

# 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**  
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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