

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

RD Boyd



Tutorial Intermittent Fasting:

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

In a digitally-driven world where monitors reign supreme and quick connection drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases frequently go unheard. Yet, nestled within the pages of **Tutorial Intermittent Fasting** a charming literary treasure pulsing with natural emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, that enchanting opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the mental depths of this touching review, we shall embark upon a genuine exploration of the book is key styles, dissect its interesting writing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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