

# 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

**B Lingard**



## **Tutorial Intermittent Fasting:**

This book delves into Tutorial Intermittent Fasting. Tutorial Intermittent Fasting is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Tutorial Intermittent Fasting, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Tutorial Intermittent Fasting
  - Chapter 2: Essential Elements of Tutorial Intermittent Fasting
  - Chapter 3: Tutorial Intermittent Fasting in Everyday Life
  - Chapter 4: Tutorial Intermittent Fasting in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Tutorial Intermittent Fasting. This chapter will explore what Tutorial Intermittent Fasting is, why Tutorial Intermittent Fasting is vital, and how to effectively learn about Tutorial Intermittent Fasting.
3. In chapter 2, this book will delve into the foundational concepts of Tutorial Intermittent Fasting. This chapter will elucidate the essential principles that need to be understood to grasp Tutorial Intermittent Fasting in its entirety.
4. In chapter 3, the author will examine the practical applications of Tutorial Intermittent Fasting in daily life. This chapter will showcase real-world examples of how Tutorial Intermittent Fasting can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Tutorial Intermittent Fasting in specific contexts. The fourth chapter will explore how Tutorial Intermittent Fasting is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Tutorial Intermittent Fasting. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Tutorial Intermittent Fasting.

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