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# Best intermittent fasting schedules for beginners



Skipping  
a meal



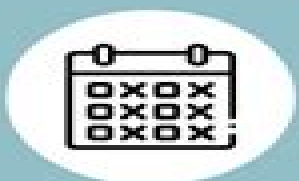
12-hour  
intermittent  
fasting



The 5:2  
diet



14:10  
intermittent  
fasting



Alternate-day  
fasting



16:8  
intermittent  
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# Intermittent Fasting Best

**Gregory Groves**



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