet Plan

## **MORNING (7 AM)**

Start with a glass of water or herbal tea to hydrate and energize your body.

## **BREAK YOUR FAST (12 PM)**

Have a balanced meal with lean protein, healthy fats, and veggies (e.g., grilled chicken salad with avocado).

## **MID-AFTERNOON (3 PM)**

Snack on nuts, seeds, or a small fruit to stay fueled.

## **FINAL MEAL (6 PM)**

Enjoy a nutrient-rich dinner like salmon, quinoa, and roasted vegetables.

## **FASTING PERIOD (7 PM – 11 AM)**

Drink water, herbal tea, or black coffee during your fasting hours.

# Fasting The Super Diet

**Padhraic Smyth**



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