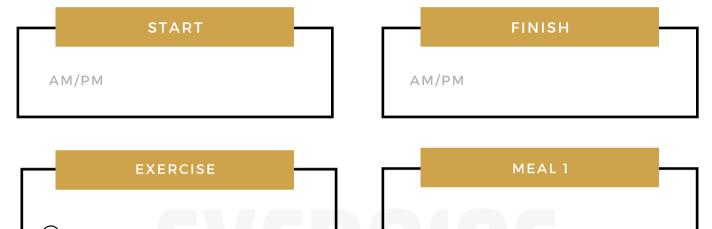
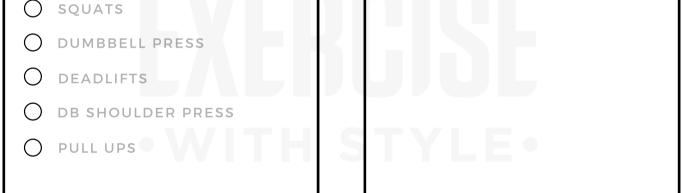
INTERMITTENT FASTING PLANNER

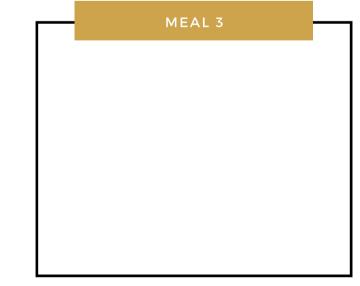
NAME	DAY
TYPE OF FAST	GOAL WEIGHT





Μ	E	Δ	2
1.1		~	

3X RICE CAKES, AVOCADO & LOW FAT COTTAGE CHEESE



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