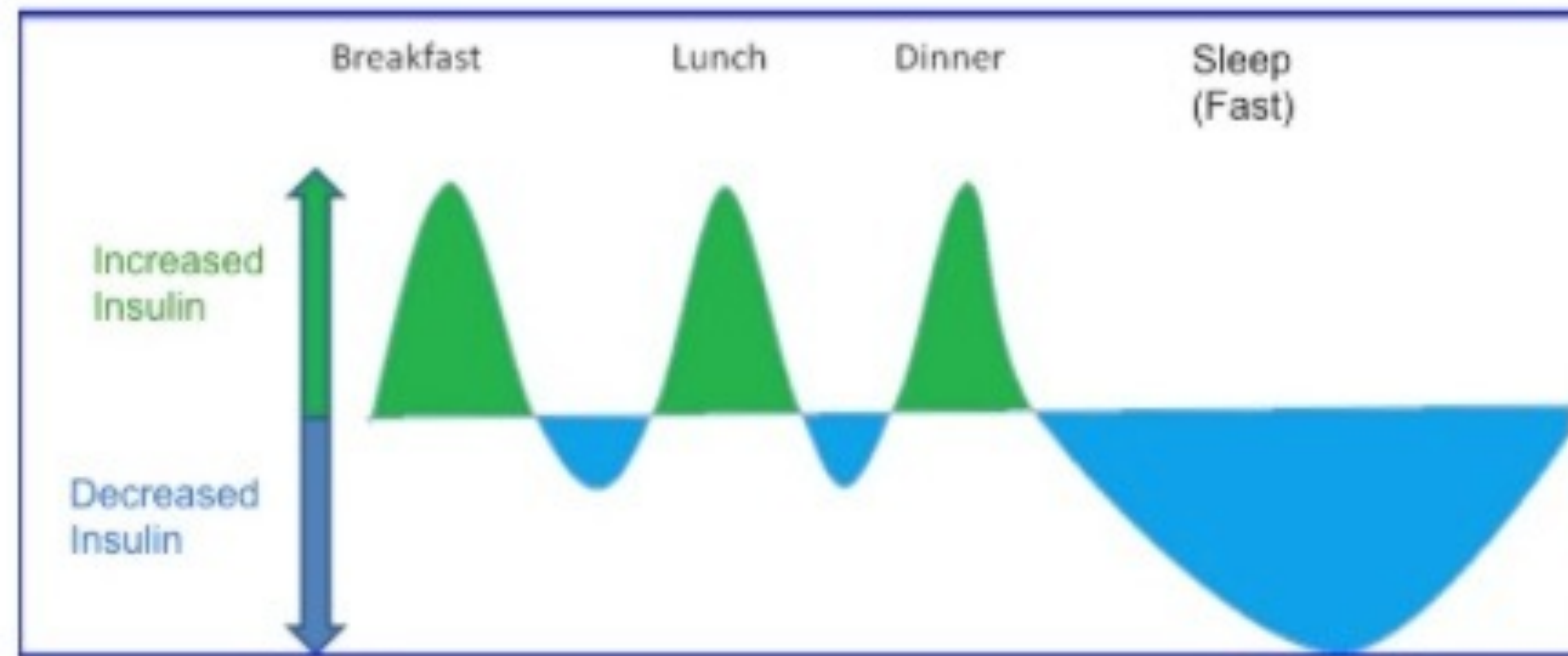


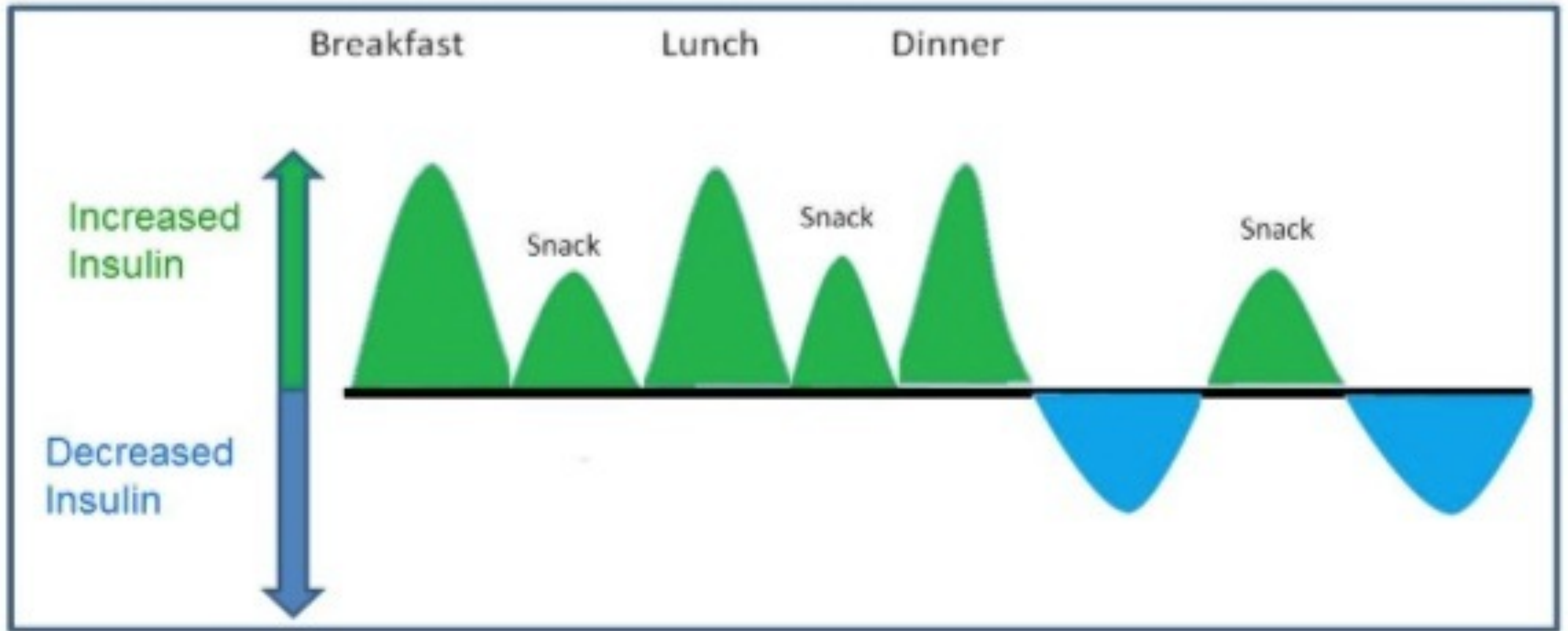
WHEN To Eat



[Dr Jason Fung](#)



WHEN To Eat



WHEN To Eat

8 Hour Eating Window
(16 hours fasting -- skipping breakfast)



WHEN To Eat

'Warrior Diet' or Alternate Day Fasting
(~20 hours fasting, single meal daily)

