

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

J Dewey



Tutorial Intermittent Fasting:

Whispering the Secrets of Language: An Mental 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 mental nuances hidden within words usually get unheard. However, situated within the pages of **Tutorial Intermittent Fasting** a captivating literary value blinking with organic emotions, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this enchanting opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the psychological depths of the moving evaluation, we shall embark upon a heartfelt exploration of the book is key subjects, dissect its captivating publishing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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