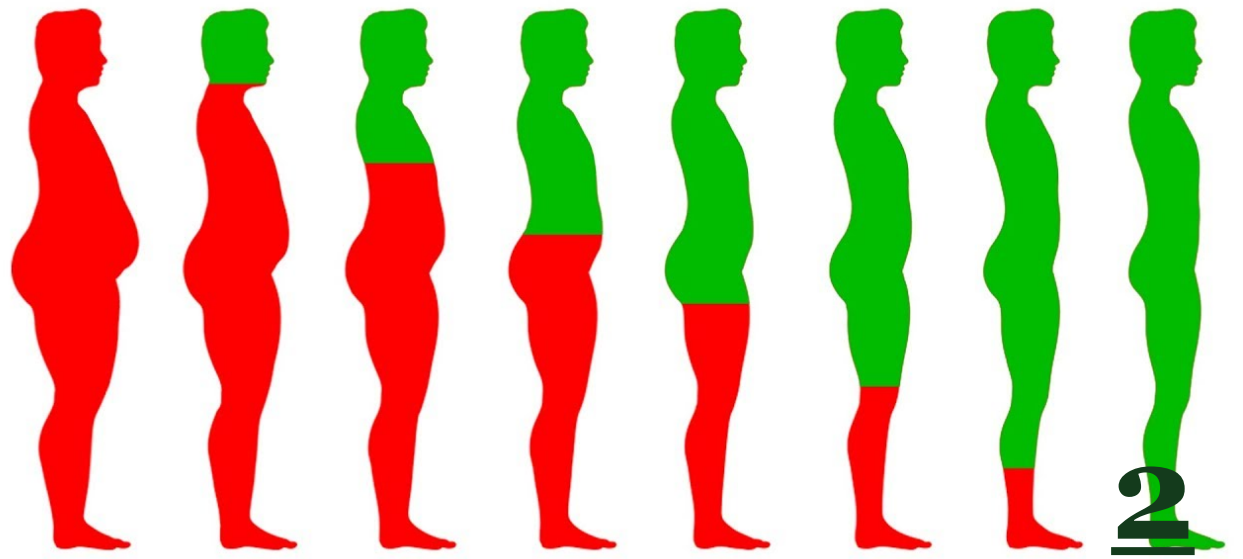




“THE STORIES I TELL MYSELF” **1**

WRITTEN BY JOSE FRANCO

EFFECTS OF WALKING



3

♀ Intermittent Fasting Step by Step Guide FOR WOMEN

1 7:30-8pm YOUR LAST MEAL	2 7-8 hours SLEEP IS KEY DURING INTERMITTENT FASTING	3 WORKOUT ON EMPTY STOMACH IF POSSIBLE
<small>FOR MORE ON IDEAL SUPPLEMENTS DURING FAST THAT WILL INCREASE RESULTS, VISIT WWW.FROMFLATTOFITNESS.COM</small>		
4 8am-12pm DETERMINE WHEN TO BREAK YOUR FAST	5 Healthy meal Higher healthy fat, protein and complex carb	6 Plenty of water & supplements Protein / meal replacement

4

Brooklyn's Stoop Juice Spring 2019 News



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Park Slope 7th Ave Shopping District
 443 7th Ave
 Saturday, March 30, 2019

We offer organic raw juices, dairy free smoothies, 3 - 10 day juice cleanse for pickup or delivery in Greenwood Heights, Park Slope & Windsor Terrace Brooklyn. Call us at 718-853-6850

Click on number in picture to view video

www.stoopjuice.com