

## Perfect Keto

# 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 fasting



18:6 intermittent fasting

# For Beginners Intermittent Fasting

**RJ Shavelson**



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