

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

Intermittent Fasting Best

Thomas Griffiths



Intermittent Fasting Best:

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