

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

Huangqi Zhang



Tutorial Intermittent Fasting:

Enjoying the Track of Expression: An Psychological Symphony within **Tutorial Intermittent Fasting**

In some sort of eaten by screens and the ceaseless chatter of instant interaction, the melodic beauty and emotional symphony created by the written term usually disappear in to the backdrop, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, set within the pages of **Tutorial Intermittent Fasting** a marvelous fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts readers on a psychological trip, well unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the emotional assessment, we can examine the book is key harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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