

Intermittent Fasting Methods

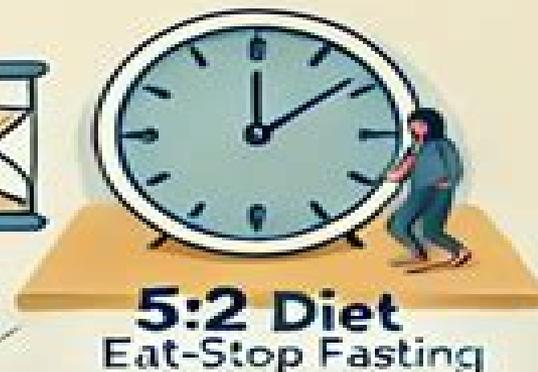
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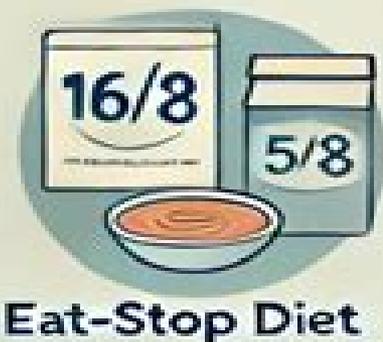
16/8 Method
16/8 Method



16/8
5:2 Stop Diet



5:2 Diet
Eat-Stop Fasting



16/8
5/8
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12
OMAD
Alternative Day Fasting



Meal in Day



INTERMITTENT FASTING
Warrior Diet



OMAD
One Meal a Day

Framework Intermittent Fasting

Chauncey John Vallette Pettibone



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