

5 Cara

Menerapkan Diet Intermittent Fasting bagi Pemula

1

Puasa 12 jam sehari. Lalu, makan secara normal seperti puasa pada umumnya.

5

Puasa 24 jam dalam satu minggu. Berpuasa penuh selama satu atau dua hari dalam satu minggu atau nama lainnya eat-to-eat.

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.



Tutorial Intermittent Fasting

SJ Ball



Tutorial Intermittent Fasting:

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

In a world inundated with displays and the cacophony of instantaneous communication, the profound power and psychological resonance of verbal beauty usually disappear into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Tutorial Intermittent Fasting**, a captivating work of literary elegance that impulses with organic feelings, lies an memorable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this interesting opus instructions viewers on a mental odyssey, gently revealing the latent possible and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect its interesting writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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