

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

L Manion



Tutorial Intermittent Fasting:

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

In a digitally-driven world where screens reign great and immediate communication drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases usually get unheard. Yet, situated within the pages of **Tutorial Intermittent Fasting** a interesting fictional value blinking with fresh thoughts, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the psychological depths of the poignant evaluation, we shall embark upon a genuine exploration of the book is primary subjects, dissect their captivating publishing model, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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