

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
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Alternate Day Fasting



Meal in Day



INTERMITTENT FASTING



Warrior Diet



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One Meal a Day

Intermittent Fasting Framework

Lila Santoro, AI



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