

5 Cara Menerapkan Diet Intermittent Fasting bagi Pemula

1

Puasa 12 jam sehari. Lalu, makan secara normal seperti puasa pada umumnya.

2

Puasa 16 jam sehari. Disebut dengan metode 16:8 dengan waktu makan pada 8 jam. Pria puasa selama 16 jam, sedangkan wanita 14 jam sehari.

3

Puasa 2 hari dalam satu minggu. Disebut dengan metode 5:2, mengonsumsi makan sehat dengan porsi standar selama lima hari, lalu mengurangi asupan kalori selama dua hari.

4

Puasa alternatif. Metode puasa setiap hari tanpa makanan padat atau maksimal 500 kalori untuk satu hari.

5

Puasa 24 jam dalam satu minggu. Berpuasa penuh selama satu atau dua hari dalam satu minggu atau nama lainnya eat-to-eat.



Tutorial Intermittent Fasting

Padhraic Smyth



Tutorial Intermittent Fasting:

Whispering the Techniques of Language: An Psychological Journey through **Tutorial Intermittent Fasting**

In a digitally-driven earth wherever displays reign great and immediate connection drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words often get unheard. Yet, located within the pages of **Tutorial Intermittent Fasting** a interesting literary prize pulsing with organic emotions, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, that charming opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the emotional depths with this moving evaluation, we shall embark upon a honest exploration of the book is primary styles, dissect their fascinating publishing fashion, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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