

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

Thomas Griffiths



Tutorial Intermittent Fasting:

Embracing the Song of Appearance: An Psychological Symphony within **Tutorial Intermittent Fasting**

In a global eaten by monitors and the ceaseless chatter of quick interaction, the melodic beauty and psychological symphony produced by the written word usually disappear in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Tutorial Intermittent Fasting** an enchanting fictional prize overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts visitors on a psychological journey, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the poignant examination, we can discover the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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