

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:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Tutorial Intermittent Fasting**

In a global inundated with screens and the cacophony of instantaneous transmission, the profound power and emotional resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, set within the lyrical pages of **Tutorial Intermittent Fasting**, a charming perform of literary elegance that pulses with raw emotions, lies an memorable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus manuals readers on a mental odyssey, gently revealing the latent potential and profound influence stuck within the complex web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect its charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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