

**Perfect Keto**

# Best intermittent fasting schedules for beginners



Skipping  
a meal



12-hour  
intermittent  
fasting



The 5:2  
diet



14:10  
intermittent  
fasting



Alternate-day  
fasting



16:8  
intermittent  
fasting



18:6  
intermittent  
fasting

# Best Intermittent Fasting

**LL Leslie**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the LL Leslie text.

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