

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

WJ Hussar



Tutorial Intermittent Fasting:

Adopting the Tune of Term: An Psychological Symphony within **Tutorial Intermittent Fasting**

In a world eaten by screens and the ceaseless chatter of instant interaction, the melodic splendor and psychological symphony developed by the prepared word frequently disappear into the back ground, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Tutorial Intermittent Fasting** a wonderful literary treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts readers on a mental trip, well unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of this emotional examination, we shall investigate the book is key harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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