

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

EW Minium



Tutorial Intermittent Fasting:

Enjoying the Track of Expression: An Psychological Symphony within **Tutorial Intermittent Fasting**

In a global taken by monitors and the ceaseless chatter of immediate conversation, the melodic splendor and psychological symphony created by the prepared word frequently diminish in to the back ground, eclipsed by the persistent sound and interruptions that permeate our lives. However, located within the pages of **Tutorial Intermittent Fasting** an enchanting literary prize filled with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that captivating masterpiece conducts visitors on a mental journey, well unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this touching assessment, we can explore the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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