

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

Jessica J Manson



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web flush physiology to become markedly red in the face and often other areas of the skin from various physiological conditions flush a growth of leaves on the tea plant harris flush an enema type saline flush seep hydrology a

web to flow and spread suddenly to flood for the purpose of cleaning to cause to be full as to flush the meadows as blood flushes into the face to operate a placer mine where the continuous supply of water is insufficient by holding back the water and releasing it periodically in a flood glowing

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web a blush rosy glow a flush of embarrassment on his face a rushing or overspreading flow as of water a sudden rise of emotion or excitement a flush of anger glowing freshness

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web sep 12 2023 to send a volume of water quickly through a pipe channel etc or into a toilet for the purpose of cleansing emptying etc 5 to cause soluble substances in the soil to be washed towards the surface as by the action of underground springs or of such substances to be washed towards the soil surface

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