

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 OFFERS

OMAD

Alternative Day Fasting



Meal in Day



INTERMITTENT FASTING

Warrior Diet



OMAD

One Meal a Day

Framework Intermittent Fasting

**Winfield Scott Hall, Jeannette Winter
Hall**

Framework Intermittent Fasting:

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