

Intermittent Fasting Methods

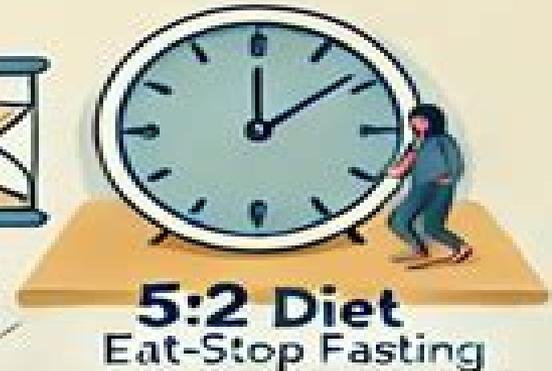
— Flexible Fasting methods —



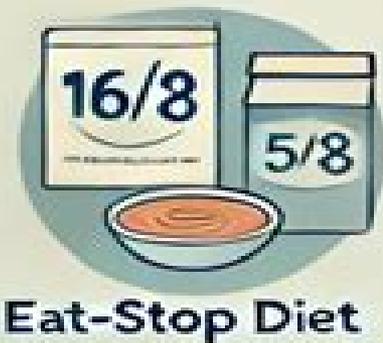
16/8 Method
16/8 Method



16/8
5:2 Stop Diet



5:2 Diet
Eat-Stop Fasting



16/8
5/8
Eat-Stop Diet



12:12
OMAD
Alternative Day Fasting



Meal in Day



Warrior Diet



One Meal a Day

Framework Intermittent Fasting

Karin Nielsen-Saines



Framework Intermittent Fasting:

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