

Perfect Keto

Best intermittent fasting schedules for beginners



Skipping
a meal



12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
intermittent
fasting



18:6
intermittent
fasting

Best Intermittent Fasting

Guillaume Favre

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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