

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

Michael Hoelscher



Tutorial Intermittent Fasting:

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

In a digitally-driven earth where screens reign supreme and immediate communication drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases often move unheard. Yet, located within the pages of **Tutorial Intermittent Fasting** a charming fictional treasure pulsating with fresh emotions, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, that charming opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles cloth of each word. Within the psychological depths of this moving review, we shall embark upon a genuine exploration of the book is key themes, dissect their interesting publishing fashion, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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