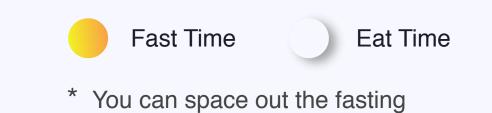
fastingboost

Day 17

The structure of intermittent fasting is meant to make the most of your body's natural metabolic processes every day, so that you can be on your way to long term optimal health.





20 : 4*Fast 20 hrs / Eat 4 hrs

Progress WEEK 3 / 4