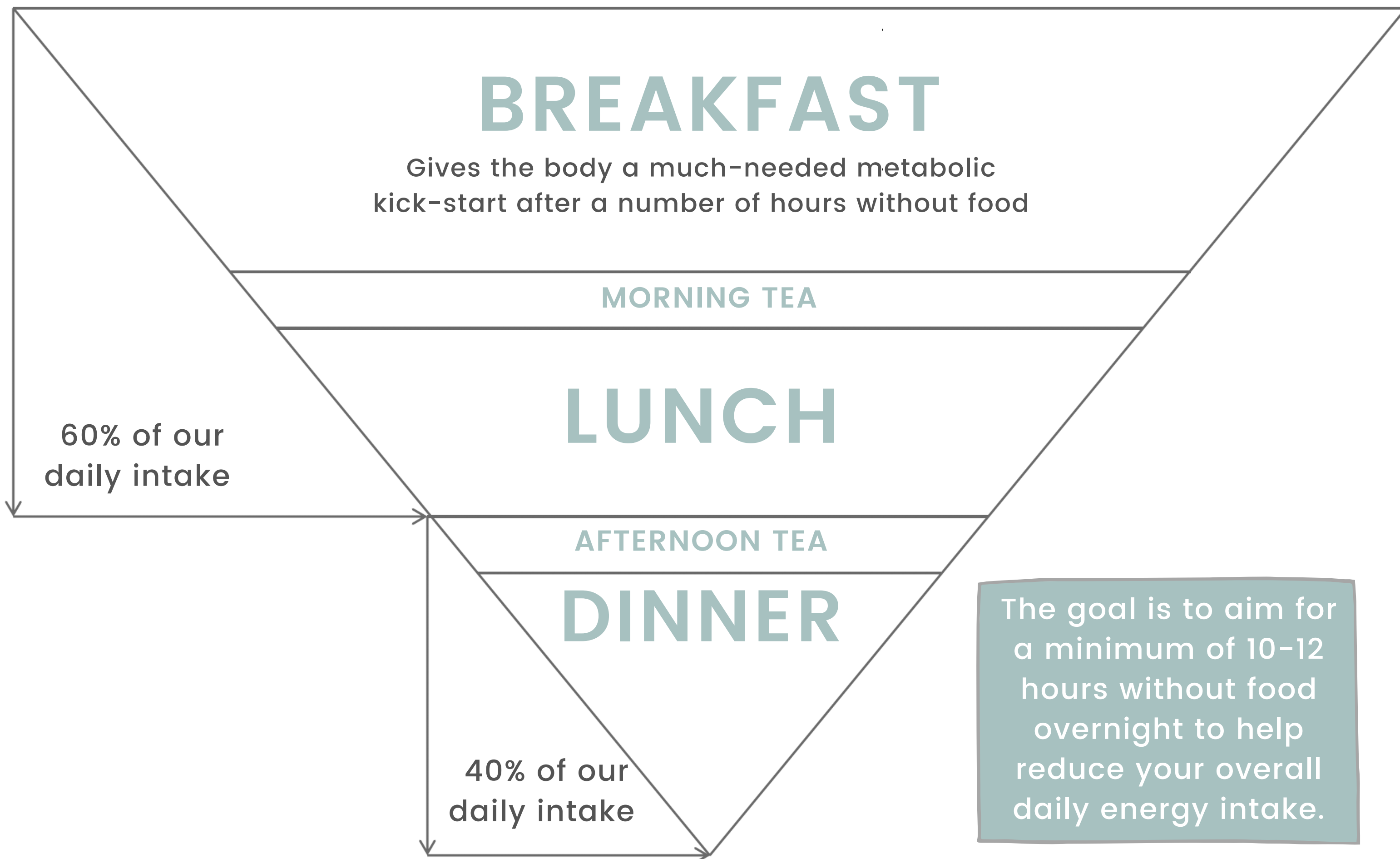


Daily Energy Distribution



The human body is programmed hormonally to burn during the first half of the day, and store at night. Skipping breakfast results in consuming more energy for the remainder of the day.