

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

David Scott Kingston



Tutorial Intermittent Fasting:

Embracing the Tune of Term: An Mental Symphony within **Tutorial Intermittent Fasting**

In some sort of taken by displays and the ceaseless chatter of instantaneous communication, the melodic elegance and emotional symphony produced by the written term often fade in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, situated within the pages of **Tutorial Intermittent Fasting** a stunning literary prize overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this captivating masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of this poignant evaluation, we will investigate the book is central harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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