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— Flexible Fasting methods —



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**16/8**



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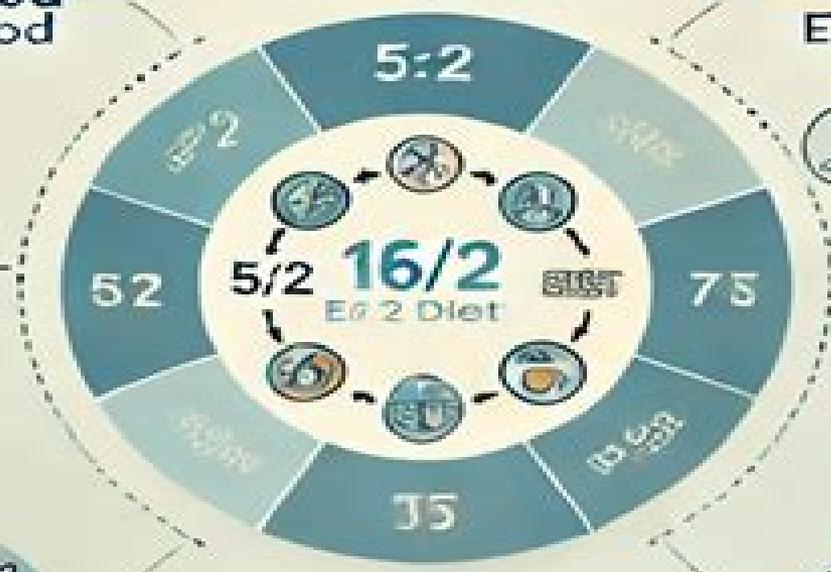


**5:2 Diet**  
Eat-Stop Fasting



**16/8**  
**5/8**

**Eat-Stop Diet**



12



**Alternative Day Fasting**

OMAD



**Meal in Day**



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**One Meal a Day**

OMAD

# Guide Intermittent Fasting

**Joacim Rocklöv**



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