

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

Rachel S Tattersall



Tutorial Intermittent Fasting:

Whispering the Strategies of Language: An Emotional Quest through **Tutorial Intermittent Fasting**

In a digitally-driven earth wherever displays reign great and instant interaction drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases usually move unheard. However, nestled within the pages of **Tutorial Intermittent Fasting** a interesting literary prize pulsating with raw thoughts, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles cloth of every word. Within the psychological depths of this touching evaluation, we shall embark upon a heartfelt exploration of the book is key themes, dissect its interesting publishing type, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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